

The Waterfront

This information should be reviewed by you frequently.

The Lake! It is our job as staff to keep the waterfront safe while challenging the kids to have new experiences! Certified Lifeguards are hired as the primary instructors and supervisors of campers on the waterfront. **Lifeguards (LG)** have also demonstrated skills and knowledge in the lake environment, and are comfortable and alert. **Lookouts (LO)** are counselors who are not Lifeguards who work under the direction of a Lifeguard. All Lookouts have had to demonstrate skills and competency and received training as to their responsibility. Lifeguards will be used over Lookouts. The term **Guard** is used for both Lifeguards and Lookouts.

Aquatic Safety, Emergencies and Information

Aquatic Safety is of primary importance at Camp Foley and it is a team effort on part of all Foley staff. Communication and attention to details is very important. Your responsibility as a counselor is to know and rehearse skills until competent.

Inclement Weather

1. *Lightning in Near Proximity on the Lake:* Boats return immediately to shore and swimmers get out of the water. If caught out on the lake, keep campers as low as possible in the craft, get to the nearest shore and find shelter. Office is notified if possible. A Director will then notify other activities on the waterfront and assist where needed. If questioning lightning, call the office for assistance.
2. *High winds:* Go to the nearest shoreline if unable to safely return to camp. May need to get campers out of the boat and onto shore. Call camp to notify of location. If a sudden gust hits, the person on Marina duty should notify the office before departing to offer assistance. Director(s) will be of assistance in getting more help, caring for campers and equipment or offering help with decision making.
3. *Weather Changes:* Sudden changes in temperature, wind velocity or direction, or cloud cover are all signs of bad weather. Be on the lookout. Keep groups close to camp. Make sure campers have the ability level in crafts assigned.

Lake Conditions

1. *Drop Off* - There is a gradual drop off along the camp shoreline reaching 6' or more at approximately 100' out. Always check if swimming at a different location.
2. *Weeds and Debris* – Weeds are a natural part of a lake environment and are removed by hand in the swimming area here at camp. Debris is also removed. When swimming off camp property always check for sharp objects, location of stumps and logs, and human trash. Swimmers should wear aqua socks, sandals, etc. if swimming in other locations.
3. *Waves* – Whitecaps pose problems for campers. Swimming ability decreases – a camper with a “Competent” rating may not be able to swim to the diving tower. Canoeists struggle to paddle into the wind. Sailors and windsurfers feel and act incapable. Plans may need to change to adapt to the wind.
4. *Cold Water*-Be alert to water temperature and how it effects individual campers – can't hold their breath as long, endurance decreases, and whining increases. Campers with low body fat tend to get cold faster. Be alert to hypothermia.
5. *Leeches* – There are just a few leeches in front of camp; however they are part of aquatic environments. The best thing to do is to yank it off or remove with salt.

Physical Conditions of Campers

1. *Health Conditions* - Be especially alert to campers with known histories of asthma, diabetes, seizures, or

other physical limitations.

2. *Fear* - Some campers do display fears of lakes, fish or weeds. Be alert and sensitive to the mental aspects of being in the lake.
3. *Swimmer's Itch* – know information in Physical Safety. If it is known to be in the lake:
 - **Everyone** rinses off with the fresh water hose at the Swim Dock and Marina any area that is wet from the lake.
 - **Everyone** rubs skin briskly with a towel immediately after rinsing off.
 - Applying a thick layer of sunscreen to legs, arms, etc. can sometimes prevent it.
 - Please let the Marina Director or Assistant Directors or Directors know if several kids have gotten “The Itch” and we will help with preventive measures.
 - Best solution is not to itch. Send bad cases to the nurse.
 - Foley does treat the water between sessions if it becomes a nuisance.
4. *Hypothermia* – know information in Physical Safety.

General Emergency Information

Emergency Action Plan Reminders

1. Follow procedures listed in the “Emergency Action Plan” in Physical Safety.
2. In all aquatic emergencies, notify the camp office via communication devices or by sending two runners to the office.
3. Get campers out of the water and to the top of the Marina or Swim Dock.
4. Only offer assistance where trained and within ability level or as directed.

Emergency and Safety Equipment at the Marina

1. Safety equipment includes the red flag, fluorescent yellow flag, air horn, rescue tubes, rescue poles, ring buoy, fire extinguishers, telescope, and a first aid kit. A radio to the office/administration is available. Radios are also in both of the ski boats and on the pontoon boat. A boat with a small motor is at the dock.
2. Boats are all equipped with oars, gas, anchor, extra line, and a seat cushion.

Emergency and Safety Equipment at the Swim Dock

1. Safety Equipment includes rescue tubes, poles, ring buoy, first aid kit, a backboard, and rescue board.

Emergency Signals

1. *Whistle*: Staff should use their whistles to alert campers to any potentially dangerous situations – boat traffic, beyond boundaries, etc.
2. *Three Blasts of the Whistle*: Swimmers are to all get out of the water.
3. *Yellow Florescent Flag with a large X*: This signals that there is an emergency situation. A craft having a communication device should contact camp for more information. All craft not in communication with camp should return to camp immediately. This flag is also used in conjunction with three blasts of the air horn.
4. *Horn*: Three blasts of the horn means everyone on the water is to get out.
5. *Head and Neck Injuries* – Lifeguards need to know how to backboard an individual using the latest Red Cross recommendations. Foley policy is to turn responsibility over to someone more certified like an EMT. If at all possible, we will leave a victim in the water until EMT or First Responders arrive.

Underwater Search/Near Drowning

*It is vital to begin searching ASAP! If the campers under your responsibility are at the picnic benches or

under the supervision of another counselor you begin your assignment. Diving immediately where one suspects the body to have submerged is vital.

1. As soon as it is suspected that someone is missing on the waterfront, the office is notified by using the communication devices or sending 2 runners. The bell will ring activating the “General Emergency” where all activities will cease and campers and counselors will go quickly to the benches. Staff will begin roles as previously assigned:
Group A: Lifeguards will go to the area to be searched; the Swimdock Leader will have ready masks and fins to do a *Deep-Water Line Search* as reviewed/trained at camp using Red Cross procedures. Giving directions will be a D or AD, Swimdock Leader or Marina Leader.
Group B: Lookouts will go to the area to be searched and will do a *Shallow Water Line Search* as trained at camp using Red Cross procedures. Giving directions will be Swim Waterfront Manager, Specialist, Marina Leader, or a D or AD.
Group C: Marina Leaders will get in boats as directed.
Group D: Other counselors will remain with the campers and with the help of the CITs and LITs will sing songs, play games, and keep the group calm or searching on land as directed.
Nurse or D/AD: Will work with emergency equipment and support – getting AED, calling 911, etc.

Foley Safety and Endurance Swim Check

On the first day of every session, campers are checked for their swimming abilities. *Participation in snorkeling, diving, windsurfing and skiing depends on successful completion of this check.* The following information is sent out to the parents prior to arrival. Please understand this process so you can explain it to the campers.

The Swim Check includes: properly putting on own lifejacket, jumping into deep water wearing lifejacket, comfortably swimming 25 yards wearing lifejacket, jumping into deep water without a lifejacket on, treading water for 5 minutes, and confidently swimming 70 yards using front crawl or breaststroke. *Endurance and confidence are key factors.*

Staff Swimming Policies

For staff swimming, a Lifeguard needs to be present at all times. For groups of 5 staff or less, the Lifeguard does not need to be out of the water. For any staff groups of 6 or more at swimming activities, at least one Lifeguard must be out of the water continually guarding.

Guards (Lifeguard and Lookout) Policies

**Even if you are not a lifeguard you may have the opportunity to be trained to help out at the lake as an extra set of eyes. “Lookout” is the name we give those people. Therefore, all staff are required to know the below info.

Guard Expectations for all Swimming Activities

1. Guards are expected to have **swimsuits** on and a whistle around their neck. Loose clothing that can be removed rapidly in an emergency can be worn over suit. Tevas or Aqua socks can be worn - no tie shoes.
2. Guards are to be **out** of the water and *standing* in designated areas when guarding campers.
3. Campers and staff are **not** to be visiting with the guards.
4. Must have rescue equipment (poles, tubes, ring buoys) nearby or on as trained.
At other locations, i.e. on a trip, a paddle, a jug with a rope attached may be used as in hand safety equipment.
5. A **1:15** certified **Lifeguard to swimmer (no lifejackets) ratio** is maintained.
6. A **1:25** certified **Lifeguard to swimmer (with lifejackets) ratio** is maintained.
7. Scan your area every 10 seconds, count heads, search bottom to top and keep focused.
8. Diving is done only off the tower or at the ends of the Swim Dock. No diving is permitted in

undesignated areas – i.e. on trips.

9. Lifeguards are in charge of Lookouts – **assist them with where to stand**, what area to cover and any assists that need to be made. If they are confused or unable to do their job, you **MUST** alert a D or AD.
10. Lifejackets are worn when swimming outside of camp docks except for snorkeling – this includes tripping (does NOT include The Beach).
11. When campers are swimming off of the pontoon or snorkeling, at least one lifeguard is out of the water guarding – tube in hand, lifejacket off. Think of craft as your dock – scan and watch for boat traffic.

Guard Expectations for Watercraft Activities

1. Instructors play a dual role of being a guard also. Instructors are expected to have **swimsuits** on. Loose clothing that can be removed rapidly in emergency can be worn over suit. Follow activity guidelines for footwear and whistles.
2. Must have safety device in hand or within quick reaching distance – **i.e. paddle or oar when in a canoe or small fishing boat; or a tube when on the pontoon.**
3. Ratios are to be maintained as established within activity.
4. Instructors are to be always aware of the whereabouts of all their craft and the number of campers in each craft. Area of craft should be scanned frequently checking for other boat traffic, change in weather conditions, and safety of each craft out. Windsurfing is the most difficult to guard. Keep counting heads and crafts! Use whistles to keep kids together and out of danger.
5. Follow the guidelines under each activity.
6. Instructors wear **lifejackets** when out in crafts. Be able to remove lifejacket fast if needing dive to retrieve a camper who goes under. A lifejacket can be used as a tube in many cases.
7. When campers are swimming from a watercraft, lifejackets must be left on.

Buddy Check for Swimmers

1. Every 5-10 minutes, depending on number of swimmers, the Swimdock Leader will blow a **single whistle blast** and shout, "buddy up". Campers have ten seconds to join hands with their buddy and remain quiet and still. Lifeguards will count the pairs and report that number to the Swimdock Leader. The Swimdock Leader checks that number against the number of pair tags on the board. If the number checks, he/she will give **two whistle blasts** to resume the period. Following the last buddy check of the period, he/she will give **three whistle blasts** to signal "All Out." Each period should end with a buddy check. A **single whistle blast** (not as long or hard) also is used to get the attention of a camper who is misbehaving or is in danger.
2. If during a buddy check the numbers do not check, the captain should identify the missing camper or his tag. If a camper's tag is checked in and the camper is not accounted for, the office should be notified immediately. Underwater Search/Near Drowning procedures will begin.

Abandoned Tags

1. If a tag is on the buddy board and no camper is present at the waterfront, immediately check with friends, etc. to see if he or she departed. If you are *certain* that he or she departed, send a counselor or 2 campers to the office to send camper back to the Buddy Board. If you are unsure or have any doubt, activate the Emergency Action Plan.
2. Any camper forgetting to check in or out, is quietly spoken to about the importance of doing so.