

Swimming

Backyard, Public, Hotel and Cruise Ship Pools

Consult Swimming Safety Activity Checkpoint at www.sdgirlscouts.org/safety

Pool Facility

- ✓ Locking gate and controlled access when not in use
- ✓ Pool water depths are clearly marked (can be marked the day of swimming)
- ✓ Shallow areas are marked "No Diving"
- ✓ Periodic maintenance checks are made
- ✓ Chlorine and pH are maintained at safe levels; tests are documented
- ✓ Diving areas are clearly marked, with or without a diving board
- ✓ The decks around the pool are kept clean and clutter free
- ✓ If swimming at night pool is well lit
- ✓ Rescue gear is available

Adult Supervision – *To hire a lifeguard call 619.610.0719 for lifeguard list*

- ✓ One lifeguard for every 25 swimmers (26 swimmers requires two lifeguards) **Lifeguard must have a current American Red Cross or equivalent certification. One lifeguard must be 18+. Secondary lifeguards must be 16+.**
- ✓ One adult watcher for every 10 swimmers (11 swimmer requires two watchers)
A watcher is someone who actively watches swimmers, helping to maintain safety and point out areas of danger to the lifeguard. One adult watcher must be trained in water rescue skills. American Red Cross Basic Water Rescue is recommended for watchers. (Lifeguard present can provide training in basic water rescue.)
- ✓ Adult-girl ratios are appropriate for the girls' age level (see *Volunteer Essentials*)

Skills Assessment

- ✓ Before swimming, all swimmers are oriented to the Pool Rules by the lifeguards
(Front dives in designated areas only, walking feet, no horse play, etc.)
- ✓ Swim Test: The lifeguard/s will conduct this test and create a system of placing swimmers at a depth in the pool that is appropriate to their skill level.

Lakes, Slow-moving Streams, Beaches and Rivers

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Location- *Assess the scene*

- ✓ Is this public or private? If private who is the managing body and do they have insurance?
- ✓ What are the surf or water conditions for that day?
- ✓ What are the safety and risk management considerations for this area?
- ✓ What are the weather conditions for that day?
- ✓ Check in with your troop or group about environmental allergies.
- ✓ Is this an appropriate location for the progression of your troop or group?

Adult Supervision – *San Diego Beach Information www.sandiego.gov/lifeguards*

- ✓ Contact the location and check to see if they provide lifeguards. If so, you are not required to provide your own guard. Check in with the guard upon arrival, notifying them of your troop or group. Large groups notify location to ensure adequate staffing.
- ✓ (If you will provide your own) One lifeguard for every 10 swimmers (11 swimmers requires two lifeguards) **Lifeguard must have a current American Red Cross or equivalent certification plus Waterfront Lifeguarding Module or equivalent.**
- ✓ One adult watcher for every 10 swimmers (11 swimmers requires two watchers) **Always have watchers on duty! A watcher is someone who actively watches swimmers, helping to maintain safety and point out areas of danger to the lifeguard.**

Skills Assessment

- ✓ Before the trip, all participants should be oriented with general and specific rules pertaining to the location and activities involved.
- ✓ Swim Test: All participants should have a swim test in a pool prior to an open water trip.