


The Y in Central Maryland Swim Band Guidelines By Age



Age	Swim Band	Guideline
7 years & under	Any-Color Band 	<ul style="list-style-type: none"> • Red and Yellow band - MUST have a parent/guardian in the water within arm's reach and MUST stay in the shallow end • Green band - MUST have a parent on the pool deck at the water's edge
	Red Band	<ul style="list-style-type: none"> • MUST have an actively engaged parent/guardian in the water within arm's reach and in water below armpit level; OR • Child MUST wear a US Coast Guard approved personal floatation device, remain in the shallow end, and be directly supervised by a parent/guardian on the pool deck
8 to 9 years	Yellow Band	<ul style="list-style-type: none"> • MUST stay in the designated shallow water area and parent/guardian MUST be on the pool deck
	Green Band	<ul style="list-style-type: none"> • Permitted in the shallow and deep ends of the pool without a PFD; also permitted to use the slides • Parent/guardian MUST be on the pool deck
10 to 12 years	Red Band	<ul style="list-style-type: none"> • MUST have an actively engaged parent/guardian in the water within arm's reach and in water below armpit level; OR • Child MUST wear a US Coast Guard approved personal floatation device, remain in the shallow end, and be directly supervised by a parent/guardian on the pool deck
	Yellow Band	<ul style="list-style-type: none"> • MUST stay in the designated shallow water area and parent/guardian MUST be on-site
	Green Band	<ul style="list-style-type: none"> • Permitted in the shallow and deep ends of the pool without a PFD; also permitted to use the slides • Parent/guardian does NOT need to be on the pool deck; however, the parent/guardian MUST be on-site
13 to 17 years	Red Band	<ul style="list-style-type: none"> • MUST have an actively engaged parent/guardian in the water within arm's reach and in water below armpit level; OR • Teen MUST wear a US Coast Guard approved personal floatation device and remain in the shallow end
	Yellow Band	<ul style="list-style-type: none"> • MUST stay in the designated shallow water area
	Green Band	<ul style="list-style-type: none"> • Permitted in the shallow and deep ends of the pool without a PFD; also permitted to use the slides • Parent/guardian does NOT need to be on-site
18 years & over	Unspecified	<ul style="list-style-type: none"> • Lifeguards may ask participants 18 and over to take a swim test if it is determined that the member may not be safe in the deep end independently