



# SWIMMING ASSESSMENT

## AQUATICS

### YMCA of the Pikes Peak Region

#### Goal:


- To increase the level of safety during YMCA of the Pikes Peak Region Aquatic activities
- To provide a consistent tool to measure the competency of swimmers


#### Strategies:


- All children under the age of 13 must pass a swim assessment in order to participate in Recreational Swims at the pool without a parent/guardian.
- All groups will continue to be required to take a swim test regardless of age.
- No child under the age of 7 years (Beginning September 8, 2009) shall be allowed to participate in Recreational Swim, regardless of swimming abilities, without a parent/guardian present at the pool.
- The lifeguard on duty shall administer all swim assessment.
- The following is the standard swim test for the YMCA of the Pikes Peak Region:

Child will jump feet first into the pool at a depth of 5 feet or deeper. The child will surface and tread water for 30 seconds. Without grabbing the wall, child will swim a front stroke with the ability to have the face in the water and take comfortable breaths. The distance shall be one half the length of the pool. The child will then roll onto their back and float for 10 seconds then continue to the end of the pool using a resting stroke on the back.

- Upon completion of the swim assessment the child will be given a color coded wrist or neck band that will designate their ability and where they are able to swim. The following criteria will be utilized:

 **Red Band:** Child is not at least 4 feet tall and cannot complete the swim assessment. These children must be accompanied in the water by a parent or guardian who is within arms length of the child at all times and will be allowed in water up to the depth of the parent's arm pit only if being carried by their parent or guardian.

 **Yellow Band:** Child is at least 4 feet or taller. Child has not completed swim assessment at a competent level. If the child is under the age of 7 years a parent must be in the pool with the child at all times. A yellow banded child will be allowed in water up to the depth of the parent's arm pit only if being carried by their parent or guardian.

 **Green Band:** Child has successfully completed the swim assessment at a competent level and is able to swim in any area of the pool that is available for Recreational Swim. If the child is under the age of 7 years the parent must remain in the pool area.

***Children 7 years or older may only be in the pool area without an adult if they have passed the Green Band swim assessment or meet the Yellow Band height requirement. (This will vary from branch to branch based on pool depths)***

***One adult may only bring 2 Red Banded children into the pool area. At least one of the children must be in a coast guard approved PFD.***

***10 minute Safety Breaks will be called on the hour when more than 15 open swimmers are in the water***