



TEST . MARK . PROTECT

The YMCA of CNM is committed to ensure everyone is safe while swimming in our pool

Test

Swim test for all swimmers 15 and under

- Enter feet first on the shallow end of pool.
- 5 Bobs with or without assist of the wall
- Swim 25 yards and exit pool unassisted
- Jump in, tread water for 30 seconds
- Turn to back and float for 20 seconds

Mark

- Swimmers that successfully complete the test will be issued a green band which identifies them as safe to swim in all areas of the pool.
- Swimmers that didn't pass all parts of the test are restricted to shallow roped off section of the pool

Green band issued

- Access to all areas of the pool
- 6 and under must have parent/guardian in the water within arms reach
- Ages 7 to 11 must have a parent on the pool deck

No band Issued

- Access restricted to shallow roped off section of the pool
- 6 and under must have parent/guardian in the water within arm reach and wear a PFD
- Ages 7 to 11 must have parent on pool deck actively watching
- Child may wear PFD

- YMCA employees have the authority over all aquatic policies. We reserve the right to mark all swimmers 15 years of age and under.
- A parent or guardian is defined as someone over the age of 15 who has assumed responsibility for swimmers in the water.