

Water safety is important, we have upgraded our pool safety policies at the Skaneateles Y. **Now, every child ages 0-17 must wear one of three colored wrist bands while in our pools.** These bands give our lifeguards instant information on each child's swimming ability, helping us keep them safe in the most appropriate swimming areas.

# TEST

Children ages 0 - 17 must be tested.



- 1: Enter pool in shallow end.
- 2: Swim 1 length of pool (25yds) arms clearing water, and face in the water.
- 3: Tread water for 30 seconds keeping ears out of the water.
- 4: Continue to swim to wall and exit pool.



# MARK

## GREEN BAND | Swimmer

- 1: Completed swim test 25 yds front crawl, 30 second treading water, finish to wall and exit.
- 2: Registered Swimmer of the Skaneateles YMCA Lightning Swim Team.

## YELLOW BAND | Intermediate Swimmer

- 1: Swimmer completed 25 yard swim with arms clearing water face in the water (Front Crawl).
- 2: Swimmer is at least 5 feet tall (no swim test needed)

## Red Bands| NON-Swimmer

- 1: Swimmer was unable to complete swim test.
- 2: Swimmer decided not to attempt swim test

# PROTECT



## GREEN BAND

**All ages may use entire Leisure Pool | Entire Competition Pool | Waterslide.**

**6 years and younger - 10 years:** Must have an adult in Aquatics Center.

Adults may sit on bleachers.

**Ages 11+:** Do not need an adult present in Aquatics Center

## YELLOW BAND

**6 years and younger:** Adult Must be on side of pool- shallow/ deep end leisure pool & water slide only.

**7 -10 Years:** Adult Must be on side of pool- shallow/ deep end leisure pool & water slide only.

**Age 11+:** No adult needed: shallow/ deep end leisure pool & water slide only.

## RED BAND

**6 years and younger:** Adult Must be in Water with child- shallow end of leisure pool only.

**7 -10 Years:** Adult Must be on side of pool - shallow end of leisure pool only.

**Age 11+:** No Parent needed- Shallow end of Leisure pool

**If you would like further Clarification of our new swim test policy, please contact our Aquatics Director: Christine Casazza [christinec@auburnymca.net](mailto:christinec@auburnymca.net) or 315• 685• 2266 x108**