



WARDLE FAMILY YMCA SWIMMING COMPETENCY OF ANY PERSON UNDER THE AGE OF 18

The safety of all swimmers is our priority! Therefore, a swim test is **required of all swimmers under the age of 18 to determine their swimming competency** so they will be safe in all areas of both the indoor and outdoor pools. **The test can only be given if there are two or more guards on duty.**

- 1) Each patron identified as being under the age of 18 will:
 - Have to successfully complete the Wardle Family YMCA Swim Test or;
 - Wear a YMCA or Coast Guard approved life vest/jacket, and adhere to section three below.

- 2) The Swim Test consists of the following:
 - Under aquatics personnel supervision, the swimmer will enter the shallow end of the pool.
 - **Swimmer must swim one length (25 yards) unassisted, without touching the bottom, sides, or lane lines while using an accepted strong, forward stroke on top of the water.**
 - Upon completion of the swim, the swimmer must exit the pool without the use of the ladder and **jump**
 - **back in the deep end to tread water for 60 seconds with ears above water, unassisted, without touching the sides or lane lines.**
 - Upon the **successful completion of the test**, the name of the swimmer will be logged into the
 - Lifeguard Swim Test log book and issued a necklace to be worn for the duration of his/her swim. **This allows the swimmer to swim in any part of the both the indoor and outdoor pools without an adult in the water with him/her or with a life jacket.**
 - Every time the swimmer returns to the YMCA he/she must check in with the lifeguard to verify he/she has passed the swim test, and be issued a necklace **to be returned.**
 - The swimmer can only attempt the swim test one time per day.

- 3) All non-swimmers must adhere to the following rules:
 - **The non-swimmer with a life jacket is allowed to swim in the area between the flags and the wall in the shallow end of the indoor pool and both ends of the outdoor pool without an adult in the water with him/her. However, the parent or guardian must remain on the pool deck where the child is.**
 - The non-swimmer with a life jacket is allowed to swim in the rest of the indoor pool area as long as a parent or guardian is within arm's reach at all times.
 - **Exceptions to this rule are:**
 - The child does not have to wear a life vest while actively being taught to swim.
 - Infants in the arms of an adult do not have to wear a life jacket.

- 4) The parent or guardian of a child **under the age of seven** who has passed the swim test **must remain** in the pool area, but not necessarily in the pool.

- 5) The parent or guardian of a child the **age of seven or older** who has passed the swim test **may leave** his/her child alone in the pool area, **but must remain in the facility.**

- 6) **Any violation of the above policy can result in the immediate removal from the pool.**