

Mesabi YMCA Swim Test Policy

Individuals age 12 and under must show proficiency in swimming to use the pool without an adult, parent or guardian.

Swimming Standard:

Step #1- Enter the pool from the staircase, from a standing position **swim unsupported the length of the pool** to the deep water line and back without touching the bottom. The individual may not touch the sides of the pool at any time.

Following **successful** completion of Step #1:

Step #2- Enter the water where it is deeper than the individuals height by jumping in, submerging the head and return to the surface. Recover without using the pool edge and **tread water for 1 minute.**

Swimming Definitions:

Swimming- Coordinated arms and legs to move through the water, head up or down at the surface of the water. Under water swimming does not qualify.

Treading- Any coordinated movement of the arms and legs to keep the body in a stationary position and the head above the water. Floating with the head back or significant movement around the pool does not qualify.

The Swim Test may be taken repeatedly until passed. An individual may only take the swim test once a day, defined by the open and close hours of the facility. The lifeguard administering the swim may stop the test at any time per his/her discretion for the safety of the individual or other patrons in the pool area.

Management:

The lifeguard administering the Swim Test will fill out the Swim Test Form completely, pass or fail, and turn into Membership Services. Upon checking in with their membership card, Patrons with a pass rating will be issued a green armband allowing them to swim without an adult guardian present in the pool.