



american **CAMP** association™

WATERFRONT RULES SAMPLE

Program Philosophy: Swimming is a vital part of the camp philosophy. The camp is nestled on a lake with access to miles of lakefront. Since many of our activities take place on the lake, the camp feels it is essential that all participants have a foundation in swimming. All campers take daily swim lessons that follow the American Red Course Learn-to-Swim program.

Waterfront Safety Rules:

SWIMMING:

- Swimming classes and Free Swim occur at the Swim Docks only
- Minimum of two Certified Lifeguard (at least one 21+)
- Ratio of lifeguard to campers is 10:1
- Everyone (campers and staff) must take a swim evaluation before they are allowed in the water or on the water in a watercraft.
- All campers must tag in and tag out. One camper at a time at the tagboard and always under staff supervision.
- All campers must wear a white bathing cap.
- All swimmers must have a buddy during free swim.
- No swimming under the docks.
- No running, pushing or horseplay in the swim area.
- Stay off the lanelines.
- All diving is to be done in at least 10 feet of water in designated areas only.
- One person at a time on the diving board and slide. Wait until the previous user has cleared the area before diving or sliding.
- Designated spotters must be watching when the slide or board are open.
- Daily swim classes are required for all levels.

SHALLOW BEACH AREA:

- Minimum of two Certified Lifeguards (at least one 21+)
- Ratio of lifeguard to campers is 4:1
- Head Guard with tube and fanny pack on land/rock and second guard on dock or water
- Watershoes must be worn at all times
- Swimming is wading only (up to knees). Max of 8 campers at a time.
- Be aware of rocks and obstacles

REST HOUR:

- Campers may only be on the dock during rest hour with a 21 year old and Lifeguard combination.
- There will be no swimming at rest hour.
- Campers must tag on and off as usual



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WHISTLES:

- 1 SHORT BLAST – TO GET SOMEONE’S ATTENTION
- 1 LONG BLAST – CLEAR THE WATER
- 2 SHORT BLASTS - BUDDY CHECK
- 3 SHORT BLASTS REPEATED - EMERGENCY - out of water and gather staff and campers at meeting area for instructions.

STAFF ON DUTY:

- All staff are expected to be familiar with and enforce the waterfront rules.
- A “Head Guard” is assigned to each swim class or free swim.
- All Lifeguards must know how to use rescue equipment. Non-Lifeguards can assist as tagboard person or extra spotter.
- All staff must wear swimsuits while lifeguarding.
- Lifeguards must stand at all times with a rescue tube.
- The tag board must be supervised by a staff member and regular buddy checks and counts performed.
- Swim Lesson Lifeguards will stand on duty with a rescue tube and fanny pack.
- The swim instructor on duty is responsible for overseeing tagging in and out procedure during swim lessons.

STAFF SWIMMING - Designated swim areas only

- Staff may swim provided that there is the a certified Lifeguard/21+ combination for every 8 staff. The Lifeguard must remain on the dock while others swim
- Swimming may take place ONLY during Daylight hours