



## Waterfront Rules and Regulations

1. Swimming
2. Boating
3. Fishing

### 1. Swimming Rules

You are signing up to use the All Saints Camp and Conference Center Waterfront Facilities as a private user group. As the retreat leader, you are responsible for the safety and well being of your participants. All Saints will not be providing supervision for your aquatic activities. Since All Saints is an ACA accredited camp, we require that the following regulations be met by all retreat groups using our facility. Although ACA regulations do not apply to day use groups, we still strongly encourage following the safety procedures outlined below.

#### 1. Physical Fitness

All participants are required to provide evidence of fitness for the particular activity with a complete health history. Those with physical disabilities can enjoy and benefit from aquatics if the handicaps are known and necessary precautions are taken. Campers using wheelchairs are not permitted on docks, but may access the swimming area by way of the shore and will receive individual supervision from a certified lifeguard. On those occasions when support equipment is removed from persons using a wheelchair, this lifeguard will remain in proximity close enough to assist the individual back to the chair if necessary. Wheelchairs in the waterfront area must have a brake to prevent accidental rolling.

#### 2. Ability Groups

Swimmers will be tested regarding their swimming abilities and divided into three ability groups: Non-swimmers, beginners, and swimmers. Campers may not swim in a swimming area above their ability level.

- *Non-swimmers Test:* No swimming test is required. (Campers are encouraged to get into the water).
- *Beginners Test:* Jump feet-first into water over the head in depth, level off, swim 50 feet on the surface. (This will be accomplished by swimming from one end of the dock to the other).
- *Swimmers Test:* Jump feet-first into water over the head in depth. Level off and swim 200 feet in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (this will be accomplished by swimming from one end of the dock to the other and back twice); then swim 100 feet using an easy resting backstroke. (This will be accomplished by swimming from one end of the dock to the other and back). After completing the swim, rest by floating. These classification tests will be renewed annually.

#### 3. Safe Area

A safe swimming area, reserved for swimming only, is marked in a method that is clear to both swimmers and boaters. The area is fenced off, and nobody shall be permitted entrance without permission from the waterfront staff. Swimming and boating rules are posted on the exterior wall of the paddle house. Please be aware of possible hazards associated with lake swimming such as varying depths, deep holes, rocks, stumps, etc. Waterfront lifesaving equipment including reach poles, life rings, Peterson Belts, and backboard will be immediately available in case of an emergency. In the event of lightning or thunder, all swimmers will exit the fenced off swimming area for 30 minutes. The lack of water clarity presents additional hazards for underwater swimming and diving. Diving will be limited to the swimmers area. Campers may remove their shoes while swimming or sitting on the dock. However, at all other times, campers will wear shoes in the Waterfront area.

#### 4. Lifeguards on Duty

Swimming will be permitted only when there are lifeguards, age 16 or older, on duty on the swimming dock. Lifeguards will not participate in recreational waterfront activities while supervising swimming activities, and at least one lifeguard must be out of the water during instructional swimming activities. Lifeguards must hold current certifications in:

- Lifeguarding from a nationally recognized certifying body,
- First aid including training in bloodborne pathogens from a nationally recognized provider, and
- CPR including the use of breathing devices (e.g., pocket masks) from a nationally recognized provider.

The following lifeguard ratios will be in place during all swimming activities:

- There will be a minimum of two lifeguards on duty during any swimming activity.
- For every 35 swimmers, or fraction thereof, there shall be one certified lifeguard and an additional person, over the age of 18, trained in the use of basic rescue equipment.
- The overall ratio of one lifeguard/lookout for each ten swimmers must be maintained at all times.

#### 5. Buddy System

Every camper will be paired with another camper who is swimming in the same area. Buddies check in and out of the swimming area together, placing tags with their names on the buddy board in the swimming area where they will be swimming. Buddies serve as a first line of defense, checking that their buddies are safe and well. Every ten minutes a single ring of a bell will signal a buddy check during periods of free swim. During this procedure, all campers are to move next to their buddies in a place where treading water is

not necessary. Campers shall remain quiet during this time. Guards will check all areas, count the pairs, and compare the total with the tags on the buddy board. Two bells will signal and end of the drill and that campers may resume swimming. During instructional periods, instructors may use head-counts to verify that all campers are accounted for. In the event of three rings of the bell, all swimmers are to exit the swimming area. In the event that a camper is unaccounted for, all participants will exit the swimming area and staff will immediately begin a lost bather drill, starting in the area where the camper was last seen.

## **2. Boating Rules**

You are signing up to use the All Saints Camp and Conference Center Waterfront Facilities as a private user group. As the retreat leader, you are responsible for the safety and well being of your participants. All Saints will not be providing supervision for your aquatic activities. Since All Saints is an ACA accredited camp, we require that the following regulations be met by all retreat groups using our facility. Although ACA regulations do not apply to day use groups, we still strongly encourage following the safety procedures outlined below.

### **1. Physical Fitness**

All participants are required to provide evidence of fitness for the particular activity with a complete health history. Those with physical disabilities can enjoy and benefit from aquatics if the handicaps are known and necessary precautions are taken. Wheelchairs are not permitted on docks or boats, but campers with handicap may access boats and will receive individual supervision from a certified lifeguard as needed.

### **2. Personal Flotation Devices**

Prior to any boating activity, all participants will be trained in proper use of personal flotation devices (PFDs). All occupants of a watercraft shall wear a USCG approved Type II or Type III PFD be at all times while in a watercraft. All PFDs must be in good condition and properly fitted to the user. Any boat 16ft and longer (except canoes and kayaks) must also carry one throwable (Type IV) PFD.

### **3. Buddy System**

The buddy system will be used for all boating activities. Not only must every individual have a buddy, but every craft should have a "buddy boat" when on the water. Buddies check in and out of the boating area together, placing tags with their names on the buddy board indicating the type of boat that they will be using. Buddies serve as a first line of defense, checking that their buddies are safe and well. The adult in charge will verify that all boats and boaters are accounted for. Four bells will signal all boaters to come in. In the event that a camper or boat is unaccounted for, all participants will exit the boating area and staff will immediately begin a lost bather drill in the boating area.

### **4. Skill Proficiency**

Prior to any boating activity, all participants will be trained by your organization in basic watercraft handling skills, safety, and emergency procedures including:

- Boarding and debarking,
- Trimming,
- Movement on the craft, and
- Self-rescue in case of capsizing or swamping.

Use of personal watercraft will be prohibited by anyone under the age of 16. Operation of all motorized craft or sailboats over 14 feet in length will be limited to users at least 18 years of age who have passed a boater's safety class.

### **5. Planning**

Under no circumstances shall any boat carry more passengers or weight than is permitted by the vessel's occupancy limit. The adult in charge will check weather reports daily in order to be aware of any hazardous conditions, and will ensure that weather conditions are appropriate before sending out any boats. In the event of lightning or thunder, all boats will come in and boaters will exit the fenced off boating area for 30 minutes.

### **6. Equipment**

All equipment must be suited to the craft, water conditions, and individual and must be in good repair. Appropriate rescue equipment including a motorized rescue boat equipped with a first aid kit and a throwable PFD must be available for immediate use. No hull identification number or outboard motor serial number shall be altered, defaced, modified, or removed. All motorized boats and sailboats greater than 14 feet in length will be equipped with the following items:

- An anchor and sufficient line,
- A paddle,
- Proper insurance,
- Mooring lines,

- Distress signal meeting the following description - orange flag with black square and ball, and an auto S-O-S electric light OR 3 orange smoke signals, hand held or floating OR three flares of hand held, meteor, or floating type (required for any boat 16ft or longer and ALL boats operating at night),
- A first-aid kit stocked with emergency supplies appropriate to the location including personal protective equipment,
- One Type IV, throwable PFD (required for any boat 16ft or longer except canoes and kayaks – as stated above in section 4),
- Current state registration with numbers meeting the following criteria:
  - Located near the bow,
  - Read left to right in numbers at least 3 inches high,
  - Contrast the hull color,
  - Numbers must be separated from the prefix and suffix by hyphens or equivalent spacing,
  - Validation decal affixed in line with and 3 inches towards the rear of the registration number.

All vessels will be equipped with a horn or whistle. Whenever a boat is towing a person, an observer 18 years of age or older will be present onboard.

All boats will meet the following regulations with regards to navigational lights:

- When not at dock all vessels will exhibit at least one bright light, lantern or flashlight visible all around the horizon from sunset to sunrise in all weather and during restricted visibility.
- Power vessels of less than 12 meters in length, shall show a red port light and a green starboard light in addition to a white all around light from sunset to sunrise in all weather and during restricted visibility.

All motorized vessels will be equipped with a marine type USCG approved fire extinguisher of B or BC classification that is readily accessible and in condition for immediate and effective use at all times. Any boats leaving the designated boating area will be equipped with either a two-way radio or cell phone so that they may contact the camp or local emergency number in case of any emergency. Campers will wear shoes at all times in the boating area and while onboard vessels.

The Facility and Operations Manager will inspect all watercraft prior to the start of each summer camp season. He will provide a written record of the condition of each vessel, which will include the crafts HIN for identification purposes. At the end of the summer season, the Waterfront Director will be responsible for generating a written inventory of all equipment, including watercraft. During the remainder of the year, watercraft will be visually inspected by a member of the staff prior to any use. Any needed repairs will be documented by using a facilities repair request form.

### **7. Guards on Duty**

For events involving youth participants, boating will be permitted only when there are guards, age 16 or older, on duty either on the water or supervising from the boating dock. Guards will not participate in recreational waterfront activities while supervising boating activities. Guards must hold current certifications in:

- Lifeguarding from a nationally recognized certifying body (for adult groups and families with parent(s) present and supervising use of watercraft, this certification is not required),
- Written documentation of training in lifeguarding and emergency procedures specific to the type of water and activities guarded (for adult groups and families with parent(s) present and supervising use of watercraft, this certification is not required),
- First aid including training in bloodborne pathogens from a nationally recognized provider, and
- CPR including the use of breathing devices (e.g., pocket masks) from a nationally recognized provider.

There will be a minimum of two lifeguards on duty during any boating activity.

## **3. Fishing Rules**

You are signing up to use the All Saints Camp and Conference Center Waterfront Facilities as a private user group. As the retreat leader, you are responsible for the safety and well being of your participants. All Saints will not be providing supervision for your aquatic activities. Since All Saints is an ACA accredited camp, we require that the following regulations be met by all retreat groups using our facility. Although ACA regulations do not apply to day use groups, we still strongly encourage following the safety procedures outlined below.

### **1. Equipment**

State laws dictate that anyone age 17 or older must hold a current fishing license in order to fish on Lake Texoma. If you are fishing from our dock or shore, a Texas fishing license may be used. When fishing from a boat in the open lake, a Lake Texoma license is required. Lake Texoma fishing licenses may be purchased at the camp's main office for \$12.

### **2. Safe Area**

All Saints Camp offers a safe swimming area, reserved for swimming only. Please help us keep this area free of dangerous items such as fish hooks by not fishing from the swimming dock. Please be aware of possible hazards associated with fishing from our boating dock such as deep water. For this reason, fishing from the boating dock will be permitted only from those sections of the dock with side railings. Participants may also fish from the suspension bridge where there is a similar railing, or from shore.