



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Test*Mark*Protect

A **Red Band** is a non-swimmer and must have a US Coast Guard approved life jacket (PDF) on when in the pool. They must stay in the shallow end of the pool and must have a parent (adult over the age of 18) in the water with them.

Yellow Bands are intermediate swimmers. They can swim freestyle (arms out of the water, face in the water) for 15 yards, float on their back for 30 seconds (regaining vertical position). Can enter and exit the pool independently. Must have a parent (adult over the age of 18) in the pool with them.

Green Bands are proficient/very good swimmers who have already passed the yellow band test. Swimmer must jump into the deep end of the pool and return to the surface. They can swim 25 yards (length of the pool) freestyle (head in water, rotary breathing, arms out of the water for freestyle), float on their back for 30 seconds (no arm or leg movement) regaining vertical position and tread water for 1 minute (ears and face above water). No doggy paddle or flipping over onto their back during green band test. Swimmers must be able to exit the pool independently. Only someone who demonstrates a strong freestyle is a green band. (5 years and younger must have a parent in the water if in the deep end of the pool)

NO parent, swim instructor, lifeguard, etc. in the water with the swimmer at any time during the swim test. All swim tests are given by the on duty lifeguard(s) and completed by the swimmer unassisted.

***Lifeguards have the right to retest any swimmer, at any time, that they deem unsafe.**