



DAVIS FAMILY YMCA Swimming Skills Assessment

The Davis Family YMCA is committed to providing a safe and enjoyable pool experience for all. Prior to entering our swimming pools, all children 12 and younger will be given a wristband to correspond with their swimming ability.



TEST -

All children 12 and under must pass a swim test to swim in water above their armpits. The YMCA reserves the right to test any swimmer regardless of age.

STEP 1: Jump into shallow end of lap pool and swim down to the opposite end unassisted and without resting. Swimmer maintains a horizontal body position.

STEP 2: Tread water for 20 seconds while keeping ears and face above water

STEP 3. Perform a back float with ears under water and chest near the surface



MARK -

All children 12 and under must wear a wristband to designate his/her swimming ability

Red: Non-swimmer whose chest height is lower than 42 inches and has not passed the swim test this year.

Yellow: Non-swimmer whose chest height is 42 inches or higher and has not passed the swim test this year.

Green: Swimmer who has passed the swim test this year.



PROTECT - All non-swimmers must remain in shallow water unless accompanied by a parent or guardian (16+) within arm's reach [5 ft. area only] -child to adult ratios are 3:1 when using lifejackets; 1:1 without lifejackets. All children aged 5 and under must be within arm's reach of a parent or guardian regardless of swimming ability.

Non-swimmers wearing a **RED** wristband must also have at least one of the following layers of protection:

- Must be wearing a Coast Guard approved lifejacket
- Must be within arm's reach of a parent or guardian (16+).

Swim Test Guidelines

- Swim tests will be given during pool check until 15 minutes after the hour.
- Children 12 and under must pass the swim test in order to use the diving board and orange slide.
- Children whose chest height is lower than 42 inches must pass the swim test in order to use the waterslides.

Step 1: Jump into shallow end of lap pool and swim down to the opposite end unassisted and without resting. Swimmer must maintain a horizontal body position.

Step 2: Tread water for 20 seconds while keeping ears and face above water.

Step 3: Perform a back float with ears under water and chest near the surface.

- Once a child performs all three skills consecutively without resting, their name will be recorded and their membership account will be updated to reflect that they have been "Deep Water Approved".
- Guests must take the swim test each visit.
- Children who pass the swim test must review the pool rules with a lifeguard prior to being issued a GREEN wristband, which must be worn at all times that they are in the water.
- Children 5 and under who pass the swim test still must be actively supervised by a parent or guardian (16+) within arm's reach. If child uses diving board or waterslides, their parent may supervise child from the edge of the pool.
- Children may take the swim test up to two times per day.
- Any swimmer wearing a GREEN wristband that is rescued from the water by a lifeguard must immediately take a rest break and surrender his/her wristband. They will be issued a non-swimmer wristband for the remainder of the day and their name will be removed from the "Deep Water approved" list. They can retake the swim test another day.
- Parents with children who have special needs should speak with the Head Lifeguard on duty prior to their child taking the swim test.
 - Children with special needs who cannot pass the swim test due to communication barriers are permitted to have a parent in the water who demonstrates the skills and/or waits at the end of the pool as a "target" for the child to swim toward.
 - A pass or fail status will be issued at the discretion of the Head Guard on duty.