



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM SAFELY

YMCA of Abilene

Swim Test & Youth Water Safety Policies

All swimmers 15 years and younger are required to pass a swim test before being allowed to be in a Y pool without a personal flotation device (PFD) or without direct adult supervision.

The swim test consists of swimming the length of the pool during which youth are asked to:

- Jump into the deep end of the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
- Swim in a horizontal position, on stomach and on top of the water.
- Exit the pool without assistance using either the wall or pool ladder.
- The swim test will be offered as determined by each YMCA family center to insure the guard is able to monitor the pool at all times.
- Swim tests can be administered by a certified lifeguard or swim instructor.

Swimmers who pass the swim test:

Swimmers 7 years and younger must have an adult remain on-site at the pool, but may swim without a Personal Flotation Device (PFD) independently in the pool.

Swimmers age 8 and older may use the pool on their own without a personal flotation device (PFD) and without an adult at the pool with them.

Swimmers who are still working towards passing the test:

Children 15 years of age and younger who have not passed the test yet, are required to wear a personal flotation device (PFD) unless he or she is in arm length distance from an adult, 18 years or older.

If the child is wearing a Coast Guard-approved PFD, then the adult must be on-site but may monitor their child while using another part of the swimming pool.

If the child is **NOT** wearing a Coast Guard-approved PFD, then the adult must remain within arms reach of a child (one to one ratio) and be actively monitoring them in the water at all times.

Youth who have not passed the swim test may not use the diving board.

IMPORTANT NOTE: Lifeguards have the discretion to mandate a PFD on a swimmer at any time as well as require a swim test for any swimmer at any time.

Swim Lessons in a private, or group setting are available. Please check at the welcome center for more information.

PASS THE TEST, LOSE THE VEST