



## SWIM TESTING POLICIES AND PROCEDURES

Pool safety is a top priority at the JCC. To create a safer aquatics experience, children 14 and younger must wear a swim band at all times while swimming. If a child is without a swim band, they are required to be at arm's length of their attending adult or stay in the shallow steps area of the pool. Swim tests help provide our members and their guests and our staff with an awareness of our children's swimming competency and confidence.

**Swim Bands** are worn around the child's neck to let our staff know they are deep water competent and confident. At the JCC we have three swim bands (Red, Yellow and Green) that designate what areas of our pools the child can play in.

**Patrons must be re-tested at the beginning of EVERY pool season.**  
**The attending adult may NOT be in the water while the children is being swim tested.**

### Green Bands

**The green band swim test is as follows:**

Children must jump into the deep end, tread water for two minutes when resurfacing, and then swim to the shallow end of the pool without standing.

- **To earn a green band, a swimmer must complete the test with no signs of fatigue or struggle. They must swim their lap freestyle. Children may not touch the side of the pool, the bottom of the pool or any of the lane lines during the test.**
- Green bands are allowed in all areas of the pool, and may go off the diving board and down the slide.

### Yellow Bands

**The yellow band swim test is as follows:**

Children must jump into the deep end, tread water for 60 seconds when resurfacing, and then swim 15 yards without standing.

- **To earn a yellow band, a swimmer must complete the test with minimal signs of fatigue or struggle. They must swim their lap on their stomach while putting their face in the water. Children may not touch the side of the pool, the bottom of the pool or any of the lane lines during the test.**
- Yellow bands may go up to the break line that separates the deep and shallow sections of the pool.
- They may not go beyond the safety rope into the deep end, go off the diving board, or down the slide, unless an adult is within arm's reach.
- Swimming 15 yards and treading does not automatically guarantee a yellow band; swimmers must be able to swim the length at a level the aquatics staff considers safe.

### Red Bands

- All swimmers who do not meet the requirements of a yellow or green band are red bands.
- Red bands may NOT leave the steps area of the pool, go off the diving board, or down the slide unless an adult is within arm's reach.

All swimmers can be retested to earn a higher band.