



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SAFETY SWIM TEST

1. The "Green Band" deep water test consists of the following:

- **First ask the patron to swim across the shallow end of pool. If successful have them move to the deep end.**
- **Jump into water that is over the patron's head and return to the surface.**
- **Swim one pool length (25 yards) unassisted and without rest. Swimmer must maintain positive body position (legs should not drop past 45 degree angle) for the entire distance. Start swimmers at the deep end and travel to the shallow end (if they tire they may be able to stand).**
- **Tread water for one minute, turn on their back, float briefly, then swim (either on front or back) to the side and exit the pool.**

"Green Band" swimmers are allowed in all pool areas.

2. If a swimmer cannot complete each of the objectives listed above, they may take the "Yellow Band" shallow water competency test:

- **Swimmer is placed in a horizontal position on their back by the testing guard.**
- **Swimmer must then stand up (regain a vertical position).**
- **Swimmer is then placed in a horizontal position on their front by the testing guard.**
- **Swimmer must again stand up (regain a vertical position).**

"Yellow Band" swimmers must stay in water that is armpit deep or less.

3. Those who do not pass the shallow water competency test are considered "Red Band" or "non-swimmers." Those who decline to take the test are also considered "non-swimmers."

"Red Band" swimmers must stay in water that is armpit deep or less and require active adult supervision. Active supervision means the adult must be in the water within arm's reach at all times (1 adult per 2 children ratio). Some facilities may also require "Red Band" swimmers to wear a U.S. Coast Guard-approved type II personal flotation device.

### **Notes:**

- At no time may a child with a red band or yellow band swim in the deep end of the pool.
- When possible, set up swim lessons for Red Band and Yellow Band patrons.
- Intentionally wearing the wrong color safety band results in immediate removal from the pool.
- Posting swim test times helps manage the safety swim test system and educates parents about the safety swim test.
- Remember shallow water is in relationship to the swimmer. Use a guideline of water that is armpit deep or less. For small children, the shallow end of your pool still may be deep water to them.
- Final competency includes having the swimmer or parents read all pool rules.