

SAFETY FIRST

NORTH CANTON YMCA DOGWOOD POOL dogwoodpool.com

NO BAND
**0-5 YEARS OLD MUST HAVE ADULT
SUPERVISION IN THE WATER**

Yellow Wrist Band - This band is for children who are at least 6 years old, at least 48 INCHES TALL, and have NOT passed the deep water test

YELLOW WRIST BAND
**6-14 YEARS OLD MUST REMAIN
IN SHALLOW WATER**

Children who are 6 - 14 years of age and do not meet the requirements for the Yellow or Green Wrist Band will be required to have an adult with them in the water at all times.

GREEN WRIST BAND
**6-14 YEARS OLD MUST PASS SWIM TEST
MAY SWIM IN ALL AREAS**

HIGH SCHOOL AND OLDER NOT TESTED

The YMCA places safety as priority one.

- Therefore, you will find at all of the pools we manage we conduct swim tests to ensure that the swimmer is safe and has a fun time!
- We use a wrist band method so the Lifeguards can easily identify the swimmers ability.

Deep Water Test

For anyone 6 years & up to high school.

- Swim one length of pool (25 yd), front crawl with face in water, breathing without hesitation and above water arm recovery.
- Jump in the deep end and resurface. Tread water for 30 seconds.
- Float on back and go from floating position to prone/ standing position.
- At the guard's discretion, participant may be asked to retake the test at any time.