

# SWIM TEST OVERVIEW & PROCEDURES

- Swim tests are **required** for ALL youth ages 12 and under.
- For youth ages 13+, swim tests are administered at the lifeguard's discretion.
- All external groups, special event groups, and individuals 13+ that cause concern to the lifeguard (including adults) must be swim tested or treated as non-swimmers.
- The swim test required (Yellow vs Green) is based on the swimmer's height and the facility's height requirement, based on that specific facility's pool depth (determined by the deepest part of the swim area for each individual pool).
- For all swimmers, deep water is classified as anything armpit depth or higher. Due to their height, a swimmer may need to take a green band test even if they intend to stay in the shallow water.
  - **SHALLOW WATER SWIMMER:** Swimmer whose height results in the deepest part of the shallow end being "shallow water" (defined as armpit depth or less).
  - **DEEP WATER SWIMMER:** Swimmer whose height results in the deepest part of the shallow end being "deep water" (defined as armpit depth or deeper).
- A lifeguard may ask a swimmer to demonstrate/or re-demonstrate swimming ability if they feel there is a question around safety at any time. This may result in a change of band color.
- Lifeguards are the sole authority of the pool and may enforce stricter procedures if necessary, in the interest of safety. Swimmers must obey the lifeguards at all times.

## RED BAND

### WHO IT APPLIES TO

All swimmers.

### REQUIRED SWIM TEST SEQUENCE

No test required.

## YELLOW BAND

### WHO IT APPLIES TO

- Swimmers who wish to remain in the shallow end only.
- Shallow Water Swimmer. (see definition in overview)

### REQUIRED SWIM TEST SEQUENCE

Swimmer must perform the following sequence in order without stopping:

1. Float on back unassisted for 5 seconds & recover to upright position.
2. Float on front unassisted for 5 seconds & recover to upright position.
3. Submerge self under water & recover to an upright position.
4. Swim or walk back to the wall (any stroke & unassisted).

## BLUE BAND

### WHO IT APPLIES TO

- Swimmers who wish to remain in the shallow end only.
- Deep Water Swimmer. (see definition in overview)

### REQUIRED SWIM TEST SEQUENCE

Swimmer must perform the following sequence in order without stopping:

1. Jump unaided into the shallow water (head should go under water).
2. Push off the bottom & recover to an upright position.
3. Swim 10 meters (distance to the flags & back) any stroke.
4. Float on their back or tread for 10 seconds.
5. Climb out of the pool independently

## GREEN BAND

### WHO IT APPLIES TO

- Swimmers who wish to swim anywhere in the pool.
- Deep Water Swimmer. (see definition in overview)

### REQUIRED SWIM TEST SEQUENCE

Swimmer must perform the following sequence in order without stopping:

1. Swim one length of the pool with face in the water (freestyle or breaststroke with either up/down breathing or side to side breathing) without assistance.
2. Tread water for 1 minute with chin out of the water.
3. Get to the wall safely.  
**NOTE:** Grabbing on to the wall, stopping, doggy paddling, or floating on their back is an automatic fail.
4. Must understand pool guidelines & be able to follow lifeguard instruction.

## SILVER BAND

### WHO IT APPLIES TO

- Swimmers who wish to participate in lap swim.

### REQUIRED SWIM TEST SEQUENCE

Swimmer must perform the following sequence in order without stopping:

1. Swim two length of the pool with face in the water (freestyle or breaststroke with either up/down breathing or side to side breathing) without assistance.
2. Tread water for 1 minute with chin out of the water.  
**NOTE:** Grabbing on to the wall, stopping, doggy paddling, or floating on their back is an automatic fail.
3. Demonstrate they can follow lap swim etiquette (i.e. circle swim/lane splitting, passing swimmers/letting other swimmers pass, & proper use of lap swim equipment)
4. Must understand pool guidelines & be able to follow lifeguard instruction.

# SWIM BAND SUPERVISION, LIFEJACKET, & PERMITTED SWIM AREA'S BY BAND COLOR

RED BAND	AGE	0-5 YEARS	6-12 YEARS	13+ YEARS
	PERMITTED AREAS	Shallow End Only		
	HEIGHT	None		
	SWIM TEST REQUIRED (Y/N)	Yes		Based on height. Then, at lifeguard discretion
	SUPERVISION	<b>*ADULT 18+ YEARS:</b> <ul style="list-style-type: none"> <li>- In the shallow water within arms reach of the non-swimmer</li> <li>- Actively supervising the non-swimmer</li> <li>- Maintains a 1 : 2 non-swimmer ratio"</li> </ul>		Discretion of the Lifeguard
	LIFEJACKET	<b>REQUIRED</b> <b>NOTE:</b> Guardians can request lifeguard approval to remove lifejacket for learn to swim purposes ONLY. If request is approved, guardian must: <ol style="list-style-type: none"> <li>1. Remain in arms reach of/direct contact, and actively engaging with the swimmer</li> <li>2. Maintain a 1 adult : 1 non-swimmer ratio</li> </ol> Requests may be denied upon lifeguard discretion and we ask you respect their decision as it is based on safety.		Optional (unless deemed necessary by the lifeguard)

YELLOW BAND	AGE	0-5 YEARS	6-12 YEARS	13+ YEARS
	PERMITTED AREAS	Shallow End Only		
	HEIGHT	Shallow Water Swimmer (see definition in overview) NOTE: This varies from facility to facility		
	SWIM TEST REQUIRED (Y/N)	Yes		Based on height. Then, at lifeguard discretion
	SUPERVISION	<b>*ADULT 18+ YEARS:</b> <ul style="list-style-type: none"> <li>- In the shallow water within arms reach of the non-swimmer</li> <li>- Actively supervising the non-swimmer</li> <li>- Maintains a 1 : 2 non-swimmer ratio</li> </ul>	<b>*ADULT 18+ YEARS ON DECK ACTIVELY SUPERVISING THE SWIMMER.</b> <ul style="list-style-type: none"> <li>- For pools where guardians cannot always sit on deck, adults 18+ must sit in the pre-designated seating area within eye sight of their swimmer, as determined by the Aquatics Department.</li> </ul>	Discretion of the Lifeguard
	LIFEJACKET	Optional (unless deemed necessary by the lifeguard)		

BLUE BAND	AGE	0-5 YEARS	6-12 YEARS	13+ YEARS
	PERMITTED AREAS	Shallow End Only		
	HEIGHT	Deep Water Swimmer (see definition in overview) NOTE: This varies from facility to facility		
	SWIM TEST REQUIRED (Y/N)	Yes		Based on height. Then, at lifeguard discretion
	SUPERVISION	<b>*ADULT 18+ YEARS:</b> <ul style="list-style-type: none"> <li>- In the shallow water within arms reach of the non-swimmer</li> <li>- Actively supervising the non-swimmer</li> <li>- Maintains a 1 : 1 non-swimmer ratio</li> </ul>		Discretion of the Lifeguard
	LIFEJACKET	Optional (unless deemed necessary by the lifeguard)		

GREEN BAND	AGE	0-5 YEARS	6-12 YEARS	13+ YEARS
	PERMITTED AREAS	Shallow End Only		
	HEIGHT	Deep Water Swimmer (see definition in overview) NOTE: This varies from facility to facility		
	SWIM TEST REQUIRED (Y/N)	Yes		Based on height. Then, at lifeguard discretion
	SUPERVISION	<b>*ADULT 18+ YEARS:</b> <ul style="list-style-type: none"> <li>- in same swimming area as the youth</li> <li>- actively supervising the swimmer"</li> </ul>	<b>*ADULT 18+ YEARS ON DECK ACTIVELY SUPERVISING THE SWIMMER.</b> <ul style="list-style-type: none"> <li>- For pools where guardians cannot always sit on deck, adults 18+ must sit in the pre-designated seating area within eye sight of their swimmer, as determined by the Aquatics Department.</li> </ul>	Discretion of the Lifeguard
	LIFEJACKET	Optional (unless deemed necessary by the lifeguard)		

SILVER BAND	AGE	0-5 YEARS	6-12 YEARS	13+ YEARS
	PERMITTED AREAS	Lap Swim Programming		
	HEIGHT	Deep Water Swimmer		
	SWIM TEST REQUIRED (Y/N)	Yes		Based on height. Then, at lifeguard discretion
	SUPERVISION	<b>*Adult 18+ years in same swimming area as the youth</b> <b>*Adult 18+ years actively supervising the swimmer</b>		Discretion of the Lifeguard
	LIFEJACKET	Not Permitted		