



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 deep water (greater than 5 ft.) The YMCA reserves the right to test any swimmer regardless of age.

STEP 1: Jump into 5 ft. end of lap pool and tread water for 20 seconds while keeping ears and face above water

STEP 2: Perform a back float with ears under water and chest near the surface position.

STEP 3. Roll over onto belly and swim down to the opposite end of the pool (25 yards) unassisted and without resting. Swimmer must maintain a horizontal body position with feet 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 deep water swim test this year.

Yellow: Non-swimmer whose chest height is 42 inches or higher and or has passed the slide test.

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



PROTECT - All non-swimmers must remain in shallow water. Non-swimmers wearing a **RED** wristband in water greater than 2 ft. 6 in. 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+).

Child to adult ratio is 3:1 when using coast guard approved lifejackets; 1:1 without lifejackets.

In water depths between 3 ft. 6 in. and 5 ft., non-swimmers must wear a Coast Guard approved lifejacket and be within arm's reach of a parent or guardian (16+) at all times. All children aged 5 and under must be within arm's reach of a parent or guardian regardless of swimming ability.

Swim Test Guidelines

- Swim tests will be given during pool check and up until 15 minutes after the hour when a lifeguard is available
- 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 either pass the Deep Water swim test (DWT) or the slide test in order to use the waterslides.

Step 1: Jump into 5ft. end of lap pool and read water for 20 seconds while keeping ears and face above water.

Step 2: Perform a back float with ears under water and chest near the surface.

Step 3: Roll over onto belly and swim down to the opposite end of the pool (25 yards) unassisted and without resting. Swimmer must maintain a horizontal body position with feet 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 Tested".
- 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.