



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

Test*Mark*Protect

Springfield Pools

All members 17 years of age and younger must have a swim band visible when in our pools. Anyone under the age of 13 seeking to achieve their yellow or green swim band must have a parent or guardian (18+) with them on deck during the swim test.

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/guardian (18+) in the water at all times 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), tread water for 30 seconds. Can enter and exit the pool independently. All yellow band swimmers must have a parent/guardian (18+) in the pool or on deck at all times.

Green Bands are proficient/very good swimmers who have already passed the yellow band test. Swimmer must jump into the pool and return to the surface. They can swim 50 yards (2 lengths 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 then tread water for 60 seconds (ears and face above water). No stopping, touching the bottom or lane ropes. Swimmers must be able to exit the pool independently. Only someone who demonstrates a strong freestyle is a green band. Swimmers 5 years of age and younger must always have a parent in the water even if a green band. Green bands 12 years of age and under must have a parent on the pool deck at all times.

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.**



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Lansdowne/Ridley Pool

All members 17 years of age and younger must have a swim band visible when in our pools. Anyone under the age of 13 seeking to achieve their yellow or green swim band must have a parent or guardian (over 18 years of age) with them on deck during the swim test.

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/guardian (18+) in the water at all times 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), tread water for 30 seconds. Can enter and exit the pool independently. All yellow band swimmers must have a parent/guardian (18+) in the pool or on deck at all times.

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 stopping, touching the bottom or lane ropes. Swimmers must be able to exit the pool independently. Only someone who demonstrates a strong freestyle is a green band. 5 years of age and younger must have a parent/guardian (18+) in the water if in the deep end of the pool. Green bands 12 years of age and under must have a parent/guardian on the pool deck at all times.

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.**