

ST 42.1+42.2

FROM PAGE 7&8 of STAFF HANDBOOK

SWIMMING

Most groups swim twice a day. A positive swimming experience is crucial to a successful summer. Campers should be encouraged to put on a bathing suit and be inside the fenced enclosure. No camper will be forced to swim. Work hard to alleviate anxiety for the reluctant camper. It may take time to get that camper to put on a suit. Have patience; enlist the help of head counselors. Never ignore the needs of the reluctant swimmer.

Pool routine:

- ✓ Arrive to swim on time. If needed leave an activity early, so you will be on time.
- ✓ One counselor must lead the group into the Shower House. Help campers find your groups' designated changing area. One counselor should be at the end of the line and be the last to enter the Shower House.
- ✓ Counselors and campers change into bathing suits. Help campers place socks in shoes and then put shoes under bench. Teach campers how to properly use the changing area. If you institute good habits from day one, it will be easier.
- ✓ Encourage campers to use toilet prior to leaving Shower House.
- ✓ As campers are changed they should leave the Shower House and go to their assigned pool for free swim.
- ✓ Counselors should continue helping campers change. The senior counselor must be the last to leave the Shower House. Be certain all of your campers have exited prior to your exiting. Senior counselors should direct assistant counselors so every child is helped.
- ✓ Counselors should not leave valuables in the Shower House. If you have valuables bring them to the pool deck with you in your camp bag.
- ✓ Campers do not bring towels out of the Shower House.
- ✓ Counselors are assigned to a pool station. When the children are having free swim counselors stand on the pool deck assisting lifeguards. Counselors do not go into the pool when campers are having free swim.
- ✓ During the lesson counselors will assist the swim instructors. Be prepared to get in and out of the pool. Be prepared to help campers.
- ✓ After swim, campers will be dismissed to the Shower House to change. Several counselors will lead the way. After the first swim, the campers are encouraged to put on a dry suit in preparation for their second swim. After the second swim campers must put on clothes to wear home. No one may wear a wet suit around camp.
- ✓ Proactively help campers change. This will become easier as the summer progresses. All counselors must help. Swim staff will help in the Shower House, too.
- ✓ After changing, campers and counselors carry shoes and socks outside to benches. Each group will be assigned a set of benches.
- ✓ Counselors will assist campers in putting on socks and shoes. Check a campers bags for sunscreen and assist in applying. You need not rush to leave the bench area.

A typical swim period is:

- ✓ Entire group goes in Shower House and changes into suits
- ✓ Camper free swim
- ✓ Camper safety check – sitting on side of pool
- ✓ Short lesson and practice
- ✓ Camper safety check – sitting on side of pool
- ✓ Camper free swim – all counselors out of pool to assist lifeguards
- ✓ Camper safety check – sitting on side of pool
- ✓ Campers dismissed to Shower House led by counselors. All staff including swim staff assist with changing
- ✓ Campers and counselors to benches outside Shower House to put on socks and shoes and sunscreen.