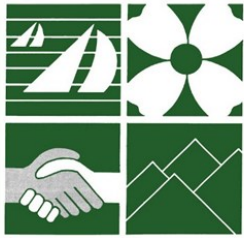


# Keeping our camps safe at the pool!



Virginia  
Recreation  
and Park Society  
www.VRPS.com

## Aquatics Resource Group

### What to look for at the facility

*Is the pool water clear?*

*Can you see the main drains?*

*Are they intact?*

*Are the guards alert and actively scanning?*

*Is the pool area free of any hazards?*

*Are lifejackets available and in good condition?*

### Things to include in counsellor training:

In-Water training—swim test the staff!

Locker room behavior and procedure

Pool Rules—Focus on the WHY!

Behavior in water—camper and counsellor

Aquatic Emergency Action Plans

Staff roles in emergencies

What the whistles mean

Pool areas for swimming ability

Signs of swimmers in distress

Specific facility rules

Wrist bands—Colors are awarded based on swimming ability and configuration of the pool. No camper should be in the water without a wristband!



RED Band - Non-swimmer. This person needs to stay in the beach if available or lifejacket and shallow end.



YELLOW Band—Beginning swimmer. This person needs to stay where they can touch, no more than shoulder depth. This band can also be used for a taller non-swimmer.



GREEN Band—Good to go! Swim in any open area of pool.

**Swim Tests**—jump into water over the camper's head. Swim 25 yards with a decent forward stroke. Face should be in at least part of the time. Doggy paddle does not count! When asking the child if they can swim be specific..."Can you jump into water over your head, swim all the way down to the other end with your face in the water?"

These should be done for all camps, in house and out, on the first day of each week. Camps should keep a roster and record of test results and reband every swimmer every day. Retests should only be done at the discretion of the camp director and lifeguard, and only for legitimate reasons.

