

VMCC Aquatic Center Swim Test Policy

According to the Centers for Disease Control and Prevention, three children die each day from drowning. 88% of children who die from drowning do so under adult supervision, and 60% are only 10 feet away from safety.

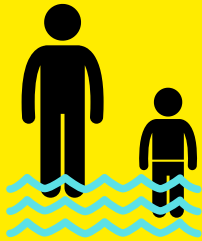
Red: Ages 0-5



**Touch
Supervision
Always Required**

Must be accompanied by an adult who is responsible for their direct supervision and must be within arm's reach at all times.

Yellow: Ages 6-11



**Always
accompanied
in water in the
Lap Pool**

If swimmer has not passed the facility swim test, they must remain in the water park area or shallow end of Lap Pool and be directly supervised by a responsible adult.

Green: Ages 6-11 ** IF Pass Facility Swim Test**



**May be in the
water without
an adult (adult
must remain
in pool area)**

***Green wristbands are required to swim in the deep end of the Lap Pool & anywhere in the Dive Well, including use of diving boards. This replaces the yellow wristband and the swimmer does not have to be accompanied in the water.**

We want our pools to be a safe and enjoyable experience for all! Learn more about our policy on the backside.



UPDATED JANUARY 2022

VMCC Aquatic Center

SWIM TEST POLICY

This policy addresses age and swimming ability to ensure all children are adequately supervised and accompanied.

We appreciate your cooperation and support.

Why do we enforce a swim competency and age policy?

According to the Centers for Disease Control and Prevention, three children die each day from drowning. 88% of children who die from drowning do so under adult supervision, and 60% are only 10 feet away from safety.

At the VMCC we strive to teach water safety to all children through swimming lessons and safe practices. That is why we are implementing colored zones in our pools, and corresponding wristbands based on a child's ability to swim.

What is the swim test?

STEP 1: Jump into shallow end of lap pool and swim down to the opposite end unassisted and without resting. Swimmer maintains a horizontal body position.

STEP 2: Tread water for 20 seconds while keeping ears and face above water

STEP 3. Jump into water over swimmer's head, surface, and perform a back float with ears under water and chest near the surface

Swim Test is based international aquatic standards including American Red Cross swim competency. Aquatics Managers will offer swim tests as necessary, time permitting.

Competency is determined by and at the discretion of the Lifeguard on duty.

Learn life-saving skills in our pools

Swimming lessons are offered year-round for all ages at affordable rates with convenient schedules.

Learn more: www.ighmn.gov/swimlessons