



SWIMMERS 0-6 YEARS

Anyone 6 years and under **MUST** have parent/caregiver in the water, within arms reach at all times.

- Anyone 6 and under **MUST** wear a US Coast Guard Approved Lifejacket **OR**
- Parent/caregiver must be actively working with child out of a lifejacket.
- Two or more children of this age, in the water with one parent/caregiver, only one child is allowed out of the US Coast guard Approved Lifejacket, while actively working with parent/caregiver.



SWIMMERS 7-12 YEARS

A Swim Test is required of this age group to not have to wear a US Coast Guard Approved Lifejacket.



TEST

- Front crawl 25 yards, without touching sides, lane lines or bottom of pool. No underwater swim or doggie paddle.
- Demonstrate some rotary breathing.
- Upon completion of 25 yards, swimmer will climb out of the pool, unassisted, without using a ladder.
- Jump into the deep end, fully submerge, recover and tread water for one minute.



MARK

- Swimmers ages 7-12 that **PASS** the Swim Test will receive a **GREEN** band to access all areas of the pool without a lifejacket.
- Parent/caregivers are required to stay on pool deck, even if your swimmer receives a **GREEN** band.
- After your initial swim test, **GREEN** bands can be picked up at the Front Desk or with the Down Guard (branch specific).



PROTECT

Those that do not pass **OR** choose not to take the Swim Test:

- **MUST** be in a US Coast Guard Approved Lifejacket **OR**
- Parent/caregiver must be actively working with child out of a lifejacket.
- Two or more children, in the water with one parent/caregiver, only one child is allowed out of the US Coast guard Approved Lifejacket, while actively working with parent/caregiver.
- Swimmers **MUST** stay in the shallow end of the pool **AND**
- Parent/caregiver must be on the pool deck, if not in the water with swimmer.



SWIMMERS 13 YEARS & UP

- Parents are not required to be on the pool deck or in the water.
- However if your child is a weak swimmer, the Y strongly encourages you to stay on the deck.

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- * The YMCA makes US Coast Guard Approved Lifejackets available to anyone regardless of age. If you choose not to wear a YMCA lifejacket, it **MUST** be US Coast Guard Approved.
 - * Any swimmers that a Lifeguard deems weak, will ask them to wear a lifejacket for an additional layer of safety and the above rules will apply.
 - * Safety First! Lifeguards have the final say in the pool area. You may be asked to leave the YMCA for not following rules or arguing with Lifeguards or Y staff. **Safety First!**