

JCC Aquatics Safe Swimmer Policy

Infant to 5-year-old Swimmers: Parent/Caregiver must be in the water and within arm's reach of the child at all times. Young Swimmers are advised to be in personal flotation devices such as life jackets, under the direct supervision of an adult.

6 to 12-year-old Swimmers: The swimmer must pass the American Red Cross Water Competency Swim Test for either Therapy and/or Lap pool to be without a guardian in that pool. A Parent/Caregiver will need to remain on the pool deck. Swimmers who do not pass will need to remain within arm's reach of a Parent/Guardian for the pool that they did not meet water competency for and are highly encouraged to be fitted for a life jacket.

13 to 18-year-old Swimmers: The swimmer must pass the American Red Cross Water Competency Swim Test for Lap pool to be without a guardian at the Aquatic Complex. Swimmers who do not pass will need to remain within arm's reach of a Parent/Guardian for the pool that they did not meet water competence for and are highly encouraged to be fitted for a life jacket.

*This is a yearly test. A log will be kept (pass date, swimmer's name, date of birth, emergency contact info, and family name)

American Red Cross Water Competency Swim Test (6-18 years old):

Lap Pool Swim Test:

Step or jump into the water over your head.

Return to the surface and float or tread water for one minute.

Turn around in a full circle and find an exit.

Swim either freestyle or breaststroke 25 yards to the exit demonstrating good breath control.

Exit from the water without using the ladder.

Pass: Yellow for Wrist

Therapy Pool Swim Test:

Step or jump into the water over your head.

Return to the surface and float or tread water for one minute.

Safety Bob to a shallow area where the swimmer can stand flat-footed with their shoulders out of the water.

Reorientate to the deep end of the pool and swim either freestyle or breaststroke towards the deep end of the pool demonstrating good breath control.

Exit from the water without using the ladder.