



SWIM BAND POLICY

The Telford YMCA is committed to providing a safe and enjoyable pool experience for all. Any child under the age of 13 must complete the YMCA swim skills assessment and will be assigned a green, yellow, or red swim band prior to swimming in the pool. These bands assist our lifeguards in keeping our swimmers safe.

GREEN BAND

A green band allows swimmers to use entire area of the pool.

To receive a green band, swimmers must demonstrate the following skills:

- Jump in deep water and return to the surface
- Swim half the length of the pool, turn around and swim back unassisted with either front crawl or breaststroke.
- Float on back for 30 seconds and regain vertical position on their own.
- Tread water for one minute with ears and face above water at all times
- Exit the pool without assistance.
- Green band swimmers under the age of 10 must have adult supervision in the pool or on the deck at all times.

YELLOW BAND

A yellow band determines that the swimmer is shallow water competent (no PFD) and allows swimmers to swim in the shallow areas up to arm pit deep or less.

To receive a yellow band, swimmers must demonstrate the following skills:

- Float on back for 30 seconds and regain vertical position on their own.
- Swim half the length of the pool, turn around and swim back on stomach unassisted.
- Yellow band swimmers under the age of 13 must have adult supervision in the pool or on the deck at all times.

RED BAND

Children who can walk but cannot demonstrate the required skills or do not wish to participate in the assessment will be classified as inexperienced and will be given a red band.

Swimmers that do not pass the yellow or green band testing or those that decline to take it will be given a red band.

Red band swimmers will:

- Only be allowed in the shallow area of the pool.
- Require active adult supervision within arms length. Must be in a Coast Guard Approved flotation device (PFD). While actively teaching your child to swim you may remove the PFD.