



## SWIMMING SKILLS ASSESSMENT

The YMCA of Greater Charlotte is committed to providing a safe and enjoyable pool experience for all. All children 12 and under must participate in a swimming skills assessment and will be provided a green, yellow or no swim band. These bands assist our certified lifeguards in keeping our inexperienced swimmers safe.

### NON-SWIMMERS (no swim band)

Children who cannot demonstrate the required skills in the assessment (listed below) or children who do not wish to participate in the assessment will be classified as a non-swimmer and will not be given a swim band.



- Non-swimmers ages 5 years or younger must be accompanied in the swimming pool/splash park by an adult (16 years or older) within arm's reach.
- Non-swimmers ages 6-12 years must remain in the designated areas, wear a Coast Guard approved lifejacket and be actively supervised by an adult or be within arm's reach of an adult.
- Non-Swimmers are limited to designated areas (areas vary depending on the Y)
- One adult can be responsible for no more than 2 non-swimmers not wearing lifejackets.

### THE ASSESSMENT

Skills 1-3 constitute a yellow swim band. Limited to use designated shallow areas (no deeper than armpit depth). Able to use slides with drop of 3.5 feet or less.

Skills 1-6 constitute a green swim band. Able to use all designated areas of the pool including slides.

1. Swimmer demonstrates a horizontal floating position on their back for 3-5 seconds.
  - Swimmer must then stand up regaining a vertical position on their own.
2. Swimmer demonstrates a horizontal floating position on their front for 3-5 seconds.
  - Swimmer must then stand up regaining a vertical position on their own.
3. Swimmer demonstrates 15ft. of any forward stroke on their stomach without assistance and without resting.
4. Swimmer continues to swim the entire length of the pool (25 yards) on stomach, unassisted and without resting while maintaining a horizontal body position.
5. Plunge – Swimmer jumps into water that is over their head and easily returns to the surface. Each facility has different pool depths-swimmers may be asked to repeat swim assessment depending on the facility.
6. Tread – Swimmer must tread water for one minute while keeping their ears and face above water.

### GUIDELINES

- Once a swimmer is issued a swim band it is their responsibility to bring it back with them during each visit.
- When a swimmer moves from a yellow to a green band they may trade in their band at no cost.
- If a band is misplaced or forgotten, replacement bands are available at the Member Services Desk for \$1.00.
- Lending or trading bands is against our YMCA Code of Conduct.
- Lifeguards will gladly conduct up to two swim assessments per child per day.