

SWIM CHECKS:
WHAT YOU NEED TO KNOW

At Kids Inc, we do swim checks on the first day of each week to ensure we are set up for success with aquatic safety for the rest of the week. Our swim areas include a shallow leisure pool, and a freshwater pond.

Our swim checks are detailed below to give you a better understanding of what will be asked of your camper in the water.

Pool:

Campers who are entering Grade 3 or higher can try this swim check. The campers are asked to swim two lengths of the pool (one there and one back). They may stop and touch the bottom to rest at any time with no penalty. We are looking for surfacing ability and comfortability in the water. After they have completed their lengths they will be asked to do 5 bobs with their head going all the way under the water. This is to ensure that if they go underwater either on purpose or by accident, that they can remain calm and have the ability to get themselves back to the surface. If these two sections are completed without too much difficulty, the swim check is considered passed. A lifeguard will be within arms reach of the campers at all times during the swim check.

Pond:

Campers who are entering Grade 4 or higher who have passed the pool swim check can try this swim check. They will be asked to tread water for 30 seconds just past where they can touch the bottom in the shallow end. After treading they will swim two lengths (one there and one back) to and from our floating raft. We are looking for campers to keep their chin above water the entire time. This is to ensure that should their life jacket come off for whatever reason in the deeper water, we know they can stay surfaced long enough to either swim back to the raft or the beach, or for a lifeguard to swim out to them. A lifeguard will be within arms reach of the campers at all times during the swim check.

FREQUENTLY ASKED QUESTIONS

Q. How old do campers need to be to take the swim check?

A. Campers must be going into at least grade 3 in the upcoming school year to be eligible to try the pool check. They must have passed the pool check and be going into at least grade 4 to try the pond check.

Q. What if my camper is younger than grade 3?

A. Campers going into grade 2 or below are not eligible to try the swim check. They will be in a lifejacket in all aquatic areas at all times.

Q. My camper is going into grade 2 but is a fantastic swimmer, can they try the swim check anyway?

A. No. Unfortunately they will have to wait one more year to try the swim check. There are simply not enough good swimmers at that young age and they are most often too short to touch the bottom of the pool. This means they have to stay surfaced the entire time which can be very tiring. Aquatics is the main area in which we do not ever bend the rules. If you would like to discuss this further please contact us so we can explain this further for you.

Q. What if my camper does not pass the swim check?

A. If a camper does not pass the pool check, they will be in a lifejacket in all aquatic areas. If they do not pass the pond check, they will maintain their pool check status and simply not receive pond check status.

Q. Can my camper try the swim check again if they do not pass?

A. If the lifeguards think a camper simply needs another try, they will be allowed to attempt the swim check again right then after a few minutes of rest. If they were not close enough to passing, they will not be allowed to try again that week. If they return another week of the summer they may reattempt the swim check again on the first day of camp.

Q. My camper is a level 5 swimmer in lessons, why didn't they pass your swim check?

A. Our swim check, especially in the pond, is very difficult and this is intentional. It is endurance based, not skill based. Even if your camper can do a perfect front crawl they might not pass the check. It is a far swim from the beach to the raft, and the water is deep which can be intimidating. We are looking for campers to confidently make it the entire way without signs of physical distress. Aquatics is always an area of the program where the camp owners, lifeguards, and staff are going to err on the side of caution to keep everyone safe.

Q. What if my camper is not present on the first day of the session?

A. Campers who are absent on the first day of the session will be given the opportunity to take the swim check on the first day that they come to camp.

Q. Are there any open fun swims on Mondays, or just swim checks?

A. There are only swim checks on Mondays. Campers who have already passed the swim checks either on a previous week or previous year will not have the chance to swim at all on Mondays. The entire rest of the week however all campers will have the opportunity for a full period fun swim every single day.

Q. What does my campers wristband mean?

A. Kids Inc uses three different swim wristband colours. **Red** means they are either too young to try the swim check or did not pass the pool check. Either way, red means they are always in a lifejacket. **Yellow** means they passed the pool check and are allowed to swim in the pool without a lifejacket, and use the boats in the pond with a lifejacket. **Green** means they passed the pool and pond swim checks, can swim in the pool without a lifejacket, can swim all the way out in the pond with their lifejacket on, and use the boats and water slide at the pond.

Q. My camper is saying they have to wear a lifejacket in the pond even though they passed the pond check, is this true?

A. Yes. All campers wear a lifejacket in the pond as it is more open water, deeper, and we have extra elements like boats and a water slide. Passing the pond check allows them to go down the slide, and swim past the shallow end of the pond with their life jacket on.

Q. Does my camper have to keep their wristband on all week?

A. Yes. Campers are required to keep their swimming wristbands on all week. This is for safety purposes. Should there be a reason it falls off or needs to be cut off, if possible, please send the wristband to camp with them the following day in a plastic bag with a note explaining why it came off. We will then replace the wristband for them. If there is no explanation, the camper will get a 5 minute time out at the beginning of the swim period. We take swimming wristbands very seriously at Kids Inc to keep the aquatic areas safe for all campers. If your camper is returning for multiple weeks of the summer, it can be helpful if the wristband can stay on over the weekends as well, however they will get a new wristband on Monday with no time out penalty if it comes off.

Thank you for taking the time to read through our parent's aquatics handout. We hope this gives you some more information about our swim checks and answers any questions you might have. If you require clarification on anything mentioned here or have other questions that were not addressed, after watching our accompanying parent's aquatics video, please send an email to registration@kidsinc.ca so we can discuss the matter further.