



Guidelines to ensure safety on, near, and in water during camps.

Camp Swims

Camp swims are incorporated into most program plans for all campers age 4+. Camp swims are scheduled in advance by the programming team and may take place in the indoor pool at Dovercourt or the outdoor wading pools at Dovercourt (Westboro park), McKellar Park, or Hampton Park. Swim times may also be scheduled at Westboro beach or Britannia beach depending on the camp.

Indoor pool

All camp and inclusion staff are required to swim in the pool with their campers.

All Campers and camps staff must take a shower with soap before they enter the pool. Removing sunscreen, bug spray, and other products from the skin dramatically improves the water clarity and air quality on the deck. Dovercourt uses Aveeno for sensitive skin and it is available to all campers and staff.

Campers who are 4 & 5yrs old must wear a personal flotation device regardless of which camp they are in. PFD's are provided by Dovercourt unless a parent chooses to provide their own.

All campers age 4 or 5yrs old, including all 5yr olds in a 5-6yr old camp group are to remain only in the baby pool and the ramp area. Campers who are 4 or 5yrs old are identified with a blue bracelet that must be visible at all times.

Campers who are 6yrs old and older will be allowed in the shallow part of the pool (1.0m), and those who pass a swim test will be permitted in the deep end (1.9m). Campers who are 6yrs old or older are identified with a pink bracelet that must be visible at all times. Campers who choose to participate in the swim test must demonstrate to a lifeguard their ability to swim across the pool and back without touching the bottom (15m total distance). If the lifeguard passes them, they will provide the camper with a green bracelet which allows the camper access to the deep end of the pool.

Camp groups will abide by the following staff to camper ratios for all swim times:

Campers 4-5yr olds - one staff for every five campers.

Campers 6yrs and older - one staff for every ten campers.

Outdoor wading pools

Camp groups may make use of neighbourhood wading pools. McKellar Park, Westboro Park (Dovercourt), and Woodroffe Park are staffed by Dovercourt lifeguards. All others are staffed by City of Ottawa lifeguards. All of the 4-5yr old groups remain on-site at Dovercourt and use the Westboro pool. This pool is located in front of camp office and at its deepest is 0.75m, about waist-deep for a 4yr old. Unless otherwise requested by a parent, campers do not wear PFDs in this pool and remain within arm's reach of their counselors. Campers in 5-6yr old groups may have access to other wading pools and will follow the same guidelines as above. For wading pools not operated by Dovercourt lifeguards (eg. Iona Park, Hampton Park, etc), Dovercourt lifeguards will accompany the staff in addition to the usual camp staff.

Beaches, etc

When camps use Ottawa Public beaches, swimming will only occur when the water quality has been deemed acceptable, and when there is a lifeguard on duty. City beaches, when open, are monitored by lifeguards. When camps are scheduled to swim at any beach, Dovercourt also supplies a lifeguard in addition to the City of Ottawa's.

Out-Trips

For programs that include a significant water component, a swim test is part of the initial assessment at the beginning of the week for staff to make note of their campers' swimming abilities and confidence around the water. The swim test takes place in the Dovercourt pool and campers are required to show their comfort and ability with swimming 15m without touching the bottom. Campers are not required to pass a swim test to participate in these camps, instead, this is an opportunity for the staff to gain a good understanding of each camper's strength and ability in the water before heading on out-trips.

In any program where campers are in deep water (canoeing, sailing, paddleboarding, etc) all staff and campers will be provided with an approved and fitted PFD that must be worn at all times on or near water. Campers and staff will not be permitted on a dock or in a boat without an approved PFD.

Dovercourt lifeguards always accompany these camps while off-site and around water. In addition, camp management will make every effort to ensure that the Camp Director and/or Camp Counselors in these groups hold current National Lifeguard certification. Specifically, for swimming camp and lifeguard camp, where campers spend time in swimming pools without PFDs, the Camp Director is required to hold a current NL qualification.

For out-trips that include use of other indoor or outdoor pools, the following procedures will be followed. This includes any visit to a City of Ottawa pool, water parks (eg. Mont Cascades), and any others as part of approved camp programming

All campers 4 and 5yrs old are to remain in shallow water at all times (where they can touch the bottom easily, and water is no more than 1m deep) **and** are required to wear an approved PFD at all times.

Campers who are 6yrs old and older will be allowed in the shallow part of a pool, no more than 1.0m deep), and **are not** required to wear a PFD unless otherwise requested by a parent. Campers age 6yrs or older who pass a swim test will be permitted in a deep pool. Campers who choose to participate in the swim test must demonstrate to a Dovercourt lifeguard their ability to swim across the pool in the shallow end and back without touching the bottom. If the lifeguard passes them, they will provide the camper with a green bracelet which allows the camper access to the deep end of the pool.

The swim test must be administered by a **Dovercourt** lifeguard and must be done in the shallow area of **each pool** the campers are swimming in. If the group swims in a different pool another day or later in the same day, another swim test must be done at each pool where there is a depth greater than 1.0m.