

CSM Swim Check

Diver



Confidently demonstrated the ability to:

- jump in water over their head
- submerge completely
- return to the surface and
- tread water with 1 arm in the air (30 sec)



Rafter

Confidently demonstrate the ability to:

- tread water (1 minute)
- maintain position on back for 1 minute
- swim 50 yds (across swim section and back) making forward progress without using the "doggy paddle"



Campers who can confidently cross the swim section (25 yards) by walking, beginner dog paddle, etc. AND follow directions.

Slider

Yellow Tag

Any camper who cannot demonstrate the above skills or the ability to listen and follow directions will be assigned a yellow tag:

- have all privileges of a slider (see page 2) AND
- are assigned a counselor/CIT as a swim buddy

Why?

Camper Safety & Dept. of Health Regulation

We need to ensure that any camper allowed in water greater than chest-deep has successfully demonstrated they have the skills to save themselves from drowning (in a lake, wearing water shoes).

Logistics

- Checks are done on Sunday & Monday
- Only one check required per summer.
- During assessment, we are not looking for perfection in strokes, but signs a camper will be comfortable, capable and safe in a specific section.
- Signs of uneasiness may include touching ground while swimming, struggling to keep head above water, grabbing for docks or others, etc.

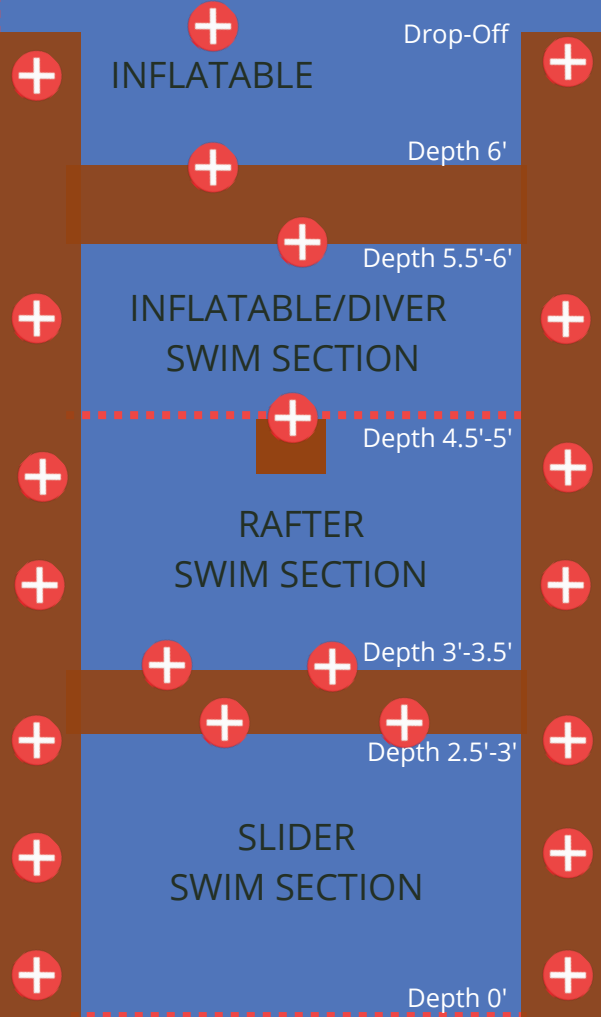
Considerations

Swimming in a lake (versus a pool) provides additional challenges.

- Campers wear water shoes
- Can't clearly see underwater
- Unfamiliar "things" (seaweed, fish, dock stanchions, etc.)
- No pool edge to grab onto
- Swim conditions change with weather (waves, temp, etc.)

Swim Area

 JUMP TOWER 



BEACH

 = CSM Staff Member

Waterfront Information

Buddy System

- Per Department of Health guidelines, campers are required to be paired with a buddy when in the water.
- The buddy system provides each camper a "personal lifeguard" to look out for them and get help in case of emergency.
- Campers may choose their buddy and do not have to keep the same buddy all waterfront.
- Campers with different swim levels can be buddies, but they can only do activities allowed by the lower swim level.
- Campers without buddies can visit our "Find a Buddy" station and a staff member will help them.
- A "Buddy Up" is called at least every 15 minutes (although usually more frequently).
- During "Buddy Ups" water activities stop, so that staff can account for everyone in the water.

Buddy Tags

- Each swim level has its own color.
(Slider=Blue; Rafter=Green; Diver=Red)
- After the swim check, campers are given their own colored "buddy tag."
- This tag acts as their "access key" to the different water activities.
- The waterfront is color-coded so both campers and staff know where it is safe for everyone to go.

Activities

	S	R	D
All Beach Activities & Fishing	✓	✓	✓
Boat Rides	✓	✓	✓
Body Boards & Pedal Boats	✓	✓	✓
Swim in Slider Section	✓	✓	✓
Swim in Rafter Section		✓	✓
Inflatables		✓	✓
Stand Up Paddleboards		✓	✓
Jump Tower			✓
Tubing			✓