



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEST. MARK. PROTECT.

Test Mark Protect is a part of the YMCA's Aquatic Safety Initiative to identify the swimming abilities of the children in order to best keep them safe. All children 17 and younger will be swim tested annually in order to swim in the deep end of the YMCA pool. For each successful test, the guard will hand a wristband to the swimmer to put on his/her own wrist. The swimmer should then stop at the Welcome Center before leaving and have a picture taken with the new wristband to record passing the test. This band is required for any youth to swim in the deep end. When returning to swim, a wristband should be requested when checking in so that the swim test does not need to be repeated. Once in the pool, the swimmer will need to return to the Welcome Center to obtain a band if the swimmer did not get banded at the front desk before entering the pool.

The deep water swim test consists of (1) a 25-yard swim on front maintaining a horizontal position (legs cannot drop past a 45 degree angle) with a supportive kick, head up or rotary breathing, with no assistance from an adult; and (2) a jump into deep water recovering without using the side of the pool and then completing 30 seconds of treading water with head/ears above water. Family/friends may not walk or swim beside the swimmer taking the test. Children who do not take the swim test will need to stay in shallow water. The Lifeguard reserves the right to re-test any individual that shows cause for concern when swimming in the deep end.

## IF YOU **HAVE NOT** PASSED THE DEEP WATER TEST:

(must stay in shallow end of pool with lifeline present)

- Children 8 and under must have a parent or supervisor in the pool/spa within arm's reach.
- Children 9-10 must have parent or supervisor actively supervising from deck and may be required to stay in water that is armpit deep or less or wear a Coast Guard approved life jacket.
- Children 11 and older may swim without a parent in the building.

## IF YOU **HAVE** PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or guardian actively supervising from deck.
- Children 9-10 must have parent or guardian in the building.
- Children 11 and older may swim without a parent in the building.

Guardians must be 14 or older. For adults or guardians with more than two children who cannot swim without flotation, additional children must wear a Coast Guard approved lifejacket and be within arm's reach in the pool/spa.