

Day Camp Swim Test

The Lifeguarding Experts

FOR CAMPERS 6-12 YEARS OF AGE

- 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)

Red	5 yrs. Or younger (always accompanied in the water 'within arm's reach') – no
	assessment required.
Yellow	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')
Orange	7 yrs. of age and over who are comfortable in the water & can swim 15 meters
	(shallow-end only)
Blue	7 yrs. of age and over who are comfortable in deep water & successful
	completion of swim test
	completion of swiff test

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)

<u>All tests in open water</u> must have lifeguard accompaniment in the water and on the dock or

beach

(2 staff)

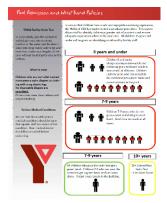
• Anyone (6-12 years) who does not want to be tested will wear yellow bands.

• Retesting can take place at any time; max 2 x per swim.

E-mail: info@lifesaving.bc.ca Web: www.lifesaving.bc.ca

SIGN EXAMPLES:











Make This Your Camp Challenge!

For all campers 6-12 years

BC & Yukon Branch

#112 - 3989 Henning Drive Burnaby, BC V5C 6N5 Telephone: 604.299.5450 Fax: 604.299.5795 E-mail: info@lifesaving.bc.ca Web: www.lifesaving.bc.ca



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