



- Swim assessments are an important aspect of water safety. Non-swimmer restricted to water less than chest deep unless directly supervised during a learn to swim program. Bathers become buoyant in water chest deep and above, which causes them to lose contact with the bottom. Non-swimmers who lose contact with the bottom may not have the ability to prevent themselves from entering deeper water\*. Non-swimmers in greater than chest deep water has been identified as a contributing factor in all non-swimmer drownings. Some pools may be too deep for the shortest non-swimmers, in that case lifejackets should be worn at all times.
- All camp councilors participating in water activities must also be swim tested prior to the start of camp to ensure they are safe and assigned an appropriate task during water activities.
- All campers regardless of age MUST BE swim tested when participating in activities in open water. Self-assessment is not recommended.

***\*Natural bodies of water may have depth fluctuations.***

### Wrist-bands (*suggested colours*)

<b>Red</b>	5 yrs. Or younger (always accompanied in the water ‘within arm’s reach’) – no assessment required.
<b>Yellow</b>	6 yrs. of age, children who are non-swimmer or do not want to be tested must be accompanied in the water ‘within arm’s reach’)
<b>Orange</b>	7 yrs. of age and over who are comfortable in the water & can swim 15 meters (shallow-end only)
<b>Blue</b>	7 yrs. of age and over who are comfortable in deep water & successful completion of swim test

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### BC & Yukon Branch

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## Notes

- Max ratio for Red and Yellow bands: 4:1 without lifejackets; 8:1 with lifejackets.
- All campers & councilors must wear wristbands at all times.
- Councilors must identify the children in their charge and wear corresponding wristband.
- In-water councilors must not leave their group unless the entire group exists the water.

## Procedure

***Lifeguards facilitating the swim tests must have rescue aid on their person and be rescue ready.***

Facility Swim Test (Orange wristband)

- Beginning in the shallow water, designate 15m mark (swim skill – non-stop swim in any method)

Deep End Swim Test (Blue wristband)

- Beginning in shallow water designate, 25m or 50m mark (swim skill – non-stop swim in any method)

***All tests in open water*** must have lifeguard accompaniment in the water and on the dock or beach

(2 staff)

- Anyone (6-12years) who does not want to be tested will wear yellow bands.
- Retesting can take place at any time; max 2 x per swim.

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**SIGN EXAMPLES:**

### Pool Admittance Wristband Policy

**0-6 years**  
Children 6 years and younger must be accompanied by a guardian (15+). Must be within arms reach at all times.  
1 Guardian: 2 Children (no exceptions)

**7-12 years**  
Children 7-12 years must swim with a guardian (15+). Must be within arms reach at all times.  
1 Guardian: 2 Children (no exceptions)

**7-12 years**  
Children 7-12 years who pass the swim test MAY swim unaccompanied.

Cambridge Waterfront

### Pool Admission and Wrist Band Policies

**Y**

**6 years and under**  
Children 6 years and younger must be accompanied by a guardian (15+) who can reach them at all times. 2 children under 6 years old can compete for 20 minutes in open pool and 30 minutes in the pool.

**7-9 years**  
Children 7-9 years who do not pass the swim test must be accompanied by a guardian (15+) who can reach them at all times.

**7-9 years**  
Children 7-9 years who pass the swim test MAY swim unaccompanied.

**10+ years**  
Children 10+ years who pass the swim test MAY swim unaccompanied.

### Wristband Policy

**Unsure? Be Sure!**

You'll always get it right, when you follow the traffic light!

**Red Wrist Band**  
5 years of age and younger. Must be accompanied by a guardian (15+). Must be within arms reach at all times.  
1 Guardian: 2 Children (no exceptions)

**Yellow Wrist Band**  
Ages 6-9  
Must swim with a guardian (15+). Must be within arms reach at all times.  
1 Guardian: 2 Children (no exceptions)

**Green Wrist Band**  
Ages 6-9  
Passes swim test  
May swim alone

**10 years of age or older?**  
Unaccompanied. It's always recommended to swim with a buddy!

### City of Cambridge Swim Admission Process

**UNSURE?**

**RED Bands**  
All children under the age of 6 MUST swim in the shallow end with Parent/Guardian (13+ yrs).  
Children must remain within direct supervision and within arms reach.  
Maximum of 2 children per each Parent/Guardian (1:2)

**YELLOW Bands**  
Children 6-10 yrs. MUST swim in the shallow end with Parent/Guardian (13+ yrs).  
Children must remain within direct supervision and within arms reach.  
Maximum of 4 children per each Parent/Guardian (1:4)

**GREEN Bands**  
Children 6-10 yrs who pass the swim admission test (10m) MAY swim unaccompanied.  
Children with green bands may be asked to take the test again if aquatic staff are concerned that they cannot demonstrate the ability to maintain the Swim Admission Standard.

**BE SURE!**



**Make This Your Camp Challenge!**

For all campers 6-12 years

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**With older (10-12) campers add Swim to Survive +**

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