

EcoTech Summer Camp  
Emmorton Rec Council

## **Swim Safety Plan**

This plan will be reviewed every season at the training and orientation session prior to Day 1 of camp and with any staff member that joins the staff after the initial training. An opportunity to discuss and ask questions about the procedures will be given at that meeting.

A copy of this Swim Safety Plan will be kept with other pertinent documents in the camp files.

1. Potential health and safety risks for the trip may include:
  - a) Weather concerns for the day (excessive heat, storms, etc.)
  - b) Specific student behavior concerns that could threaten the safety of campers.
  - c) Plans to deal with above concerns
  - d) Water hazards (fast-moving water, deep spots, shallow spots...)
  - e) Heights as in cliffs or terrain that present falling hazards
  - f) Animals that are present (horses to bees)
  - g) Review Natural Disaster Emergency Plan for further guidance
  - h) Individual students with health issues and/or medications to administer
2. Staff will discuss potential health and safety risks of specific campers at the beginning of and throughout each week-long session, and risks specific to the trip will be discussed each day before we take the trip.
3. Staff trained in CPR and First Aid will always be present during trips.
4. A director is present at the camp for on-site swimming, or if swimming occurs off-site, a director is present at the swimming site.
5. When warranted due to depth of water, one certified lifeguard (certified in swimming pools or open water depending on swim site) must be on duty for every 50 campers or fraction thereof. This lifeguard may or may not be staff from EcoTech Summer Camp. Usually, the lifeguards are hired by the swim facility, however two of the EcoTech staff are trained lifeguards. If a lifeguard is not available and the water is over waist deep, personal floatation devices will be worn by all campers and staff.
6. A watcher (staff member 16 years old or older) who is not the swim instructor or lifeguard must be present for every 25 campers in the water body or fraction thereof. If there are areas unable to be seen by one watcher, a second will take the out-of-sight area. The watcher's job is to be out of the water watching their campers for any problems. Watchers must be able to see the bottom of the water body, so they cannot be sitting 6 feet from the edge of the water body. If a camper needs assistance outside of the water-body (e.g. getting a bandaid, going to the bathroom), a different staff member from the watcher must take care of that. A watchers' sole duty is to watch their campers in the pool and act as a second set of eyes for the lifeguard.
7. If the bottom of the creek is not visible due to clarity issues, campers will wear personal floatation devices.
8. Students, parents and staff will be informed about each trip involving swimming on the session itinerary provided with camp registration for each session. Potential dangers will

be discussed on the camp literature. It will include the destination's address as well as how campers should prepare for the trip.

9. There will be a signature document referring to this swim safety plan which explains the swimming risks and they will be verbally explained as well. Both parents and campers will be present for this explanation on Monday morning prior to the session's start.
10. Adult to camper ratio will never exceed 1:10. We will also implement the buddy system.
11. Safety rules will be explained to campers and staff prior to participation in the event. They may include areas off limits to campers, the use of personal floatation devices, helmets, activities deemed safe and unsafe.
12. All campers will be considered non-swimmers. For this reason, PFD's will be used when the ability to swim is needed.
13. In the event of an emergency, the watchers will account for all students by having them locate their buddy and counting the total number of campers (which will not exceed 30).
14. Campers will be ineligible to swim, if they have open sores, are sick, are behaving inappropriately, not obeying the safety rules for each location.
15. Safety rules for stream swimming include:
  - a) Stay within sight of a watcher and your buddy.
  - b) Stay away from areas designated as off limits.
  - c) No horse-play.
  - d) Be aware of rocks.
  - e) Always wear water shoes.
  - f) Listen carefully to all staff members.
  - g) Be careful.
16. The binder containing campers', staff members', and volunteers' health and emergency information will be maintained in the camp director's back-pack along with the first aid kit.
17. Staff will communicate by walky-talky throughout the swimming experience.
18. Watchers will count campers every 5-10 minutes. (We have small groups, so this isn't that difficult to do.)
19. In the event of an emergency, 911 will be used to notify EMS.
20. Prior to the group entering the water, we will, to the best of our ability, assure that:
  - a) Any hazard areas will be eliminated or clearly marked before swim activities begin.
  - b) There are no strong currents, sharp drop-offs, quicksand bottom, or rough surf conditions while swimming occurs
  - c) There are no dangerous aquatic life in the area
  - d) The bottom has no hazardous debris, sharp stones, or sharp shells that would penetrate our water shoes.
  - e) Swimming, diving, and boating areas are clearly marked or roped off