

Pool Banding Policy

Swim Band Requirements

- All children ages 3–14 must wear a swim band (Red, Yellow, or Green) while in the pool. Children under 12 years of age are required to have adult supervision at all times.
- **Red band:** Must be accompanied by an adult in the pool within arms reach at all times.
- **Yellow band:** Intermediate level; still requires adult supervision in the pool area. May only swim to the lifeguard chair and back to the shallow end in the 25m pool.
- **Green band:** Advanced; allows swimming in the deep end of the 25M pool.

Green Band Criteria

To earn a Green band and swim in the deep areas, a child must be able to:

1. Swim 25 meters unassisted arms coming out of the water.
2. Tread water for 1 minute.
3. Back float for 30 seconds
4. Jump into the deep end submerge, surface, swim to the side and climb out without the use of the ladder.

Yellow Band Criteria

To earn a yellow band, a child must be able to:

1. Swim one length of the 25m pool unassisted doggy paddle.

Red Band Criteria

1. Any member who cannot swim must be within arm's reach of an adult at all times.