



Great Plains Family YMCA Swimming Policy

The Great Plains Family YMCA has a primary goal to keep children and staff safe. Therefore, a plan and procedure for water activities is in place and provided to parents and staff. This plan is part of the YMCA childcare parent handbook.

The Director will be in charge of enforcing the policy and procedure. Upon the Director's absence, the Master Teachers will assist in procedures.

1. Each child care staff member is to be certified in Infant, child and adult-CPR/AED, as well as Standard First Aid through the American Red Cross. Recertification will be required every two years for CPR/AED and for Standard First Aid.
2. A lifeguard who has completed a certified course of instruction (including CPR appropriate to the ages of children) through the American Red Cross will be present at all times during swimming activities and will meet the required ratio of one guard per 20 children. The lifeguard will NOT count toward child-staff ratios.
3. Child care staff will meet the required ratio of one teacher per 10 children during swimming activities. Swimming is prohibited when the appropriate number of qualified staff members is not present.
4. Each child will be swim-tested prior to engaging in swimming activities. Any child who can not pass the requirements for the swim test will be required to wear a life jacket/vest or float suit.
5. A life jacket, vest or float suit in good condition will be required for any non-swimmer. These personal floatation devices must be provided by the parent or guardian. Any non-swimmer who is not provided with a PFD will not be allowed to participate in the swimming activity.
6. Staff will review all swimming and safety rules with children prior to entering the water when participating in water activities. Each child will be assigned to one staff member at the start of the activity. The staff member is responsible for knowing any special problems, habits or interests of the child.
7. Each parent/guardian will be required to sign the attached written consent form for his/her child prior to engaging in swimming activities.

Great Plains Family YMCA
SWIM TESTING and SWIMMING AUTHORIZATION

Each child will be swim tested by a certified lifeguard and be required to wear a neon-colored wristband indicating the swimmer's abilities.

- The swim test will be: Swim a distance equal to the width of the city pool, stop, assume a vertical position, tread water for 30 seconds, and recover.
- The lifeguard has the authority to require swimmers to take the swim test each visit to the pool. If the swimmer is unknown to the lifeguard the swimmer **must** take the deep-water swimming proficiency test prior to swimming in deep water.

Wristbands of neon colors, will be worn and provided by the Y, to distinguish between swimmers and non swimmers.

Any non swimmer will not be allowed past the lifeguard stand at the YMCA pool and not past the rope at the Weatherford City Pool. A non swimmer will be able to use the slide at the YMCA pool with a staff or parent at arms length.

A swimmer passing the swim test will be allowed to swim in the deep portion of any of the pools.

Any non swimmer will also be required to wear a Personal Flotation Device (PFD) to be able to get in the water. **Parents are required to provide PFDs.** Acceptable forms of PFDs are swim vests, life jackets, and float suits.

I authorize the Great Plains Family YMCA to allow my child _____ to swim at the Carl Dunn Aquatics Center, Weatherford Public Pool, Hydro Pool and Weatherford splash pad.

Parent's Name: _____

Parent's Signature: _____ Date: _____

Please indicate the highest level of swimming lessons your child has completed:

Please list any special care your child requires prior to engaging in swimming activities:
