



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM TEST POLICY

All children 13 and under must take a swim test.

GREEN swimmers may swim unattended in deep water if able to:

1. Swim 25 yards with face in water, without goggles
2. Tread water for 1 minute
3. Jump into water over swimmer's head and resurface

YELLOW swimmers must stay in shallow water. Yellow swimmers are shallow water competent, meaning they are able to:

1. Stand in shallow end of pool with water level lower than the swimmer's armpits
2. Go underwater, lift feet off bottom of pool, and comfortably regain footing without assistance

RED must have a guardian 16 years or older within arms' reach at all times, even if in an approved PFD. Red swimmers are:

1. Unable to complete a green or yellow swim test
2. Not shallow water competent. Shallow water level is higher than the swimmer's armpits

Please return the necklaces to guard before leaving pool.

FOR ALL SWIMMERS' SAFETY, NO CHILD WILL BE ALLOWED TO SWIM WITHOUT A COLORED BAND.

