

## **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.

General Camp and the LIT Program participate in swim checks, Junior Camp does not.

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. Our pond check is also completed in the pool but is a little different and more difficult. Campers will be asked to tread water or "surface support" for 30 seconds. After treading they will swim two lengths (one there and one back). We are looking for campers to keep their chin above water the entire time and that they are comfortable, not struggling, to do so. This is to ensure that should their life jacket come off for whatever reason in the deeper water of the pond, 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. The main difference between the pool and pond check is that during the pond check, once the check has started, campers are not allowed to touch the bottom of the pool until after the entirety of the check is finished. A lifeguard will be within arms reach of the campers at all times during the swim check.

LITs always have the option to swim with their table group in whichever aquatic area they are scheduled for that day. LITs also have their own swim period once per week all together.

Junior campers do not do any kind of swim check because they are always in a lifejacket in all aquatic areas. Junior Camp only swims at the pond as they can stand up and wade in the shallow area. They also really enjoy playing at the beach! Their lifejackets will be put on before they even enter the pond area and will be worn until they leave the pond area.

## **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. They will be allowed to try again the next time they come to camp whether that is the very next week, or next summer.

**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. The pond is big and deep so we must ensure campers will be safe while swimming. 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.** Depending on the number of campers sometimes we need all activity periods on Monday to get all campers swim checked, but we always try to get a water activity other than swim checks in on Mondays if we are able. Even if there is no opportunity for a fun swim on Monday, campers are guaranteed a swim every day of the session thereafter.

**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 in the deep end of the pond with their lifejacket on, and use the boats and water slide at the pond. Please leave your camper's wristband on for the duration of the week.

**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. We ask that campers 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 or an email explaining why it came off. We will then replace the wristband for them no problem.

**Q.** What if my camper's wristband comes off and they don't have a note to explain?

**A.** Not a problem at all! We understand that these things happen and they can speak to a counselor upon arrival at camp that can direct them to where they can get a new wristband. Or, they can get a new one at the pool or the pond when it is their swim time.

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](mailto:registration@kidsinc.ca) so we can discuss the matter further.