



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

## Safe Pools

## Have Rules

### Test, Mark, Protect

Safety in our pools is our top priority and our TEST, MARK & PROTECT PROGRAM ensures that non-swimmers stay safe and can be easily recognized by lifeguards. As an additional layer of protection, we require that all swimmers under the age of 8 have a parent/guardian, present on the pool deck at all times.

#### Test

All children under the age of 12 must take a swim test to determine swim ability. Passing the swim test is a privilege and can be revoked at any time. Lifeguards have the right to retest any person regardless of age if they feel it is needed.

- Jump in the shallow water and return to the side.
- Swim on front with arms coming out of the water to the middle.
- Float on your back for 10 seconds.
- Return to the shallow end using a back stroke.
- Exit the water without use of the stairs or ladder.

#### Mark

Green banded swimmers can complete all portions of the test without stopping or touching the pool bottom and can swim in any available area as well as go down the slide without assistance.

Yellow banded swimmers can swim half way and float for 5 seconds without touching the pool bottom. They must not go deeper than armpit depth. If swimmers with yellow bands wish to go down the slide they must be caught at the bottom or go down with an adult.

Red banded swimmers cannot complete the test or are unwilling to test. Members who have red bands MUST stay in the zero depth area of the rec pool and/or have on a lifejacket and are within arms length of an adult. Children with red wristbands must go down the slide with an adult or be caught at the bottom

Max of 2 red banded children per adult in the deeper areas of the pool.

#### Protect

The Red Wing YMCA only allows US Coast Guard Approved floatation devices. Non swimmers are highly encouraged to enroll in Swim Lessons.