

ALAMANCE COUNTY COMMUNITY YMCA

SWIM TESTING GUIDELINES

ALL CHILDREN AGES 12 & UNDER ARE REQUIRED TO COMPLETE A SWIM TEST AND MUST HAVE AN ADULT AGE 18 & OLDER PRESENT WITH THEM ON-DECK

RED BAND SWIM TEST

**LIFE-JACKET REQUIRED
SHALLOW AREA ONLY**

Does not need life-jacket in the 2ft area with parent within arm's length

YELLOW BAND SWIM TEST

**NO LIFE-JACKET REQUIRED
SHALLOW AREA ONLY**

Must have adult present on-deck

GREEN BAND SWIM TEST

**NO LIFE-JACKET REQUIRED
SHALLOW & DEEP AREAS**

Must have adult present on-deck

YELLOW BAND SWIM TEST:

- Starting in shallow end, must swim 12.5 yards to the depth marker (face should be in the water) and back to the starting area without touching the bottom or the walls of the pool
- Must exit the water unassisted without using stairs or ladder

YELLOW BAND SWIM TEST:

- Starting in shallow end, must swim 12.5 yards to the depth marker (face should be in the water) and back to the starting area without touching the bottom or the walls of the pool
- Must exit the water unassisted without using stairs or ladder

GREEN BAND SWIM TEST:

- Starting in the deep end, must submerge above the head and resurface
- Swim 12.5 yards front crawl (face should be in water)
- Tread water for 30 seconds
- Swim 12.5 yards back crawl
- Must exit the water unassisted without using stairs or ladder

LIFEGUARDS HAVE THE AUTHORITY TO REQUIRE ALL PERSONS, REGARDLESS OF AGE AND ABILITY, TO WEAR A LIFE-JACKET IF DEEMED NECESSARY



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