



SWIMMING

Private/backyard pools are not to be used.

Prior to the activity or game, the Program Leader is to assess the skills of the participants relating to the activity or game. Where a participant does not demonstrate a safe knowledge of the skills, the Program Leader must demonstrate proper execution of the skills or choose a different activity or game.

EQUIPMENT

- A fully stocked first aid kit is readily accessible.
- A working communication device (e.g. cell phone) is accessible.
- Determine that all equipment is safe for use.
- Accessibility to standard safety equipment is in line with the relevant provincially regulated policies (e.g. Ontario Public Pools Regulation 565). Of particular note: ring buoys, reaching poles, spinal boards, first aid kit, and emergency phone.
- Electrical equipment and electronic devices (e.g. MP3 players) are to be properly grounded.

CLOTHING/FOOTWEAR

- Suitable swimwear.
- Other than medical alert jewelry, jewelry cannot be worn.
- Device to keep hair from obstructing vision (e.g. elastic).

FACILITIES

- Determine that all facilities are safe for use.
- Only school or community swimming pools can be used.
- Backyard pools are not to be used.
- The pool deck is to be kept clear of obstacles and excess water.

SPECIAL RULES/INSTRUCTIONS

- Participants with medical conditions and/or physical limitations have been identified with appropriate accommodations being implemented for their safe participation.
- An emergency action plan is ready for implementation in case of an accident or injury.
- Prior to the activity participants have been informed of:
 - Possible risks associated with the activity,
 - Ways of managing the risks,



- Established rules and procedures for safe participation.
- A pre-activity warm up and a post-activity cool down are included with the activity.
- Adequate liquid replacement is accessible for the participants.
- Parent/guardian permission forms are required for all aquatic activities.
- Inform the person in-charge on deck of any participants with a medical history or any medical problems that may affect the participant's safety in water (e.g. diabetes, asthma, heart condition, convulsions, epilepsy, frequent ear infections).
- Emergency procedures are to be outlined to participants prior to entering the water.
- Participants are to adhere to the following rules:
 - Running or pushing on deck is not permitted.
 - Gum chewing is not permitted.
 - Food in the pool area is not permitted.
 - Diving off the deck into water less than 2.8m (9') in depth is not permitted.
 - Street shoes are not permitted on deck.

SWIM TEST:

- All participants are to be initially screened/tested to determine their swimming ability in the shallow end. The basic facility test to determine swimming ability is to swim two widths continuously without touching the bottom. This applies to both instructional and recreational swims.
- The results of the swim test are to be logged and available to the instructor/lifeguard.
- Non-swimmers are to be identified and to wear a properly fastened Personal Flotation Device (PFD) for recreational swims.
- Skills are to be taught in the proper progression.
- Skill instruction can be followed by skill application (e.g. relay activities, tag games which incorporate skills, etc.). This is considered to be part of the instructional program – not a free swim.
- Participants must shower before entering the pool.
- Participants with infections, cuts or sores are not permitted in the pool.
- During recreational swims, participants may not snorkel or use scuba equipment.
- Activity/games are to be based on skills taught.

▶ SUPERVISION

ON-SITE SUPERVISION IS REQUIRED

- The Program Leader circulates throughout the activity site and is always in visual contact of the participants.
- The Program Leader meets the criteria for effective on-site supervision (refer to the Resource Materials Section: Appendix B – Supervision).
- A Program Leader must accompany pupils to the pool and be on deck or in the pool.
- The Program Leader must closely and frequently monitor the change rooms.
- The participants are to ask permission to leave the pool area.

SUPERVISION RATIO FOR INSTRUCTIONAL SWIM:

- Instructional swims may include organized games, relays, etc., but CANNOT include an unorganized free swim.



- There must be a minimum of two certified swim instructors on deck or in the pool. Certified instructors must meet the qualifications outlined below.
- The supervision ratio is 2 instructors to 1-50 participants, with both instructors certified as outlined below.
- In situations where there are 51-75 participants, an additional certified instructor or lifeguard (NLS) is required.
- The instructor must be certified as outlined below.

SUPERVISION FOR SWIM TEST:

- There are to be a minimum of two certified swim instructors on deck or in the pool.
- Supervision ratio is 2:50, instructors to participants, with both instructors certified as outlined below.
- In situations where there are 51-75 participants, an additional certified instructor or lifeguard (NLS) is required. The instructor must be certified as outlined below.

SWIM INSTRUCTION QUALIFICATIONS:

- All instructors must hold at least one of the following valid certifications:
 - Canadian Red Cross Water Safety Instructor Award,
 - Lifesaving Society Instructor Certificate plus an Assistant Lifeguard Certificate,
 - Lifesaving Society Swim Instructor Certificate plus an Assistant Lifeguard Certificate,
 - YMCA Instructor Certificate,
 - Provincial Teachers Aquatic Standard (e.g. Ontario Teachers Aquatic Standard (OTAS)),
 - National Lifeguard Services Lifeguard Certificate (NLS).
- One instructor must also hold a valid:
 - National Lifeguard Services Lifeguard Certificate (NLS) OR,
 - Standard First Aid Certificate (e.g. Red Cross, Lifesaving Society, St. John Ambulance, Canadian Ski Patrol).
- Note: Verified copies of certification must be available in the pool area.

SUPERVISION RATIO FOR RECREATIONAL SWIM (FREE SWIM – NO INSTRUCTION):

- Program Leader is to accompany participants to the pool and be on deck or in the pool during the recreational/free swim.
- The lifeguards must meet provincial standards for recreational/free swims.
- Instructor certification and provincial Teachers Aquatic Standard (e.g. OTAS) do not meet the safety requirements of the regulation.
- The minimum ratio of lifeguards (NLS certified) to bathers on deck and in the pool is
 - 1-125 bathers – 2 lifeguards. If the Program Leader is NLS certified, he/she may act as one of the two lifeguards, and therefore a third person is not necessary.
 - 126-250 bathers – 3 lifeguards. If the Program Leader is NLS certified, he/she may act as one of the three lifeguards, and therefore a fourth person is not necessary.
- Note: a swimmer/bather is considered to be anyone within 1.8m (6') from the water's edge.
- Close and frequent monitoring of change rooms must take place, but not by lifeguards.

LIFEGUARD QUALIFICATIONS:

- Lifeguards must hold a current National Lifeguard Service Certificate.