



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR SAFETY IS OUR PRIORITY

Swim Testing Policy SAMMAMISH COMMUNITY YMCA

To participate in recreational swimming activities, all children 13 years of age and younger must undergo a Swim Test if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by an adult, parent or guardian who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per adult.

SWIM TEST

- 1) Each child must demonstrate the ability to jump into the water, right themselves and swim half the length of the Lap Pool without reaching fatigue.
- 2) Swimmers that pass the swim test will be marked with a green wristband. Non-swimmers that do not pass the swim test will be marked with a red wristband. Bands must be readily identifiable to the Lifeguards.
- 3) After passing the Swim Test, swimmers eight and older may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10.
- 4) Children seven and under who pass the Swim Test still require direct adult supervision in the pool area at all times.

MODIFIED SWIM TEST FOR AGES 8-13

- 1) Wearing a lifejacket, the child must pass the above Swim Test.
- 2) Children 8-13 may be in the swim area without direct adult supervision. An adult must be present in the building.
- 3) Swimmers must keep the lifejacket on at all times while in the water.

After your child passes the swim test, you can take a photo of your child with our Swim Test Board which you will show to the lifeguard on duty each time you visit the Aquatic Center. Your Swim Test is good for 3 months.



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SWIM TEST

Frequently Asked Questions

Where do I take the swim test?

On your first visit to our Aquatic Center, the door attendant will direct you to the lap pool if you have not yet taken the swim test. Your child will swim half the length of the lap pool one time.

Does my child have to take the swim test if they're not ready?

No, if your child is not ready to take the test, you may decline the swim test and will receive a red wrist band. Your child will also need to wear a lifejacket and an adult swimmer must be present in the water.

What happens if my child does not pass the swim test?

Your child will receive a red wrist band and will be required to wear a lifejacket. Children under 8 must have one adult swimmer present in the water with them at all times. You may re-take the swim test at any time.

How long is the swim test good for?

The swim test is good for 3 months.

My child did not pass the swim test and I want to work with him/her on their swimming skills. Do they have to wear a life jacket?

You may take your child to the lap pool and work with them one-on-one without a life jacket during Open Swim times. An adult must be present in the water at all times.

Why can't my child use the slide if they did not pass the swim test?

An important aspect of the swim test is to determine the child's comfort level in the water. Due to the speed and impact of the water slide, it is important that the child feels comfortable and at ease in the water and therefore, passing the swim test is required.