



KEEPING SWIMMERS SAFE

For your safety, all swimmers aged 12 and under, as well as non-swimmers of any age, will be asked to complete the Old Colony Y Swim Test prior to entering a body of water deeper than armpit level. If a swimmer is over the age of 12, our lifeguards may ask individuals to confirm their ability to complete a swim test before entering (or continuing to enter) the water. Swim test may be taken no more than once per day, per person.



TEST

1. Comfortably swim one length of the swimming pool without assistance—starting in shallowest end of the pool.

• Pausing is allowed for the swimmer to rotate and breathe (Swimmer may not stand or use aid to rest).

2. At the end of the swim, the swimmer must tread water for 30 seconds

• In depths where swimmers can occasionally push off the pool floor, we will ask swimmer to complete a back float test

• Back Float Test: Begin standing, float on back for 30 seconds, then return to a standing position

3. Finally, to test confidence in deep water—swimmer will jump into the deepest portion of pool, resurface and then extricate themselves independently from the pool

• In depths less than 5 feet, swimmer must instead show that they are able to enter and exit the pool independently
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- ## MARK
- Upon successful completion of your swim test, you will be given a green wristband to signify to our aquatics staff that you have completed your swim test and are able to access our pools based on the chart below. Passing score will be noted and dated within our records.

If swim test is not successfully completed, your child must be supervised by an adult swimmer, aged 16+, and will be asked to wear a coastguard approved personal floatation device (PFD) while swimming (see below).
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- ## PROTECT
- ### CHART OF AQUATIC SUPERVISION
- | Age | Green Bracelet | No Bracelet (Didn't pass or untested) |
|------|--|---|
| 0-7 | Adult must be present on pool deck during all times the child is swimming | <div><div>• Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills</div><div>• Ages 0-4: Adults must be in the water within arm's length and actively supervising at all times (1:2 ratio)</div><div>• Ages 5-7: Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio)</div></div> |
| 8-11 | Adult may leave the pool deck if confident their child can act according to the Y's 4 Core Values. Adult must remain in the facility while child is swimming | <div><div>• Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio).</div><div>• Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills.</div></div> |
| 12+ | Adult not required to be in facility with child | <div><div>• Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio).</div><div>• Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills.</div></div> |
- OLD COLONY YMCA

PROBAR, MARCAR, PROTEGER

Póliza de Prueba de Natación de Old Colony YMCA

Para su seguridad, todos los nadadores menores de 12 años, así como los que no saben nadar de cualquier edad, se le pedirá que complete la prueba de natación de Old Colony Y antes de entrar en un cuerpo de agua más profundo que el nivel de las axilas. Si un nadador es mayor de 12 años, nuestros salvavidas pueden pedirles que completen una prueba de natación para confirmar la capacidad de nadar antes de usar la piscina. La prueba de natación no puede realizarse más de una vez al día, por persona.

PRUEBA:

- Nadar cómodamente a la longitud de la piscina sin ayuda – empezando en el extremo menos profundo de la piscina.
 - Se permiten pausas para que el nadador gire y respire (el nadador no puede ponerse de pie ni utilizar ayuda para descansar).
- Al final de la natación, el nadador debe mantenerse a flote en el agua durante 30 segundos.
 - En profundidades donde los nadadores pueden ocasionalmente empujarse fuera del suelo de la piscina, pediremos al nadador que complete una prueba de flotación dorsal.
 - Comenzar de pie, flotar de espaldas durante 30 segundos, luego volver a la posición de pie.
- Por último, para probar la confianza en aguas profundas, el nadador saltará a la parte más profunda de la piscina, volverá a la superficie y luego saldrá por sí mismo de la piscina.
 - En profundidades de menos de 5 metros, el nadador deberá demostrar que es capaz de entrar y salir de la piscina de forma independiente.

MARCA:

Una vez completado con éxito su examen de natación, se le dará una pulsera verde para significar a nuestro personal acuático que ha completado su examen de natación y es capaz de acceder a nuestras piscinas según la tabla de abajo. La puntuación obtenida se anotará y fechará en nuestros registros.

Si la prueba de natación no se completa con éxito, su hijo debe ser supervisado por un nadador adulto, mayor de 16 años, y se le pedirá que use un chaleco salvavidas homologado cuando esté en nuestras piscinas (ver más abajo).

PROTEGER: Tabla de Supervisión Acuática

Edad	Pasa la prueba de natación BRAZALETES VERDES	No pasa/no hace la prueba de natación NO BRAZALETES
0-7	Un adulto debe estar presente en la piscina durante todo el tiempo que el niño esté nadando.	<ul style="list-style-type: none"> Debe llevar puesto el chaleco salvavidas en todo momento, excepto si el adulto que acompaña al niño está participando activamente en la enseñanza de habilidades de natación. Edades de 0 a 4 años: Los adultos deben estar en el agua al alcance de la mano y supervisando activamente en todo momento (proporción 1:2). Edades de 5 a 7 años: Los adultos deben estar presentes en la cubierta de la piscina y vigilar activamente a su(s) nadador(es) en todo momento (proporción 1:2).
8-11	El adulto puede abandonar la piscina si está seguro de que su hijo puede actuar de acuerdo con los 4 valores fundamentales de nuestra YMCA. El adulto debe permanecer en las instalaciones mientras el niño esté nadando.	<ul style="list-style-type: none"> Los adultos deben estar presentes en la cubierta de la piscina y vigilar activamente a su(s) nadador(es) en todo momento (proporción 1:2). Debe llevar puesto el chaleco salvavidas en todo momento, excepto si el adulto que acompaña al niño está participando activamente en la enseñanza de habilidades de natación.
12+	No es necesario que el adulto esté en las instalaciones con el niño.	<ul style="list-style-type: none"> Los adultos deben estar presentes en la cubierta de la piscina y vigilar activamente a su(s) nadador(es) en todo momento (proporción 1:2). Debe llevar puesto el chaleco salvavidas en todo momento, excepto si el adulto que acompaña al niño está participando activamente en la enseñanza de habilidades de natación.

TEST, MARK, PROTECT

Old Colony YMCA Swim Testing Policy

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3. Finally, to test confidence in deep water—swimmer will jump into the deepest portion of pool, resurface and then extricate themselves independently from the pool
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PROTECT:

Chart of Aquatic Supervision

Age of Child	Passes Swim Test GREEN BRACELETS	Does not pass/take swim test NO BRACELETS
0-7	Adult must be present on pool deck during all times the child is swimming	<ul style="list-style-type: none"> • Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills • Ages 0-4: Adults must be in the water within arm's length and actively supervising at all times (1:2 ratio). • Ages 5-7: Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio).
8-11	Adult may leave the pool deck if confident their child can act according to the Y's 4 Core Values. Adult must remain in the facility while child is swimming	<ul style="list-style-type: none"> • Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio). • Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills.
12+	Adult not required to be in facility with child	<ul style="list-style-type: none"> • Adults must be present on pool deck and actively watching their swimmer(s) at all times (1:2 ratio). • Must wear PFD at all times except if the adult accompanying child is actively engaged in teaching swim skills.