



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAMP EVERGREEN SWIM TEST POLICY AND INFORMATION

The swim classification for children participating in aquatic activities at Camp Evergreen is an element in ensuring both a safe swimming environment as well as a safe boating environment. The swim will be renewed annually, at the start of each new "session" of camp. The swim test should only be conducted by a certified swim instructor (WSI or YSI). In order to reduce conflict and keep continuity of assessment of swimmers abilities, it is advised that one person be tasked with making all final decisions as to placing a child in a swim level. Camp Evergreen and the Y Aquatics staff reserve the right and are authorized to re-test a child, or group of children when they are reasonably concerned that the initial test was not properly administered, or when a child's abilities may put their initial placement in question.

SWIM TEST POLICY:

ALL campers that use the aquatics programs areas at camp will take the Y swimming proficiency test on the first day of camp, or their first day of participating in the aquatics program area.

A certified swim instructor (WSI or YSI) will conduct the Y swimming proficiency test in accordance to the YMCA of Central New York's standards.

The test for each camper will be the YMCA of Central New York's "Deep End Test" (as deemed acceptable by the association), which is:

"Swim front crawl for 25 yards (confidently with face in the water and arms out of the water for 50% of the swim) and able to tread water for 30 seconds prior to touching the wall. This will be done without any assistance."

Reasons for not passing:

- Underwater swimming
- "Dog paddling"
- Resting in the middle of the test
- Not maintaining forward motion
- Not being able to tread water at the end of the test
- Being too physically exhausted at the completion of the test
- Unable to follow direction

SWIMMER CLASSIFICATION:

Upon completion of the swim test, all children participating in camp aquatics activities will be classified according to their demonstrated swimming ability. The classification tests and testing procedures have been developed and structured to demonstrate skill level consistent with the circumstances. There are three classification levels for the swim test.

- The "SWIMMER" (GREEN BRACELET)
 - The camper demonstrates the minimum level of swimming ability required for safe deep-water swimming.
 - Campers are allowed to swim in all areas and participate in every level of boating activities.
- The "BEGINNER" (YELLOW BRACELET)
 - The camper demonstrates they are ready to learn deep water skills and has the minimum ability required for safe instructional and recreational activity in a confined or closely monitored swimming area in which shallow waters, sides, or support are less than 25 feet from any point on the water.
 - Campers are allowed in water that is less than chest deep without restriction. When participating in aquatics activities where water is greater than chest deep, they will be wearing a coast guard approved PFD and closely supervised by the appropriate staff.
- The "LEARNER" (RED BRACELET)
 - The camper demonstrates the inability to complete the swim test or for those who choose not to participate. All learners should be encouraged to take swim lessons to improve their ability and to become comfortable participating in aquatic activities.
 - Campers must wear a coast guard approved PFD in all areas and must be closely supervised by the appropriate staff. When participating in aquatics activities where the water is greater than chest deep, they will follow a 3:1 ratio of campers to staff.

RETESTING POLICY:

Each camper will have ONE chance to re-test on Fridays and/or on a separate day following their initial swim test. This will allow the unit directors and aquatics staff enough time to adjust the swim test logs and structured swim groups if necessary, and not effect the program's daily routines.