



Swimming Assessment Guidelines

Parents,

When you complete the Health History portion of the blue Medical Form, you will be asked to provide an assessment of your camper's swimming ability. This sheet is to provide some definitions of ability. Campers who enroll in swimming, waterskiing, and canoeing will have their ability assessed by our waterfront staff. Lots of campers, however, do not participate in these activities but will want to swim during free-time and during special activities.

Our lifeguards will be provided with a list of campers who are beginners. They will identify the camper with a small, innocuous plastic wrist band once they enter the pool area. That way the lifeguards and counselors can give these campers closer attention. If you have questions or wish to discuss your camper's participation in swimming activities at camp, please don't hesitate to contact us.

Below are the selection of swimming levels from which you will be asked to choose on the medical form. It is our objective to determine who **can** and who **can not** swim with confidence before they are allowed in the pool. If you have questions or if you need clarification, please don't hesitate to give us a call.

"COMPETENT SWIMMER"

Basically, this means that he or she can swim two lengths of our 60 foot pool and can tread water for approximately three minutes (not necessarily performing one task right after the other).

"NON-SWIMMER" OR "BEGINNER"

This means that your child **can not** swim two lengths of our 60' pool and **cannot** tread water for three minutes. It also applies to campers who cannot swim at all.

"NOT SURE OF ABILITY"

This means just what it says. Our waterfront staff will give your child a swimming test after his or her arrival. This assessment will occur before the camper is allowed to go swimming.

Additional Activity Information

If there are activities that you don't wish your camper to participate in, please indicate on the medical form. Space for this information is provided on page 2 of the blue Medical Form.