



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING

Section 1 : Award List

1. Red
2. Yellow
3. Green
4. Blue
5. Endurance Swim
6. Proficiency

Section 2 : General Rules & Safety

1. General Camp Emergency Procedures (search siren)
2. Never go over or under the ropes
3. Always Check In and Check Out
4. Red bands may only swim up to 1st rope
5. Yellow bands may only swim up to 2nd rope
6. Green & Blue bands may swim out to perimeter rope
7. No swimming under super structure, piers or in danger area behind Super
8. Swim area is the only place on camp where swimming is allowed
9. Free swim must use buddy system
10. Lifeguards only in swim hut and on piers
11. No food, gum, or drinks in swim area
12. No shoes in swim area. Must have shoes on / above sea wall
13. Leave swimsuits and towels in Hickory Limb.
14. Use the word "HELP!" only in an emergency!
15. Stay off the guard piers and out of swim hut.
16. No throwing sand, rocks, etc...
17. No one allowed in swim area without lifeguard
18. One person on Coop's Tower, 3-meter and 1-meter at a time.

Waterfront Talk:

The rules to say for this talk are 1. Always check in and check out 2. Always stay in your area 3. Stay out of the Danger Zone. 4. Never go under or over the ropes. 5. Always swim with a buddy. This is also when the swim staff introduces themselves.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Section 3: Award Requirements

Red Award

Objective

- The Camper will be confident being in the water and getting their face wet.

Prerequisites

- None

Safety Rules

- Must Check in and out
- May only swim to first rope
- Must wear a red swim band

Knowledge Required

- Must know red-swimmer boundaries

Skills Required

- Get face wet
- Paddle/swim 20-25 yards with or without a flotation device
- Develop locomotion and combination skills.

Yellow Award

Objective

- The Camper will learn correct stroke form of freestyle, breaststroke, and backstroke, to swim 20-25 yards without the use of a flotation device and start on swimming endurance.

Prerequisites

- Student has passed the requirements for the red class or can swim 20-25 yards.

Safety Rules

- Must Check in and out
- May only swim to second rope
- Must wear a yellow band

Knowledge Required

- Must know yellow-swimmer boundaries

Skills Required

- Swim 20 yards freestyle with good form
- Swim 20 yards backstroke with good form
- Swim 20 yards breaststroke with good form
- Jump into water from superstructure
- Dive into water from superstructure

Green Award

Objective

- The Camper will learn correct stroke form of breaststroke and further their swimming endurance and perfect their skills already learned.

Prerequisites



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- Student must have passed the requirements for the yellow class

Safety Rules

- Must Check in and out
- Must wear a green swim band

Knowledge Required

- Can swim anywhere in the swim area
- Must know diving rules for superstructure

Skills Required

- Swim 50 yards freestyle with good form
- Swim 50 yards backstroke with good form
- Swim 50 yards breaststroke with good form
- Tread water for 1 minute
- Dive into water from superstructure with good form
- Dive into water from 1-meter with good form

Blue Award

Objective

- The Camper will learn the mechanics of teaching a swim class. They are not required to take mandatory swim classes, but may choose to be a Teacher's Assistant (TA) to work on their proficiency.

Prerequisites

- Successful completion of the green level

Safety Rules

- Must Check in and out
- Must wear a blue swim band

Knowledge Required

- Must know diving rules for superstructure

Skills Required

- Knowledge of swimming techniques
- Performs smooth strokes for front crawl, back crawl, and breaststroke

Proficiency Award

Objective

- The Camper should prove themselves a knowledgeable swimmer with great endurance and teaching abilities.

Prerequisites

- Must have successfully completed green level and have proven themselves a knowledgeable blue.

Safety Rules

- Must Check in and out
- Must wear a blue swim band

Knowledge Required

- Must know all rules for the swim area including superstructure and endurance swims



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Skills Required

- Must have attained the rank of blue
- Must be able to dive from 1-meter
- Must jump off all boards
- Must have shown endurance by participating in all distance swims in 1 week:
 - Biathlon
 - Double Island
 - Triangle
 - Diamond
- Must have been a Teaching Assistant for one week:
 - * Correct use of teaching equipments
 - kickboards
 - floatation devices

Biathlon Award

Objective

- The Camper will swim unassisted to the Island from the swim area and run back.

Prerequisites

- At least blue level classification

Safety Rules

- Check in and out
- Must wear shoes when running back

Knowledge Required

- Must know all rules for the swim area including superstructure and endurance swim.

Skills Required

- Must swim unassisted (any stroke) to the Island from the Swim area and run back along the Island Road

Double Island Award

Objective

- The Camper will swim to the Island from the Swim Area and back unassisted.

Prerequisites

- Must have completed the Biathlon
- At least blue level classification

Safety Rules

- Check in and out
- Must stay between the boats

Knowledge Required

- Must know all rules for the swim area including superstructure and endurance swim.

Skills Required

- Must swim unassisted (any stroke) to the Island and back from the Swim area with a break at the Island



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Triangle Award

Objective

- The Camper will swim the "triangle" unassisted

Prerequisites

- Must have successfully completed the Double Island swim
- At least blue level classification

Safety Rules

- Check in and out

Knowledge Required

- Must know all rules for the swim area including superstructure and endurance swim.

Skills Required

- Must swim unassisted (any stroke) to the Brown House on the south side of Big Corey, then to the Island, then back to the Swim area with breaks at each point.

Diamond Award

Objective

- The Camper will swim the "diamond"

Prerequisites

- Must have successfully completed the Triangle swim
- At least blue level classification

Safety Rules

- Check in and out

Knowledge Required

- Must know all rules for the swim area including superstructure and endurance swim.

Skills Required

- Must swim unassisted (any stroke) to the Brown House on the south side of Big Corey, then to the red racing buoy on the eastern end of Big Corey, then to the Island, then back to the Swim area with breaks at each point.

Section 4: Theory Sheets

Attendance sheets also contain theories for each of the swim levels

Section 5: Day-by-day schedule

Sunday: Sunday Swim

****Use attached picture of swim area to understand directions****

1. Once the campers have gone through the Klinger check-in process and moved all of their belongings into their cabins, they will be sent down to the swim area with a buddy and their swimsuit and towel.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2. Upon reaching the swim area they will change into their suits in Hickory Limb and go to the buddy board where a member of the swim staff (A-to check campers in, & B-to check campers out) will check them in and send them to mid-pier (C).
3. At the first check point they will be asked to swim freestyle to far-pier (D). Both guards C and D should watch the camper do this swim. If they cannot swim at all or are extremely apprehensive about the water, try to get them to go under water or at least blow bubbles. They are obviously a red. If they can swim freestyle (no matter how horribly) to far-pier, they are a yellow.
4. If the camper has no trouble with the aforementioned tasks, guard D must first ask them if they are comfortable swimming in deep water, and then send the swimmer to Super Structure (E/F) with the instruction to swim the first half breast stroke and second half back stroke. Guards E & F watch this and determine if the camper is a green or higher.
5. If they make it OK (this includes stopping during either stroke or not putting their head under water during the breaststroke)---they are green. If they make it with no trouble at all and are great ---they are blue
6. When testing is complete, the guards will inform the swimmer of his/her swim level and direct them to the swim head (G).
7. The swim head will note the swim level beside the child's name on the bunk list and tie the band of appropriate level on the camper's wrist. Red , yellow, green, or blue. This is also where the swim head does the check for cuts and bruises while the campers are still in their bathing suits.
8. The program director should be available to speak with parents and keep them above the sea wall. There should be three or more Junior Counselors (H, I, J) (the best JCs for this job are ones who are on search team) on duty purely to watch the ropes and ensure that no campers sneak through (VERY IMPORTANT!!!)

Sunday night: Immediately after dinner, swim test all the late check-ins. Then go to Klinger and allocate swimmers to class periods by unit. Make sure that all camper sign-up slips are correct, and make sure that there are no clashes with other specialty programs with prior signups. At Program signup skit time, go to benches and make the announcement for TA's and Shark swimmers to sign up with you during signup time. There is no need for the Swimming staff to do a skit unless they would especially like to as most campers are already signed up anyway and the short announcement for signups is faster than a skit which saves precious Sunday night time.

Monday: Do a basic retest of all campers once they are in their classes to determine if they are in the correct swim class. Campers are moved up and down accordingly. The swimming instructor then determines the swimming ability of each person in the swim class to know exactly what needs to be worked on. The last 15 minutes is freetime.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tuesday and Wednesday: These two days are spent working on swim strokes and other requirements such as floating, treading water, diving, underwater swimming. Working on strokes either involves the perfecting of someone's stroke or having to teach a new stroke from the start. New strokes are taught on Tuesday so there is another day to practice. The last 15 minutes of each lesson are freetime.

Thursday: Today we test the campers on what we have learned in the last three days to determine if they can move up to the next swim level. This involves being tested on all the strokes learned and the other requirement listed above.

Friday: Today is free time all day. The swim instructors lifeguard, usually in the area they taught their classes in. All green bands can use superstructure for free swim.

Swimming Head Duties

- * swim testing staff, campers and day-campers
- * allocating children into classes and schedule with horses, skiing, and challenge on Sunday evenings
- * assisting staff with lesson plans and ensuring that swim area is always fully staffed and safe
- * staff and CIT evaluations
- * swimming awards
- * search practice
- * open programs and endurance swims
- * keep all equipment in good order
- * keep search hut free from obstructions and keys accessible to all staff
- * keep first aid kit well stocked
- * unlock/lock huts at the beginning and end of each day (including cabinets in Hickory)
- * make sure open program is properly staffed
- * keep Hickory clean

Swim Staff Duties

- * safety comes first
- * help out with swim check
- * teach swim lessons to any level swimmer and be responsible for the buddy tags in your swim class
- * help out with lake swims (double island, triangle, diamond, biathlon)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- * buoy spacing, raking, keep beach clean, pick up trash and any other maintenance type work
- * be at open program on time
- * help keep Hickory clean
- * take equipment to piers ...and bring it in
- * smile

Buddy Board Procedures

There will always be at least one member of staff at the buddy board. This is the most important place on the waterfront because this is where the most mistakes are made. Therefore it is absolutely essential that you remain alert at this point.

OPEN SWIN:

For check-in campers line up with a buddy of the same swim level. The staff member watching the buddy board will ensure that both buddy tags go on the same hook. The pair are now a "buddy" of the same number. For example say camper number 219 and camper number 211 are a buddy. Together if they were the first buddy pair in the swim area they are buddy pair number one.

For a buddy check the swim head will call out "buddy check" and blow their whistle every 15 minutes. The buddies should then stand together and holds hands in the air. After all swimmers are still and quiet, the swim head will call for them to count off—and will listen for BOTH voices calling their number. After the swim head is satisfied that all the buddies are accounted for, the campers may resume swimming.

For check-out the campers line up with their buddy. The staff member at the buddy board will ensure that each swimmer moves their correct number. When all the tags are clear from the IN side of the board (everyone is checked out) the swim head calls "ALL CLEAR" the guards can come in from their piers.

LESSONS:

For lessons the campers will check in under their instructor's name. It is the instructor's responsibility to keep constant count of their classes

IMPORTANT !!!! IMPORTANT!!!! IMPORTANT!!!! IMPORTANT!!!!!!

IF A BUDDY TAG IS LEFT ON THE "IN" SIDE OF THE BUDDY BOARD AT ANY TIME, THE SWIM HEAD WILL CALL A SEARCH IMMEDIATELY AFTER HICKORY LIMB, WATERFRONT AREA, AND ARTS & CRAFTS HAVE BEEN CHECKED!

If the missing child isn't in the above places then QUICK:

1. send a runner to the cabin while someone else does a visual check from 3-meter



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2. check the rest of the kids out quickly (if there are still any in the water)
3. do a shallow water quick look

IF YOU HAVE NOT LOCATED THE KID THEN DO A SEARCH!

*SIRENS ARE LOCATED IN Arts and Crafts closet (key 81B opens A&C). Flick both the light switch and the metal switch on top shelf

*swim staff GET IN THE WATER and begin diving until the rest of the search team (at least most) arrives and then re-align the diving line

NOTE: If this is a Sunday swim then we will check first to see if there is a mark (r,y,g,b) by the name to tell us if the camper got out of the water.

Swim Area Search

1. All rules outlined in general camp emergency procedures are followed:
2. Swim staff and primary search team members (BCK, skiing, drama, fishing, A+C and available sailing staff) form a line along the skiing-side boundary rope arms-length apart according to the accompanying with as many staff as are available immediately (masks and fins on). A minimum of seven staff is really necessary. Primary search team members should keep their fins and masks in the swim hut to make this process as speedy as possible. The waterfront director and swim head are considered primary search team members.
3. Each primary search team member will raise their right arm to indicate they are ready to dive once they are in place.
4. The "caller" (waterfront director or swim head) will determine when an adequate number of staff are in place and ready to begin diving
5. At this point the caller will shout "Divers ready?". The line judge will then call "line ready" when the line is adequately straight and evenly spaced.
6. Upon hearing "line ready" the caller will shout "dive". All divers then dive and perform eight strong flutter kicks towards the BCK side of the boundary rope along the bottom if they are in deep water or ten kicks if they are in shallow water.. All divers will then return to the surface and raise their arm if they have found nothing and are ready for another dive.
 - *At the same time (the first dive) the diver responsible for checking super structure will cover its main section underwater in one dive and repeat at least two times.
7. The caller will instruct the divers to form another line as far back as the diver who came to the surface furthest back (that is the diver who covered the least amount of the bottom). The line judge will instruct any divers out of line or not adequately spaced to move into position.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8. Steps 5-7 will be repeated until the swim area is covered once in the skiing to BCK direction
 - for the second dive, superstructure diver will move shallow and cover the danger area behind super. This diver will then move quickly into position for dive three.
 - after about five or six dives some primary members will need to call for a substitute for their position in the line due to fatigue. Substitutes or alternate search team members will form a line once they have put their masks and fins on.
9. Once the swim area has been covered the entire line will turn around and shift outwards until the deepest diver is at the corner buoy. The divers will then proceed back towards the skiing side of the swim area. Should this leg of the search be completed, the line will shift shallower until the shallowest diver is in his/her original position.
10. The search will continue back and forth across the swim area until the camper has been found (on land or in the water). Once the camper has been found the siren will be turned off and the waterfront director will give a debriefing to all of camp at benches.
 - Remember that a water search is the single most stressful event on camp. A great deal of care should be taken to ensure that all staff and campers have dealt with the experience and are not overly upset. Make sure that all discussion on the waterfront immediately following the search is appropriate because it can be heard at benches. Prepare to allow some people to take a little while off in order to recover.-In the event that someone is actually found in the swim area, the debriefing will be handled by the camp director and outside crisis management/ recovery personnel will be called in to deal with staff and campers.
 - Another side note about an actual Search and Search Practice
 - If in the event that the shallow divers are forcing the deep divers to move a significant amount back after each dive forcing them to fatigue more quickly, the Swim Head can call the Search from the 3-Meter Diving board for the deep divers and the Waterfront Director can call the Search from shore for the shallow divers.

Search Practice:

The search team will practice twice a week before lunch on Tuesday and Thursday. The responsibility is not to be taken lightly. It is the responsibility of the search team to find a camper ASAP. Divers must be in excellent physical condition because a search may continue for a considerable amount of time. Lifeguards cover search and recovery in their training and therefore should be quite familiar with this situation. Because of their training and proximity to the swim area they are required to be on the search team. Any other accomplished swimmers and divers on staff are implored to be a part of this essential part of camp.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Drills that can be helpful:

1. Looking for a sunken object (bottle filled with sand)
2. Reason: to make sure all divers are going all the way to the bottom and are looking around (not just having tunnel vision)
3. Partner dives, shallower divers dive with a deeper diver while holding hands--- squeezing hands is the signal to come up for air
Reason: some search members are more scared to dive deep than physically unable to
4. Deep divers use tennis balls in groups. One diver brings ball down and lets go while another diver dives down and grabs ball. Each person in the group continues cycle. Shallow does pyramids – start at shallow and go deeper. Dive down do 1 kick, dive down do 2 kicks, dive down do 4 kicks, dive down do 8 kicks.
Reason: to build up endurance for all divers

*Reminder that there is a sunken row boat in the deep end approximately in front of Art and Crafts as well as the ropes that anchor the trampoline.

Section 6: Teaching Tips

To do the best possible job teaching skills, keep the following principles in mind.

1. Be punctual and prepared for class with appropriate dress and equipment (swimsuit on and kickboards out)
2. Plan your skill periods in advance so as to provide a flexible but orderly presentation of materials. Also think of games in advance for the class to do.
3. A progression should be followed in teaching complex skills. Start with easier lead-up or component skills and gradually build up to the complete skill
4. Try to involve the entire group in activity as much as possible; keep everyone busy in worthwhile activities.
5. Remember that your campers haven't the same vocabulary or backlog of experience as you. Keep explanations simple and concise while using analogies and demonstrations, which are relevant to their personal experience.
6. Repetition has merit in teaching. Saying the same thing in several different ways often increases understanding and increases memory of the skill
7. Don't neglect the value of reviewing skills previously covered; campers are more likely to retain what they practice. Also skills are likely to have been forgotten if they haven't practiced since last summer.
8. Use ingenuity and imagination to make learning enjoyable; games involving the use of skills learned, can close the session with purposeful fun.
9. Try to give some personal attention to all group members, particularly to those who are slower learners.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

10. Be receptive to the reactions and suggestions of group members for improvement of classes.
11. Periodic testing where it is appropriate helps to measure student's progress and can provide incentive for learning.
12. Make liberal use of deserved praise to encourage progress.
13. When criticizing the performance of a camper be specific in showing how to correct errors and then let them try the new way.
14. Show interest in what you are teaching, enthusiasm is contagious!
15. Consult your program head for advice or research books, etc to help improve your program

Section 7: Bad weather alternatives

1. Paint counselors
2. Sand castle building contest vs. skiing(weather permitting)
3. Bury counselors & turn them into an animal
4. Group games in Dave's House with skiing kids
5. All camp swim for hot days

Section 8: Inventory

1	Backboard	9	Guarding Tubes
2	Guarding Cans	41	Masks
52	XL-L Fins	54	XS-M Fins
12	Snorkels	22	Kickboards
23	Adult Lifejackets	17	Youth Lifejackets
6	Noodles	6	Tennis Balls
3	Sand Buckets		

9: Things to Remember

Endurance/Racing Swims

Note: Although endurance swimmers are not checked in with a buddy system it is very important that all swimmers chose a buddy of the same ability to stay with over the course of the entire swim.

How to Prepare for 1st Period Endurance Swim:

1. Give swimmers a short talk of the rules: always know where your buddy is, always stay between the boats, don't swim within 6 feet of the boats (to avoid getting hit by oars and so guards can always see each individual head), and let them know that it is ok to get in the boats if they are tired but they cannot get back in the water to finish the swim.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2. Once swimmers get back to shore, the swim staff member that had been sitting at the buddy board this whole time needs to check swimmers' names off on the sign up sheet and make sure they check out of the swim area.
3. Doing an endurance test during Monday's first period helps give you an idea of how well the swimmers will do throughout the week. Have the swimmers practice doing some laps between the swimming boundaries on skiing side and BCK side. If some feel like that they cannot do all the swims or choose to drop endurance swim, Monday is the best day to switch so that they can go to another program for the rest of the week.

How to Prepare for a Morning Distance Swim:

1. At dinner benches, announce & explain the swim, tell the campers that they must come sign up for the swim during meal.
2. During dinner, sign up the campers, make cabin lists of everyone doing the swim with the time they need to be at waterfront on it, and pass these lists out to cabin heads That Night.
3. Rowers and swim staff be at waterfront by 5:50 to get the boats and walkie-talkies, and make sure everyone is awake and present who needs to be.
4. Make sure everyone has a buddy and check everyone in on individual hooks.
5. Continue with steps 4 and 5 from 1st period instructions.

Biathlon:

The biathlon is the first of the endurance swims. The swimmers start in the swim area and swim to the island where a member of swim staff has already placed their shoes. The campers shoes are rowed over to the island in the lead row boat so they'll be waiting when the campers get to land. They MUST run in shoes. They then run back to swimming along the island road and behind the boat house.

Double Island Swim:

The Double Island swim, is during 1st period on Tuesdays. In the past this swim has been treated as a race, but, due to the large number of campers participating, it is better to treat it as an endurance swim. (That is, tell all campers to stay together!) The Island swim starts within the swim area and all swimmers swim directly to windsurfing and the directly back. The Double Island takes at most 20 minutes once campers are in the water.

Triangle Swim:

Prerequisite: must have successfully completed double island swim

The Triangle swim takes place during Wednesdays. Swimmers start within the swim area, swim to brown house down on the hill (past the mouth of Little Corey), swim to windsurfing and then return to the swim area to form a triangle. It is especially important that all staff for the triangle be on



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

time and that the rowboats are ready in the morning because it requires at least an hour to complete.

Diamond Swim:

Prerequisite: must have successfully completed triangle swim

The Diamond Swim **starts** at 6:00 am on Thursday mornings. A staff rotation schedule is very handy for planning for the Diamond swim so that all swim staff won't need to wake up so early every week. The course for the swim is as follows; swim area to between the two brown houses (the same brown house as triangle and the brown house high on the hill) then to the orange buoy near the point across from the island (this is the longest leg) then to the island and back to swimming. The Diamond swim seldom takes less than two hours so it is imperative that it starts at 6:00. Staff should be expected to be at swimming by 5:50.

Endurance Swims Staffing

For the triangle and the diamond there will be a lead boat and a tail boat carrying a lifeguard and a rower (preferably a lifeguard) and one lifeguard swimming (or two if there are a large amount of swimmers...20 or more) amongst the children with a rescue tube. You must ensure the buddy board is correct and that heads are counted throughout. Both boats must have a rescue tube, spare lifejackets, dry towels, and warm clothes for tired swimmers. At least one boat should carry a walkie-talkie (better if both do) and the swim head should ensure that there is someone on camp listening from 6:00 am on Thursdays in case of emergency during the diamond swim. There should never be more than 200 feet between the two boats so that any swimmer can be reached quickly if need be. If there are too many tired swimmers in the boat it may be necessary to walkie skiing to retrieve those children.

Lifeguarding Rules

1. COUNT, COUNT, COUNT!!!!
2. Keep eyes on your area at all times and be wary for signs of fatigue. The purpose of Lifeguarding is to watch the campers not to see what is going on along the waterfront.
3. Lifeguards are expected to be standing at all times and positions.
4. Each guard has a specific station (piers & superstructure) and will be carrying a rescue tube at all times.
5. While Lifeguarding there will be no horseplay such as playing catch with the campers.
6. Proper attire is expected. Swimsuits must be an appropriate one-piece for women and boxer type for men. Cold weather attire is limited to a sweatshirt for the upper body and a towel wrapped around the legs. Shoes and any type of long pants are not permitted because they will interfere with a rescue if one is needed.
7. All of the above rules are in effect from the beginning of a free swim until the "ALL CLEAR" is given that there are no buddy board tags left on the buddy board after the swimmers have checked out.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8. To be good lifeguards everyone must be in good health and spirits. The swim head should be alert for any problems with the staff. It is expected that all staff will report any health or emotional problems to the swim head or waterfront director so a replacement can be found. Sleep deprivation, stress and hangovers DO cause distractions, inattentiveness and therefore danger to the children.
9. Always remember how important the lifeguard's job is; try to enjoy it. Kids look up to you and depend on you.

Swimming Supervision Ratios

Free Swims:

During any free swim (open program, all camp swim, etc.) and open swim at the end of each period, the following rule applies; a minimum of two lifeguards for up to twenty campers (CITs and TAs are campers too!) and one lifeguard of each ten additional campers checked in. Guards will be stationed accordingly to the accompanying diagram.

Lessons:

The instructor is expected to act as a lifeguard for their own class of up to ten campers (CITs and TAs included). The swim head should act as an overseer from the shore (generally at the buddy board). Classes should be situated in an area separate from other classes to enable the instructor to perform periodic head counts without counting students from another class.

The recommended maximum number of classes in the swim area is six, based on separate available areas for classes. If this number is exceeded, two classes of the same level may be combined and are team taught by both instructors.

Cabin Time:

Cabin time or "blue moon wish" swims are treated the same as free swims. With the exception that it is the cabin heads responsibility to find an adequate number of lifeguards for the cabin size. The swim head or a member of the swim staff should be monitoring at all times.

Staff swims:

Any time a staff member is swimming at camp the action is considered a "staff swim". The swimming area is the only area on camp where swimming is permitted. The same ratio as for free swims is expected for ALL staff swims. ALL rules for Lifeguarding (i.e. the lifeguard must be standing) still apply. ALL staff swims will be approved by the swim head or waterfront director in advance. Any violation of this rule is considered a disciplinary matter.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Section 10: Opening and Closing the Program

OPENING:

1. Organize and clean (closets, swimhut, Hickory)
2. Put in all piers (see sketches attached)
3. Put in all area lines and buoys
4. Erect Coop's Tower, 3-meter, and 1-meter securely
5. Rake or rototill beach
6. Put up surrounding beach ropes and signs
7. Rules board and signs. (diving, general rules for swimming, swim test "stand here" signs)
8. Buddy board (repaint if necessary, fix tags)

CLOSING:

1. All of that, but backwards...