

OUTDOOR EDUCATION

LAKE SWIMMING: GRADES 4-12

Lake, creek and river swimming are high-risk activities. Schools are encouraged to consider alternative program options to replace high-risk activities.
Teachers who wish to instruct high-risk activities like lake, creek or river swimming require written permission from the board of education.

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 4-12			
<p>Equipment includes:</p> <ul style="list-style-type: none"> ● buoy line ● whistle or other signaling device ● first aid kit(s) ● throw line ● reaching assists. 	<p>Swimming area that is:</p> <ul style="list-style-type: none"> ● clearly marked ● free from hazards ● roped off with floating devices ● of suitable water temperature ● reasonably clear. <p>No swimming in moving rivers or streams.</p> <p>Prior to trip, check with local authorities to determine whether water is safe for swimming.</p>	<p>Written parental permission for child to be involved in any swimming activity is desirable. Permission note can indicate child's swimming ability (e.g. non-swimmer, capable swimmers).</p> <p>Identify and observe non-swimmers.</p> <p>Follow posted rules and regulations of swimming area.</p> <p>Use a definite counting system at regular intervals (e.g., number students and every 15 minutes blow whistle and have them count off).</p> <p>Use a buddy system.</p> <p>No swimming if there are any indications of bad weather.</p> <p>No swimming after dark.</p> <p>Swimming allowed only in designated area.</p> <p>No distance swims.</p> <p>Position lifeguard so he/she is clearly visible to all swimmers at all times.</p> <p>In an emergency situation, lifeguard is in charge.</p>	<p>Provide on-site supervision.</p> <p>Have one supervisor with current certification:</p> <ul style="list-style-type: none"> ● National Lifeguard Service Lifeguard Certificate Waterfront options, or ● National Lifeguard Service Pool Certificate with two years waterfront experience. <p>Provide at least one other adult supervisor in addition to the lifeguard.</p> <p>Have access to a vehicle for emergency purposes.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the "in charge" supervisor to transport an injured student to hospital.</p> <p>Lifeguard to swimmer ratio: 1:20.</p>

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LAKE SWIMMING - CONTINUED
Grades 4-12

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
GRADES 6-12			
		<p>Have an emergency action plan in place.</p> <p>Inform students of acceptable standards of behavior in the water.</p> <p>No diving.</p> <p>No flotation devices.</p> <p>Practice an emergency water drill (e.g., assemble on shore with 3 loud whistle blasts).</p> <p>Length of swim depends on skill and age of swimmers, condition of atmosphere, condition of water, time of day.</p> <p>Teach skills in proper progression.</p>	