

Plast Canada

SWIMMING

Policy Requirements

The Plast Canada Swimming Policy shall apply to all camps and trips involving water-based activities associated with any Plast-organized event including and not limited to day trips, spring camporee (Свято Весни), etc.

Policies exist for swim tests, swimming in various types of facilities (designated or non-designated swim areas), and different types of supervision in non-designated swim areas (with or without qualified Aquatic Activity Supervisors).

Swim Test

- * Prior to summer camps commencing, Plast members (children, youth, and all staff whether counsellors or trip leaders) shall complete, at a designated swimming area, the following swim test in its entirety, in sequence and without stops, rest, or pauses.
 - Rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth
 - Tread water for 1 minute
 - Swim 50 m (164') continuously, any stroke.
- * The Swim Test must be completed annually. Tests are current for the year (i.e. all tests expire 31 December).
- * The Swim Test must be administered by a Lifesaving Society National Lifeguard, or a certified aquatic instructor (e.g., Lifesaving Society Instructor Certificate; Lifesaving Society Swim Instructor Certificate; or Canadian Red Cross Water Safety Instructor Certificate).
- * Plast members who do not achieve the Swim Test requirements without wearing a lifejacket shall wear a lifejacket during all water-based activities at camp except when
 - the water level is below mid-calf
 - swimming in a designated swim area

Non-Designated Swim Areas

- * The Camp Director shall approve swimming in Non-Designated Swim Areas (NDSAs). For trips away from base camp, this approval must be obtained prior to campers and staff departing base camp.

Swimming in NDSAs with qualified Aquatic Activity Supervisors

- * Swimmers shall wear an approved, properly fitted, personal flotation device (PFD) or lifejacket at all times while in the water when they:
 - Failed the swim test OR
 - Passed the swim test with a lifejacket OR
 - Did not undertake the swim test in the current year.

- * Two (2) people with current Lifesaving Society Bronze Cross qualifications (or higher) must be positioned in the swim area for a group of up to 25 swimmers. An additional current Bronze Cross qualified individual (or higher) is required for every additional swimmer after the initial 25 (up to 25 more).
- * Qualified youth (under the age of 18) who will assume the role of an Aquatic Activity Supervisor while at camp shall
 - Provide written consent from their parents/guardians for assuming this role
 - Receive a briefing/orientation about the expectations associated with this role
- * Qualified Aquatic Activity Supervisors shall provide a copy of their current certificate to the Camp Director before they engage in any swimming supervision.

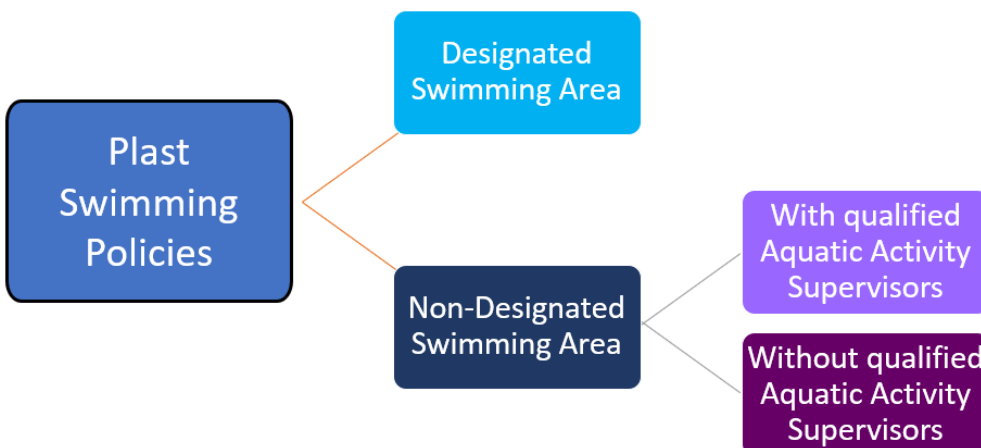
Swimming in NDSAs without qualified Aquatic Activity Supervisors

- * All swimmers shall wear an approved, properly fitted, personal flotation device (PFD) or lifejacket at all times while in the water.
- * At least two staff (age 18+) shall be positioned in the swim area to act as Lookouts for a group of up to 16 swimmers. An additional Lookout is required for every additional swimmer after the initial 16 (up to 8 more).

Explanatory Material

The specific requirements for swimming during camp depends upon the type of facility AND the level of training and supervision available, either:

1. At a Designated Swim Area
2. At a Non-Designated Swim Area with qualified Aquatic Activity Supervisors
3. At a Non-Designated Swim Area without qualified Aquatic Activity Supervisors



Procedures

Procedures vary based on the activity (swim test or swimming) and type of swimming facility.

Swim Test

1. When there is a designated swimming area at the camp location, the Swim Test may be administered on location prior to the start of any water-based activities.
2. In lieu of completing the swim test, campers and staff may provide proof of Bronze Medallion certification, or higher.
3. Results of the Swim Test must be documented and kept on file by the Camp Director
 - a. Achieved the requirements without a lifejacket;
 - b. Achieved the requirements with a lifejacket;
 - c. Practiced (but did not achieve) the requirements; or
 - d. Did not attempt the Swim Test.
4. Results of the swim test are communicated to campers, camp staff, and the campers' parents/guardians.
 - a. During camp, campers and staff stay within boundaries for their ability based on results of swim test.

Non-Designated Swim Areas

1. Prior to allowing campers to swim in a Non-Designated Swim Area, staff shall:
 - evaluate the body of water for suitability including the absence of obvious hazards
 - establish boundaries
2. Prior to allowing campers to swim in a Non-Designated Swim Area, staff shall ensure that the following minimum safety equipment is readily available:
 - First aid kit
 - Buoyant throwing aid attached to 6 mm line at least 15 m in length
3. Prior to allowing campers to swim in a Non-Designated Swim Area, the Camp Director (or their designate) shall assign a staff member to be “In-Charge” of swim time. The In-Charge staff member shall be based on land and shall NOT engage in other tasks (e.g. cooking, fire making, etc.) while on duty.
4. Aquatic Activity Supervisors and Lookouts shall be identified to swimmers prior to swim time and wear suitable attire (“ready to assist / intervene in the water”) while on duty.
 - a. Aquatic Activity Supervisors and Lookouts may not swim during the times they are engaged in supervising swimmers.
 - b. Aquatic Activity Supervisors and Lookouts who swim during their off-duty time must follow all Plast policies and procedures for swimming including and not limited to meeting requirements for supervision. They may not serve as their own supervisor.
5. Swimmers shall have a “buddy”.

Recommendations

Recommendations vary based on the type of swimming facility (designated or non-designated) and supervision (with or without qualified Aquatic Activity Supervisors).

Designated Swimming Areas



Additional staff (non-lifeguard) supervision is highly recommended at designated swimming areas for campers who are non-swimmers. Staff should be in the water within arm's reach and should be responsible for no more than 4 campers.



Additional staff (non-lifeguard) supervision is highly recommended at designated swimming areas for campers who are on land & NOT swimming. This supervision should extend to areas such as changing rooms.

Non-Designated Swimming Areas



In non-designated swimming areas, swimmers are encouraged to wear some type of appropriate footwear (e.g. water shoes or well-secured sandals etc.).

Non-Designated Swimming Areas without qualified Aquatic Activity Supervisors



Staff who are not qualified Aquatic Activity Supervisors are encouraged to participate in the Lifesaving Society Safeguard program annually.

<https://www.lifesavingsociety.com/swimming-lifesaving/lifesaving/safeguard.aspx>

Definitions

Designated Swimming Area	Pool or waterfront designated by the province as meeting all provincial regulations for swimming including and not limited to staffing by qualified lifeguards, water quality, and readily available lifesaving equipment.
Lookout	Staff member (age 18+) without current Life Saving Society Bronze Cross qualification or higher who assumes responsibility for swimmers in a Non-Designated Swimming Area.
Non-Designated Swimming Area	Any body of water used for swimming that does not meet all provincial regulations for swimming and/or lacks one or more of the following: readily available lifesaving equipment, staffing by qualified lifeguards at the required ratio, or regular testing of water quality.
Qualified Aquatic Activity Supervisor	Individual with a current Life Saving Society Bronze Cross qualification or higher. They may be a staff member or camper whose parents/guardians have provided the Camp Director with written permission to allow the camper to assume this role during camp.

Water-based Activities	Activities where the water is deeper than mid-calf and an individual entering the water may be submerged including and not limited to swimming, canoeing, use of human-powered watercraft, sailing, etc.

References

The swimming test is from the Lifesaving Society Swim to Survive

Forms

Plast Canada Swim Test Certificate

ADMINISTRATION

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