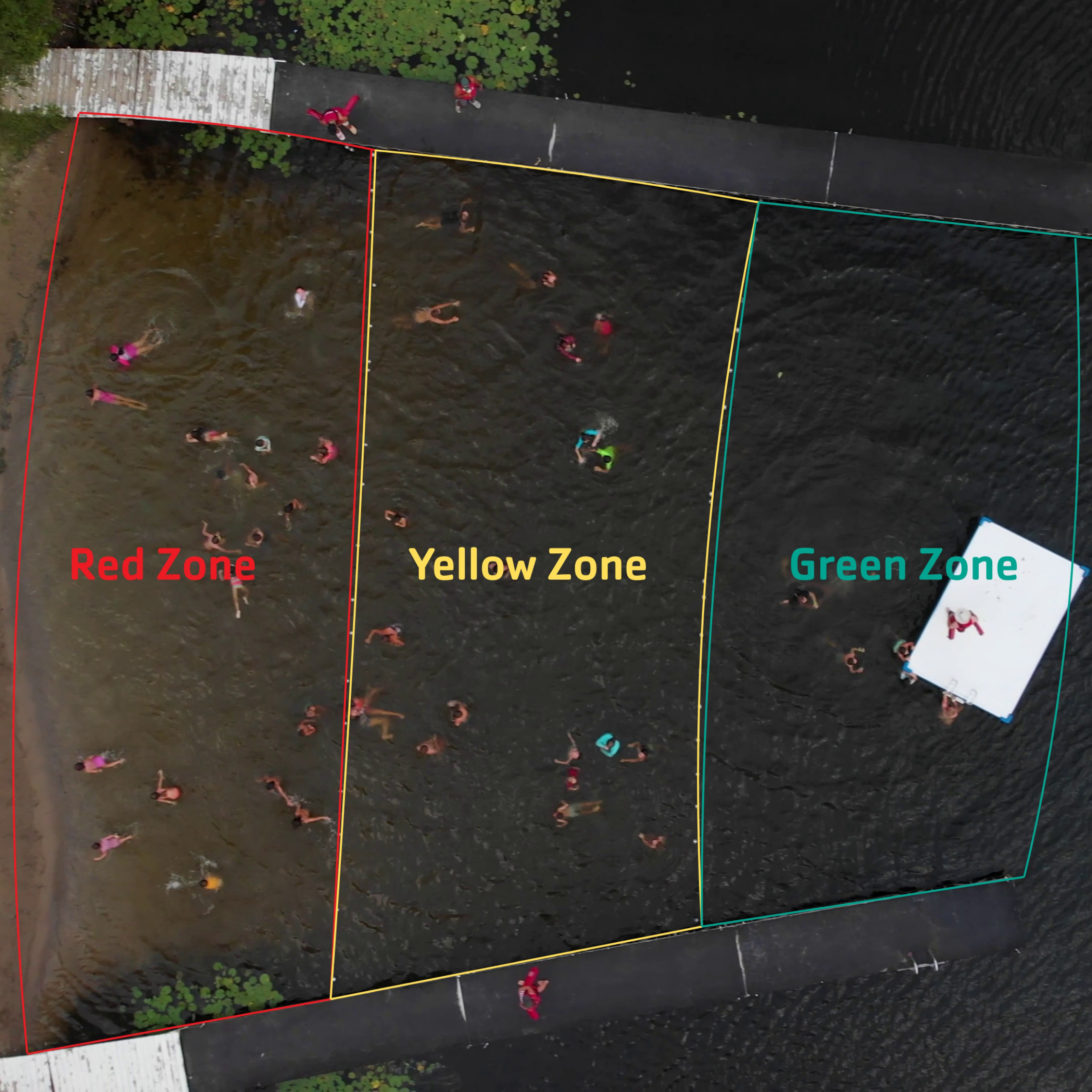
# BEGINNERS GUIDE TO THE CAMP OHIYESA WATERFRONT


AMERICAN RED CROSS
CERTIFIED
LIFEGUARDS ARE
ALWAYS ON DUTY
WHEN
CAMPERS ARE IN THE
WATER


Red Zone
Yellow Zone
Green Zone

## Red Zone Swim Test

- Walk into the red zone unaided and grab the lane line at the far end of the zone
- Demonstrate comfortability in the water
- Red zone completeion = Waterslide!

## Yellow Zone Swim Test

- Swim between the side docks 4 times on your front without touching the ground
- It's not a race and there is no time limit!

## Green Zone Swim Test

- Tread water for 2 minutes without touching the ground or grabbing the dock
- Demonstrates ability to tread during a buddy check

- Campers may swim in any zone where they have completed the swim test. For example, a camper who has completed up to the Yellow Zone test can swim in the Red or Yellow zones and they can ride the Waterslide. However, they are not allowed to swim in the Green Zone

- Campers are given a paper wristband to mark the deepest zone that they are allowed to enter. This helps our lifeguards make sure that no camper has strayed into a zone where they should not be and may be in danger. Please encourage your camper to keep their wristband on all week – replacements are available if they are lost

- Campers will be asked to complete the swim test at the start of every session they attend, even if they have already completed it earlier in the summer. This allows the most up to date information to be used to keep your camper safe. Perhaps they are struggling with an injury that is impeding their ability during that week, or maybe their swimming ability has improved and they can now enter another zone!

- Swim tests are only administered on the first day of a camp session, except for camper absence on that day. This ensures that we can maximize the available free swim time for campers each day as we cannot open the waterfront area while testing is ongoing



CAMPERS UNDERGO FREQUENT BUDDY CHECKS WHILE IN THE WATER TO MAKE SURE THAT EVERYONE IS SAFE AND ACCOUNTED FOR

- At the beginning of every swim time, campers find or are placed into a buddy system with 1-2 other campers who will be swimming in the same zone as them. Tags with each campers name on them are then placed together on our buddy board which is separated by zone. Campers are encouraged to keep an eye on their buddy during the swim time period

- Every 5-6 minutes, our lifeguards call for a "Buddy Check". They begin a countdown from 10 and in that time, campers need to find their buddy and clearly high 5 them above the water while remaining still, quiet and in their assigned zone

- Our head lifeguard will then count the campers in each zone, verifying with another lifeguard at the buddy board that the correct number of campers are present in each zone. If there is a discrepancy, names are read from the tags and campers are returned to where they should be

- Once everyone is accounted for, swim time resumes. At this time, your camper can change the zone they would like to swim in if they would like to. They do not need to remain with the same buddy during the entire session and lifeguards will assist in finding a new buddy to pair with when needed.