

## GOULD LAKE OUTDOOR CENTRE - SUMMER SWIM SUPERVISION

**Lifeguards** must be Gould Lake staff, 18 or older with current NLS.  
**Supervisors** must be Gould Lake staff, 18 or older and a strong swimmer.

*Supervisor should allow lifeguards to be "actively" guarding by  
# counting, bouncing and when possible, being an extra set of eyes.*

*Guards must have a whistle and a rescue aid.*

**Whistle Signals:** 1 blast=attention, 3 blast=emergency, swimmers out of the water

### DOCK RULES

*No Running*

*No Pushing*

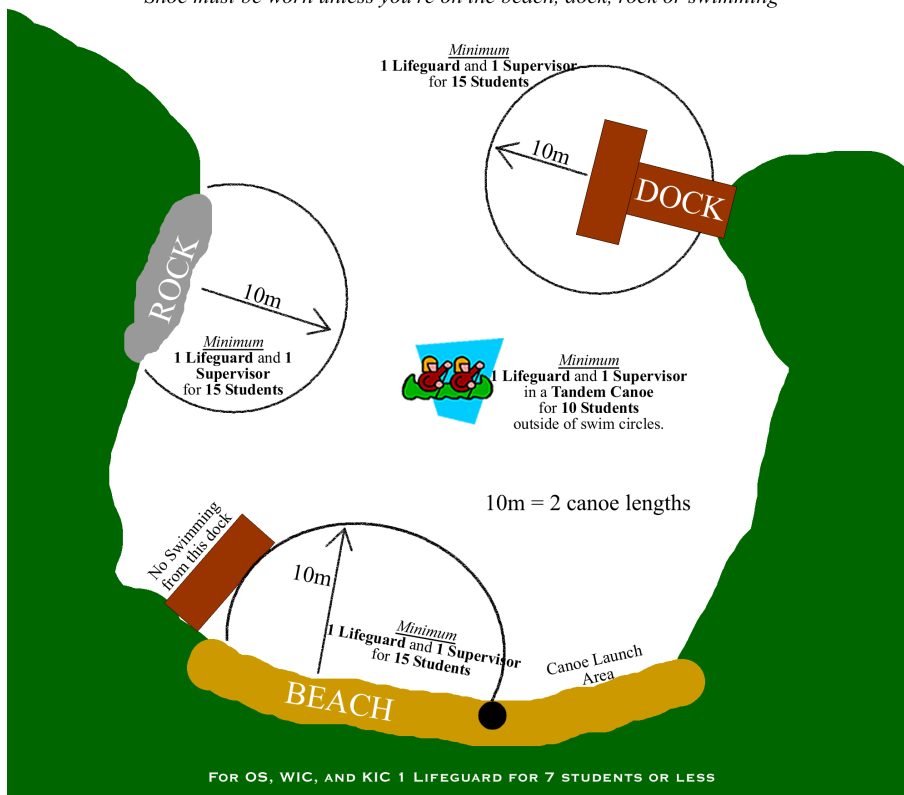
*No Backdives or Backflippies*

*No Under Dock Manouvers*

### OTHER RULES

*No Diving except from the Dock*

*Shoe must be worn unless you're on the beach, dock, rock or swimming*



# THE GOULD LAKE SWIM ASSESSMENT

This swim assessment will show that a student can:

- ❖ Swim 100m unassisted
- ❖ Tread water for 5 minutes unassisted
- ❖ Put on a PFD in the water
- ❖ Perform the HELP and Huddle positions
- ❖ Enter the water head-first without panicking

## The Assessment

1. From the left side of the beach, the student will enter the water to hip depth then swim almost parallel to the shore across the beach area, gradually getting deeper.
2. As they approach shore, they will then swim directly toward the end of the "T" dock.
3. They will swim around the end to the far side of the dock, where they will tread water for 5 minutes.
4. Staff will then throw each student a PFD, which they will put on.
5. Staff will discuss and get students to perform the HELP and Huddle positions.
6. Students will then exit the water and perform a front roll from the dock into the water.

## Notes

- ❖ Assessment groupings should be no more than 6 students.
- ❖ Any student who has difficulty with any part of the assessment should be identified to all staff.
- ❖ Any student unable to perform any parts of the assessment should be brought to the attention of the Outdoor Education Coordinator.

