

Aquatics Programming Booklet

Contents

- **Lifeguard Program Vision and Mission Statements**
- **Water Safety Instructional Program**
- **Equipment**
- **Rules for the Waterfront**
- **Waterfront Maps**
- **Emergency Plan**

Lifeguard Program Overview

The Community of Christ Canada East Mission Centre directs the Lifeguard Program. The Community of Christ requires that all camps meet the Safety Regulations Act of the Ontario Government. Providing lifeguards through this program to camps and reunions ensures these regulations are implemented and followed. It is the Mission policy that all water related activities are supervised by the appointed lifeguards and that during camps or reunions children, youth or adults are not to participate in any unsupervised water related activities on site or off site.

Lifeguard Program Vision

The Community of Christ Lifeguard Program has been established to provide safe aquatic experiences for all person's swimming during a reunion and/or camp setting. Trained and certified lifeguards at the Community of Christ campgrounds will direct all regular waterfront and swimming pool activities. Lifeguards are contracted to provide their qualified services using risk reduction procedures and practices in regular water related activities and they will be trained to administer first aid responses in emergencies. Lifeguards are not to be used for any water non-swimming or high risk activities not approved by CEM staff.

Lifeguard Program Mission

The lifeguards, as a program asset provided by the Mission, when not on duty, will be available to support the camp directors in a variety of roles within the camp or reunion program.

The lifeguard program will provide positive supervised placements for young adults certified as NLS or Bronze Cross lifeguards within a summer paid employment position or within the context of community service hours.

The lifeguard program will provide each lifeguard with funds for training, mentoring supports to provide immediate advice in challenging situations and a life enrichment ministry opportunity.

Water Safety Instructional Program

WATER SAFETY

S – SIGNS

A – ATTENTIVENESS

F – FEAR

E – EXCHANGE

T – THINK

Y – YOU

Signs – look for signs in you and others to suggest they or you need help

Attentiveness – be attentive to the people around you, the Lifeguard and the environment. This will help you prevent bad things from happening.

Fear – use your fear to tell you when something is not right and take the extra precautions to ensure that everything is safe.

Exchange – exchange your knowledge with other people to allow them to also swim safely.

Think – think before you act in all situations, not just in the water.

You – remember YOU control your own safety.

Important Rules to Explain to Kids Camp/Jr. High Campers

This is a step-by-step program from which the Lifeguard team will teach safety skills for campers. Lifeguard teams will use all or part of this instructional program at the beginning of each camp to ensure campers are aware of the reasons why swim time safety depends upon the rules each swimmer follows.

1. Acceptable versus Unacceptable Water Play

Instruction

Never push anyone under water or hold him/her under the water.

Why?

Wrestling: What could go wrong with it?
How and when to know when to stop?

When playing always listen: to your friends, when they say stop, you must stop
to the Lifeguard
to your parents

Before jumping off a rock or raft, you must check to see if there is someone in the water below?

Why?

Stay clear from swimming under the water raft or hiding in rocks.

Why?

When is it OK to dive? How should you dive?

- only in deep water and after someone has done an in-water surface dive to check that no rocks are just below the surface of the water.
- shallow water dives only in a lake environment.

Story

In a theme park, like Canada's Wonderland, only in the U.S. there was a drowning. This drowning was not discovered for 14 hours. The body was found on the bottom of the pool in the corner, right against the wall. The 256 lifeguards that were at this park, all failed to look below their feet. Had they taken the time to glance directly below their feet, the person would have been seen and maybe their life been saved. This story can be an example not only to lifeguards but also to all swimmers. It is very important when swimming to never overlook any situation or injury.

Game

Let them play Marco Polo in the water, and remind them to play safely abiding by the rules learned.

2. Emergency Situations

Instruction

If whistle blows what do you do?

If someone gets hurt, whom do you tell, and what do you do?

What are different ways a person can get hurt?

- hitting their head
- cutting a body part
- cutting their head
- bruising themselves
- choking on water
- not paying attention to what their body is telling them, thus for instance ignoring a cramp or muscle pain.

What does drowning mean?

How can it happen?

- play fighting
- swimming when tired
- dry drowning
- hitting your head and becoming unconscious
- diving in shallow water
- wearing clothes
- helping a non swimmer
- swimming in foreign water.

Story

A little girl was playing with her cousins. They were playing tag in the water. Her brother was it and he creped up behind her and pushed her under the water to let her know that she was caught. She swallowed water and struggled under the water for a few seconds before he let her go. She was choking on the water that she had inhaled. Her parents were right there and they helped her out of the water. She settled down and seemed to be fine. However, a few hours later while she was watching TV, she drowned on the water that was still sitting in her lungs. This is called a dry drowning.

Game

Emergency Game – All the kids go in the water. You give different health conditions to some and others are told they are Junior Lifeguards, the rest are swimmers. It is up to the Junior Lifeguards to find the injured swimmers and act accordingly.

3. Health Risks of Swimming

Instruction

Explaining and understanding the symptoms of familiar health conditions that can easily affect a person swimming.

The purpose to this lesson is to teach each swimmer how to recognize their own symptoms before they become life threatening.

Health conditions being discussed:

- hypothermia
- heat stroke
- heat exhaustion
- dehydration
- sun stroke
- allergic reactions
- health conditions (asthma)

Game

Emergency Game – Same as above but have them use their new knowledge of the symptoms of the above health conditions.

Necessary Equipment

The following is a list of equipment essential to the prevention of aquatic accidents and to the safety of all swimmers:

- spinal board
- flutter board
- Rescue tube (one per lifeguard) *
- reaching stick
- BVM (Bag Valve Mask) or Filter sheets *
- Whistle *
- Guard pack *
- Rescue throw line (one per team)*
- cell phone – arranged as soon as the head lifeguard arrives
- emergency vehicle – designated to emergency situations that may occur at swim time only
- First Aid Kit *
 - Seal Easy Mask
 - Bandages
 - Peroxide
 - Tensor bandages
 - Scissors
 - Safety pins
 - Gloves
 - Salt
 - Gauze
 - Iodine
 - Vitamin E
 - Needles
 - Blanket
 - Cold/hot compresses
 - First Aid tape
 - Antibacterial soap and brush
 - Knife in a safety pouch
 - poison kit
 - rubbing alcohol
 - Waterproof flashlight

Important - The equipment that is marked with an * is supplied by the head lifeguard. All other equipment must be supplied by the campgrounds.

Rules for the Waterfront

It is important that the lifeguard be made aware of any allergies, illnesses, or special needs of any of the swimmers.

Ziontario Campgrounds

Pool

- No diving at any point around the pool
- Parents must accompany all swimmers
- No floatation devices other than water wings are allowed
- No shoulder wars
- No wrestling
- No running around deck pool
- Lifeguard must be alerted to weak or non-swimmers before they are allowed to swim.
- Lifeguard has the ability and authority to remove any person from the swimming area if they are endangering themselves or swimmers around them.
- No sitting or lying on the wall separating the pool from the swamp.
- When whistle is blown, you must stop and immediately look at the lifeguard.
- Children, who are young and thus unable to swim, must have a parent with them in the water.
- No jumping or running jumps into the pool from the side (water levels are too low)
- If swimmers find they are becoming tired, exit the water immediately
- Two additional adults must be present at swim time to assist the lifeguard if needed.
- Swimmers must be warned about the sudden drop off that occurs just past the buoy line.
- Swimmers must be warned about the cement in shallow area, as small cuts can occur on feet and hands if not careful. (water shoes are advised)

Rules for the Waterfront

It is important that the lifeguard be made aware of any allergies, illnesses, or special needs of any of the swimmers.

McGowan's Lake Campgrounds

Pond

- No diving off raft
- No swimming under raft
- No sitting under raft
- No jumping off swamp side of raft
- No jumping on raft
- No trying to sink the raft
- No wrestling in water
- No shoulder wars
- No swimming outside of swimming area into swamp area
- No fishing or frog hunting without a parent
- When whistle is blown, you must stop and look at the lifeguard
- Parents must accompany their children
- Children who are young and thus unable to swim must have parents with them in the water
- No floatation devices allowed other than water wings or lifejackets
- The lifeguard must be alerted to weak or non-swimmers before they enter the water
- An additional adult must be present at swim time to assist the lifeguard team if needed
- Lifeguard team has the ability and authority to remove any person from the swimming area if they are endangering themselves or swimmers around them.

Rules for the Waterfront

It is important that the lifeguard be made aware of any allergies, illnesses, or special needs of any of the swimmers.

Erie Beach Campgrounds

Lakefront

- No wrestling in water
- No shoulder wars
- No swimming outside the buoy lines
- No running down rocks into the water (if applicable depending on water levels)
- No fishing or frog hunting without a parent
- When whistle is blown, you must stop and look at the lifeguard
- Parents must accompany their children
- Children who are young and thus unable to swim must have parents with them in the water
- No floatation devices allowed other than water wings and lifejackets
- The lifeguard must be alerted to weak or non-swimmers before they enter the water
- One additional adult must be present at swim time to assist the lifeguard if needed
- Lifeguard has the ability and authority to remove any person from the swimming area if they are endangering themselves or swimmers around them
- If a swimmer finds they are becoming tired, exit the water immediately
- Lifeguard has the authority to decide whether the water condition is safe for swimming. This will be decided each day.
- Swimmers must be aware of the under-toe possibilities of Lake Erie.

Rules for the Waterfront

It is important that the lifeguard be made aware of any allergies, illnesses, or special needs of any of the swimmers.

Monetville Campgrounds

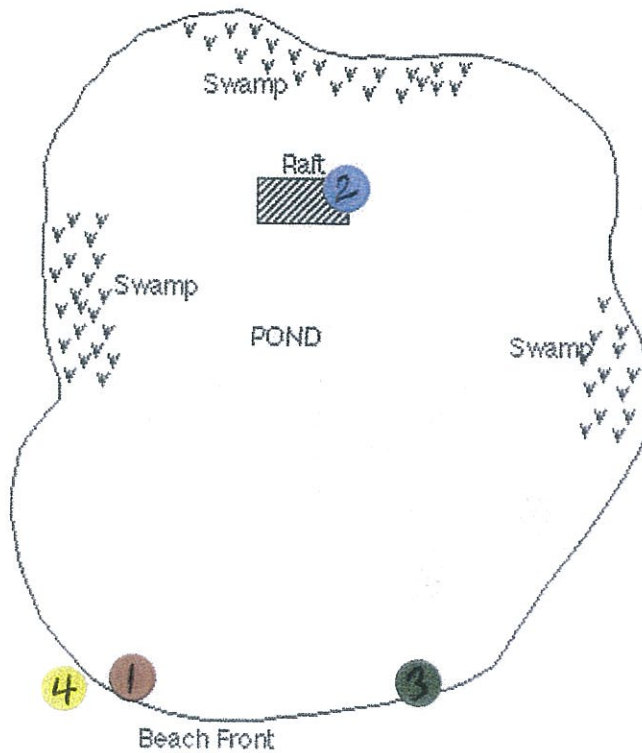
Lakefront

- No diving off raft
- No swimming under raft
- No sitting under raft
- No jumping off lake side of raft
- No jumping on raft
- No wrestling in water
- No shoulder wars
- No swimming outside of buoy lines
- No fishing or frog hunting without a parent
- When whistle is blown, you must stop and look at the lifeguard
- Parents must accompany their children
- Children who are young and thus unable to swim must have parents with them in the water
- No floatation devices allowed other than water wings or lifejackets
- The lifeguard must be alerted to weak or non-swimmers before they enter the water
- One additional adult must be present at swim time to assist the lifeguard team if needed
- Lifeguard has the ability and authority to remove any person from the swimming area if they are endangering themselves or swimmers around them
- No running on grey docks/wood dock

Channel

- The dock must be tied to the shore
- All entry into the water must follow this process
 - Climb down rocks onto dock into water
- Always look before you jump
- Diving is only permitted if the Lifeguard team has performed a depth check after the dock is in place and secured.
- All swimmers must be able to tread water/swim confidently in deep water
- No swimming under raft
- No jumping on raft
- No swimming across the channel
- When whistle is blown, you must stop and look at the lifeguard
- All swimmers must be attentive to their tiredness when in the water and exit the water immediately when feeling tired.
- No running from rocks onto raft into water
- Swimming permitted around raft and in front of raft
- All exiting of water must be performed using the ladder on the raft.

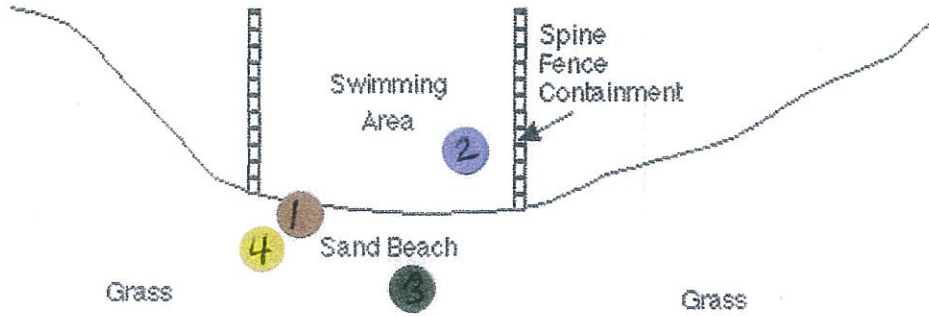
McGowan's Lake Campgrounds



- 1 First Lifeguard Position
- 2 Second Lifeguard Position
- 3 Third Lifeguard Position
- 4 First Aid kit + Equipment (Spinal board)

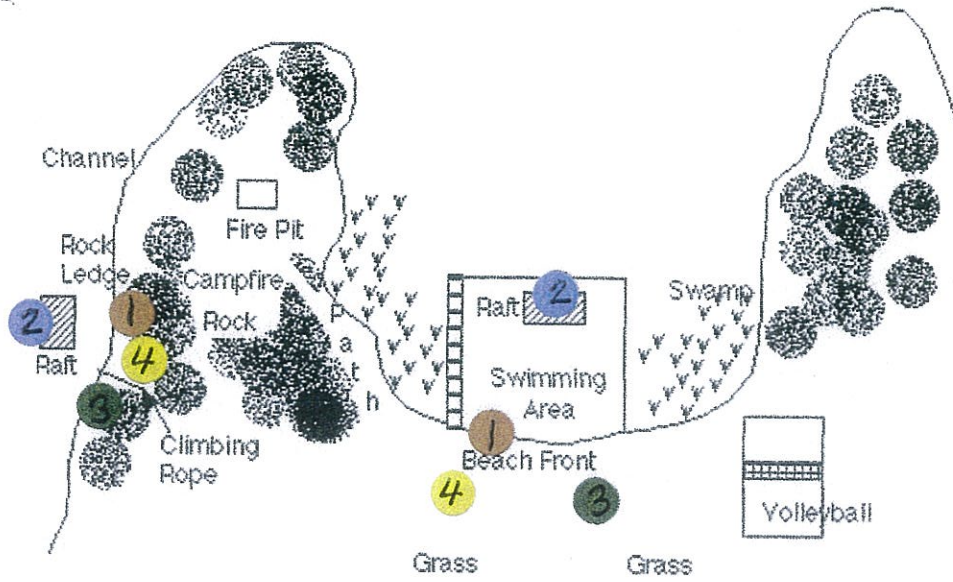
Erie Beach Campgrounds

LAKE ERIE



- 1 First lifeguard position
- 2 Second lifeguard position
- 3 Third lifeguard position
- 4 First Aid kit + Equipment (Spinal board)

Monetville Campgrounds



- 1 First Lifeguard Position
- 2 Second Lifeguard Position
- 3 Third Lifeguard Position
- 4 First Aid kit + Equipment. (spinal board)