

Camp Trip Swimming Activity-Specific Plan

Camp Name:

Date:

Prepared By:

Title:

Phone number:

Email:

Signature:

Complete the following worksheet for swimming trips that campers may participate in, including trips to Aquatic Amusement Parks and Wilderness Swimming. Use additional sheets if necessary.

Submit the completed plan to the [local health department or State District Office](#) that has jurisdiction in the county where the camp is located for review.

A copy of the approved plan must be maintained at the camp and reviewed by the trip leader prior to overseeing the activity.

For Health Department Use Only

Approved: Yes No

Reviewer:

Date:

Comments:

Except for wilderness sites, only those swimming pools and bathing beaches in New York State that have a valid permit to operate issued from the local health department having jurisdiction for the bathing facility, or those operated by a New York State Agency, may be used.

Residential swimming pool use is prohibited.

Permission Statements

Subpart 7-2 requires that when swimming is conducted during camp trips, including at aquatic amusement parks and wilderness swimming sites, that each camper have a signed statement of permission to participate from a parent/guardian. The permission statement should list, for each trip, the date(s), location(s), and a brief description of the swimming activities to take place.

1. Who will be responsible for collecting and maintaining files of signed permission statements, and ensuring that only those campers who have received parental/guardian permission participate in camp trip or wilderness swimming activities?

- Camp Director Aquatics Director Trip Leader
- Other (specify) Enter text here.

Prearrange trips to off-site aquatic facilities well in advance and, if possible, visit the facility prior to taking campers there. Exchange key contact information with the facility, including the camp's address and emergency telephone number(s) and the name(s) of camp staff who will be in charge of the camp group at the facility. Pre-arrangements must be made with an off-site swimming facility to:

- Obtain facility rules and requirements
- Ensure the facility is able to accommodate the camp. Provide the facility information about your group, including the age and number of campers in your group
- Determine the best time(s) for your visit and what area(s) the campers may use, identifying areas off-limits to non-swimmers. A bathing area separated from other patrons is always desirable
- Discuss the facility's supervision policies, and determine the role of camp staff
- Identify the duties of the camp aquatic staff
- Determine if facility's lifeguards will be present and, if they are, what certification they hold
- Determine how the buddy system will be implemented at the facility and what signals the camp can use to supervise campers and initiate buddy checks with the least interference to the facility's signal system
- Determine what role the off-site facility will play in implementing your safety plan

You should confirm your arrangements in writing with the facility and maintain the written agreement on file. When the same individual (operator) is in charge of the children's camp and off-site bathing facility, a written agreement is not necessary; however, arrangements must still be made.

2. Who will make the pre-arrangements with off-site swimming facilities?

- Camp Director Aquatics Director Trip Leader
- Other (specify) Enter text here.

Assessment of camper's swimming ability

Prior to allowing campers to enter water that is chest deep or greater, they must have their swimming ability assessed and be categorized as a "swimmer." Only someone who is certified as a Progressive Swimming Instructor, as defined in Subpart 7-2 of the SSC, may assess/classify a camper as a "swimmer." No swimming ability assessment is required to designate a camper as a "non-swimmer" and restrict the camper to water that is less than chest deep.

The Progressive Swimming Instructor should evaluate bather swimming ability using standards and criteria established by the provider that certified the [Progressive Swimming Instructor](#). **Consideration should be given to the aquatic environment (size, pool, open water, water temperature, currents, depth, water clarity, etc.) that the camp will be utilizing.**

3. How, when, and by whom will the swimming ability of campers be assessed?

- No swimming ability assessment will be conducted. All campers are considered non-swimmers and restricted to water less than chest deep.
- Prior to participating in the first swimming activity, a progressive swimming instructor will assess the swimming abilities of all campers and categorize him/her as either a non-swimmer or swimmer. A record of each camper's swimming evaluation, including the camper's full name, date of test and their assessed ability, will be maintained at the camp.

Campers will be assessed in shallow water to determine if he/she has basic swimming skills to qualify for the deep-water assessment. Assessment criteria for "swimmers" will minimally consist of the following in sequence with no breaks (Check one of the following):

1. Feet first entry into water greater than chest deep and completely submerge
2. Tread water for 1 minute
3. Maintain position on back 1 minute
4. Swim 40 yards continuously using any stroke or a combination of strokes. Dog paddling is not an acceptable stroke.
5. Rotate 360 degrees and orient to the exit.
6. Exit from the water.
- Based on the Progressive Swimming Instructor's certification and standards from the certifying provider (e.g. ARC, YMCA, Boy Scouts, etc.), and aquatic environment (size, pool, open water, currents, depth, etc.) specify the assessment criteria that will be utilized and the course provider they are based on below.

Assessment Criteria:

Enter text here.

Provider (e.g. ARC, YMCA, Boy Scouts, etc.): Enter text here.

- Additional assessment procedures for when the aquatic area is divided into more areas than swimmer and non-swimmer.

Enter text here.

Camp staff must maintain direct visual surveillance of campers at all times during the swimming activity, which can be challenging at public facilities when campers are swimming with other patrons. It is recommended that, when possible, the camp utilize a separate swimming area from the general public or have all campers (swimmers and non-swimmers) wear visual identifiers, so they can be easily distinguished from other patrons.

4. How are campers visually identified according to their swimming ability?

- Campers determined to be “swimmers” will be visually distinguished from “non-swimmers” by **“swimmers” wearing a** Enter text here. (specify color) colored wristband.
- Campers determined to be “swimmers” will be visually identified from “non-swimmers” by **“swimmers” wearing a** Enter text here. (specify color) colored wristband **and “non-swimmers” wearing a** Enter text here. (specify color) colored wristband.
- No visual identifier is used because “non-swimmers” are restricted from entering the “swimmer” area by a physical barrier. A float line is not considered a physical barrier. What type of physical barriers is used? (check all that apply)
 - Swim crib
 - Dock
 - Other Enter text here.
- No visual identifier is used because “swimmers” and “non-swimmers” use separate pools or swim at different times.
- No visual identifier is used because the swimming area used by the camp is less than chest deep of the shortest camper.
- Alternative procedures (when one of the above procedures is not utilized, a comprehensive alternative must be provided):

Enter text here.

Water Depth Restrictions

Non-swimmer water depth restriction concept – Bathers become buoyant in water chest-deep and above, which causes them to lose contact with the bottom of the pool/beach. Non-swimmers who lose contact with the bottom may not have the ability to prevent themselves from entering deeper water, where they may not have the skill necessary to prevent submersion. At children’s camps, a non-swimmer in greater-than-chest-deep water has been identified as a contributing factor in all non-swimmer drownings.

5. Non-swimmers will be restricted to water less than chest deep, except:
(check all that apply)
- No exceptions
 - During a learn-to-swim program approved by the State Department of Health. See the Fact Sheet available at www.health.ny.gov/environmental/outdoors/camps/learn_to_swim.htm for a list of approved programs. Specify provider Enter text here.
 - When counselors are in shallow water in the non-swimmer area and providing direct supervision of non-swimmers at a counselor to camper ratio of:
 - 1:1
 - 1:2
 - 1:3
6. In the table following the Supervision section below, select the method used at each off-site swimming facility to ensure that non-swimmers are restricted to water less than chest deep during required times.

Buddy System and Board System

A Buddy and Board System (or equivalent accountability system) of supervising and accounting for bathers is required for all swimming activities (on-site or off-site). Failure to implement a complete buddy system has been identified as a significant contributing factor in drowning related to children's camps. When campers are unable to comprehend or implement the buddy system, another method must be specified and used.

Buddy Concept – The buddy system provides each camper with a partner/“personal lifeguard” to summon help in case of an emergency. Campers should be paired, whenever possible, to a buddy of the same swimming ability. When campers of different swimming abilities are paired, they must remain in the swimming area for the lesser skilled of the two. A maximum of one threesome per area is allowed. Campers must be instructed to contact a staff member if his/her “buddy” experiences “trouble” while swimming or is missing.

Board System Concept – A board system or equivalent accounting system is a method of recording entry and exit from the pool/beach areas to account for all campers participating in the swimming activity. An accounting system may be maintained on a stationary (conventional) “buddy board” or on a hand held “clipboard”.

It is recommended that all staff at swimming activities also participates in the Buddy and Board Systems and have an assessment of their swimming ability.

7. Describe the camp's Buddy System and Board System (accounting system).
- Campers will be paired with a buddy (whenever possible to a buddy of the same swimming ability). When a non-swimmer is paired with a buddy other than a non-swimmer, both must remain in the non-swimming area. Only one threesome per swimming category will be allowed. Buddies' full names and swimming abilities will be recorded on a hand held “clipboard” (table with columns to record the entry and exit of each buddy pair/bather from the waterfront and to the various sections of the waterfront). The “clipboard” will be used as a reference for buddy checks at the facility.

- Check to indicate agreement with the above procedure. Specify additional procedures in the space provided below.

Enter text here.

- Alternative procedures (when the above procedure is not utilized, a comprehensive alternative must be provided):

Enter text here.

The method used for signaling and conducting buddy checks must be reviewed and an agreement reached with the facility operator prior to the camp trip. If no agreement can be made, the camp may not participate in swimming at the facility.

8. How are buddy checks conducted? If the method or signal varies between off-site facilities, specify what method is used at each facility.

Buddy checks, which account for all campers within the pool enclosure or at the beach, will be conducted and consist of the following:

- Conducted every 15 minutes.
- Signaled by raising a flag and calling out “buddies.”
- When signaled, the buddies will move together, grasp each other’s hands and raise them above their heads. Designated staff will count the number of buddy pairs in each swimming area. The count will be told to the staff member holding the “clipboard,” who will make sure the numbers match. If there is an inconsistency, a recount will be conducted. If the recount confirms there is a missing camper, the lost bather plan will be implemented.
- The buddy check will be concluded when all campers are accounted for.

- Check to indicate agreement with the above procedure. Specify additional procedures in the space provided below.

Enter text here.

- Alternative procedures (when the above procedure is not utilized, a comprehensive alternative must be provided):

Enter text here.

Supervision

The off-site facility lifeguard is not a substitute for supervision responsibilities of the camp's staff. Close supervision of campers by counselors is vitally important.

If your camp uses a swimming pool or bathing beach that provides lifeguards, it is the camp’s responsibility to ensure that the facility lifeguards meet the minimum qualifications for a “qualified lifeguard” as required by Subpart 7-2.5(g). This is especially important for trips to out-of-state facilities, which may or may not meet, or be required to meet, the same operational and supervisory

standards as facilities in New York State. If the facility **does not** provide “qualified lifeguards,” the camp must either provide, with permission of the facility, the lifeguards or not go swimming at that facility. If the facility **does** provide “qualified lifeguards,” the camp must provide one camp lifeguard or staff member possessing training in Children’s Camp Swimming Program Safety for each 75 campers to supervise camper bathing activities and implement the camp safety plan. See the Fact Sheet available at https://www.health.ny.gov/environmental/outdoors/camps/trip_swim.htm or form your local health department or State District Office for accepted training in Children’s Camp Swimming Program Safety

For off-site swimming facilities that do not provide lifeguards, and for wilderness swimming sites, the camp must provide at least one qualified lifeguard for every 25 campers for supervision and to implement the safety plan. Each lifeguard shall supervise no more than 3,400 square feet of pool area or 150 feet of shoreline. Additionally, swimming is prohibited more than 75 feet from shore. Swimming may be allowed further from shore (up to 150 feet) when the water depth is less than chest deep of the shortest camper.

Counselors should be assigned to supervise specific campers and must be located at the poolside or beachfront, or in the water providing direct visual surveillance of campers at all times. Counselors must have supervision responsibilities to ensure that lifeguards are not burdened with non-lifeguard tasks. At a minimum, the following ratios of counselors to campers will be maintained while swimming:

Age Group	Counselor to Camper Ratio
6 years and older	1:8
under 6	1:6

Campers with developmental disabilities may be at an increased risk of an emergency during swimming activities and therefore require additional supervision. At a minimum, the following ratios of counselors to campers will be maintained for campers with disabilities of all ages:

- 1:1 for non-ambulatory campers or campers with a disability that may result in an increased risk of an emergency in the water, such as uncontrolled epilepsy.
- 1:5 for campers with a developmental disability. Staff supervising campers with a developmental disability at a 1:5 ratio may also supervise campers without a disability during a swimming activity, provided that the total number of campers does not exceed one counselor for five campers and the assigned campers are swimming in the same general area. For example, a counselor may supervise two campers with developmental disabilities and up to three other campers without a developmental disability.

9. For each out-of-camp-trip swimming location, except wilderness swimming, complete the following table based on arrangements made with the offsite facility operator. Use additional sheets if necessary.

Off-Site Swimming Facility Name and Location	Description of Swimming Activity	How are Non-Swimmers Restricted to Water Less Than Chest Deep	Who Will Provided Qualified Lifeguards
<u>Enter text here.</u>	<input type="checkbox"/> Pool <input type="checkbox"/> Beach <input type="checkbox"/> Surf Beach <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Floating line positioned no greater than a depth that corresponds to the shortest camper's chest height <input type="checkbox"/> Counselors/staff positioned in the water <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Facility <input type="checkbox"/> Camp
<u>Enter text here.</u>	<input type="checkbox"/> Pool <input type="checkbox"/> Beach <input type="checkbox"/> Surf Beach <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Floating line positioned no greater than a depth that corresponds to the shortest camper's chest height <input type="checkbox"/> Counselors/staff positioned in the water <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Facility <input type="checkbox"/> Camp
<u>Enter text here.</u>	<input type="checkbox"/> Pool <input type="checkbox"/> Beach <input type="checkbox"/> Surf Beach <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Floating line positioned no greater than a depth that corresponds to the shortest camper's chest height <input type="checkbox"/> Counselors/staff positioned in the water <input type="checkbox"/> Other (specify) <u>Enter text here.</u>	<input type="checkbox"/> Facility <input type="checkbox"/> Camp

Voluntary Hyperventilating and Extended Breath Holding

The practice of voluntarily hyperventilating (taking a series of deep breaths in rapid succession and forcefully exhaling) followed by underwater swimming or holding your breath for extended periods of time is dangerous and has led to deaths.

- When you hyperventilate, you lower the percentage of carbon dioxide in the air that always remains in your lungs.
- The carbon dioxide in the bloodstream is what triggers that part of the brain that controls breathing to initiate taking a breath.
- By decreasing the available carbon dioxide, you can remain underwater because you delay the point at which the brain signals the need to take a breath.
- When the oxygen level in the blood runs low before the carbon dioxide level rises to the point that triggers the breathing reflex, the swimmer loses consciousness.
- The swimmer never actually feels as though a breath is needed.

Shallow Water Blackout

- Swimmers who practice prolonged underwater breath-holding are at risk for Shallow Water Blackout (SWB).
- SWB results from an insufficient amount of carbon dioxide to activate the body's natural impulse to breathe.
 - ***Victims of hyperventilation and SWB are often skilled swimmers.***
 - ***Victims can also be children and others who participate in 'hold your breath' games.***
 - ***Lifeguards and other supervisory staff should be alert for this safety hazard and should discourage this behavior.***
 - ***Operators should consider posting a sign explaining this hazard and prohibiting it at their pool.***

Seizure/Choking Response

- An individual who has a seizure in the water:
 - Is likely to submerge quickly and silently without portraying the distinctive drowning signs or calling for help, although convulsive movements may be exhibited;
 - Is susceptible to aspirate/ingest water due to an open/passive airway; and
 - Will not be able to react or assist in a rescue attempt.
- If the bather survives, a medical check-up is essential (even if the rescued/resuscitated victim appears to be recovered), as life-threatening complications may result.
- A person who experiences a seizure in/out of the water should **not** return to/participate in aquatic activities that day, even if he/she appears recovered, as the likelihood of experiencing another seizure is increased.
- Contributing factors to drownings of persons with known seizure disorders identified in NYS investigations include:
 - An uncontrolled or poorly controlled seizure disorder; and
 - Missed seizure medication
- Other potential factors that may trigger a seizure include fatigue, stress, use of non-compatible medications, illness/injury, etc.
- One-to-one supervision is required for campers with an uncontrolled seizure disorder. These campers should be accompanied in the water by someone familiar with their condition and who is trained and able to aid them should a seizure occur.
- The identity of seizure prone campers should be made known to aquatic staff, who must be trained how to recognize and respond to a victim experiencing a seizure in the aquatic area.

- For additional information on this subject, contact the Epilepsy Foundation of America or your local epilepsy association.

Lost Swimmer Plan

10. Campers will be instructed to immediately notify the nearest lifeguard or camp counselor if their buddy is missing. If a buddy check fails to account for the whereabouts of a bather, or if a camp lifeguard or counselor is notified of a missing camper, the facility lifeguards will be immediately notified and the lost camper plan initiated.

- Check to indicate agreement with the above procedure. Specify additional procedures in the space provided below.

Enter text here.

- Alternative procedures (when the above procedure is not utilized, a comprehensive alternative must be provided):

Enter text here.

Aquatic Theme (Amusement) Park: In addition to the above procedures for camp trip swimming, the following will be implemented at aquatic theme parks.

- No trips to aquatic theme parks are taken (skip to question 14).

11. Provide or list in the below table all water attractions that campers will use at the park, a description of the attraction including water depth, if the facility will provide qualified lifeguards, and camper restrictions.

Example

Attraction Name	Description	Camper Restriction
Serpentine Slides	Mat ride; discharges into a plunge pool 42 inches deep.	Exclude non-swimmers whose chest height is less than 42 inches.
Grand Prix Splashway	Side by side racing slide; discharges into a plunge pool 48 inches deep.	Limited to swimmers only.
Lagoon Activity Pool	Large pool that increases in depth from zero (0) to 36 inches at deepest end. There is a floatline positioned at a depth of 2 feet.	Non-swimmers are not allowed beyond the floatline.

Attraction Name	Description	Camper Restriction
<u>Enter text here.</u>	<u>Enter text here.</u>	<u>Enter text here.</u>
<u>Enter text here.</u>	<u>Enter text here.</u>	<u>Enter text here.</u>
<u>Enter text here.</u>	<u>Enter text here.</u>	<u>Enter text here.</u>
<u>Enter text here.</u>	<u>Enter text here.</u>	<u>Enter text here.</u>
<u>Enter text here.</u>	<u>Enter text here.</u>	<u>Enter text here.</u>

A camp supplied lifeguard is not required for aquatic amusement activities that allow only one or two patrons in the water at a time and the activity water depth does not exceed chest deep for non-swimmers.

12. How are campers supervised and accounted for on attractions that only allow one or two patrons in the water at a time?

When only one or two patrons use the activity at a time, or patrons are in a raft or boat to participate and the activity water depths does not exceed chest deep for non-swimmers, a counselor will be stationed at the beginning and end of the activity to supervise campers within their group. The counselor at the end of the activity will gather all campers as they exit the activity. When all campers in their group have exited the activity, the group will move together to the next activity.

Check to indicate agreement with the above procedure. Specify additional procedures in the space provided below.

Enter text here.

Alternative procedures (when the above procedure is not utilized, a comprehensive alternative must be provided):

Enter text here.

13. List activities (attractions) for which the buddy system and board system will be implemented.

- 1) Enter text here. 2) Enter text here. 3) Enter text here. 4) Enter text here.
 5) Enter text here. 6) Enter text here.

Wilderness Swimming: In addition to the above procedures for camp trip swimming, the following will be implemented at wilderness swimming sites.

A wilderness swimming site is a remote beach site which is established for temporary use by a children’s camp for swimming at a location that is not readily accessible for inspection by the LHD that has jurisdiction. Wilderness swimming sites are most frequently established during canoeing or hiking

excursions where no public swimming facilities are available. Because the swimming area (perimeter designation, etc.) is not established or approved by the LHD, the camp staff must establish the area, and evaluate bottom conditions and water currents (when on a flowing body of water), prior to use.

General requirements for wilderness swimming activities (see Subpart 7-2.11(a)(5)):

- Lifeguards supervising wilderness swimming activities must be a minimum of 18 years old.
- Staff supervising wilderness swimming activities must be classified as a swimmer by a progressive swimming instructor. (This requirement does not apply to staff provided as a supplement to the number of staff required for supervision of the swimmers).
- At least two staff possessing current CPR certification in an approved course must be present during the activity. The NYSDOH Factsheet listing approved CPR certifications is available at www.health.ny.gov/environmental/outdoors/camps or by contacting your local health department.
- Swimming must be restricted to no more than 75 feet from shore and no more than 50 yards of shoreline.
- Headfirst diving, and jumping into the water from cliffs, trees, water flumes and rope swings, are prohibited
- Swimming shall be prohibited between sunset and sunrise at wilderness swimming sites.

For further guidance on conducting a wilderness swimming activity see the Department’s document titled “Children’s Camp Program – Wilderness Swimming Guidance” available from your local health department or at www.nyhealth.gov/environmental/outdoors/camps.

14. What procedures will be utilized to establish a wilderness swimming site and assure that environmental conditions are safe for swimming?

- No wilderness swimming activities are conducted.
- Prior to **each** use the wilderness swimming site will be **assessed** to assure that the water velocity, bottom slope and water clarity meet Subpart 7-2 requirements, and that the area is free of sharp drop-offs, jagged rocks or underwater obstructions. The following assessment procedures will be used to **conduct all of the following measurements**:
 - a) Assessment of water velocity to determine that the water current does not exceed 3 feet per second:
 - Measure and mark a distance of 30 feet on the shoreline.
 - Drop a stick or other floating object into the water at the upstream point.
 - Using a watch, determine how many seconds it takes the floating object to travel between the two points for a distance of 30 feet.

Swim area is unacceptable if less than 10 seconds.

b) Assessment of bottom slope of the swim area to determine if it is not steeper than 1:8 (excluding the water shore transition area):

- Determine the point where the water depth is equal to 1 foot deep. Mark with a stick.
- Measure a distance of 8 feet from the 1 foot depth mark straight out into the water. At that point, measure the depth of the water.
- Continue to measure the water depth at intervals of eight feet from the shore 1 foot depth point to the outer perimeter of the swimming area (outer perimeter must **be no more than 75 feet from shore and no deeper than 5 feet**).
 - 2 feet deep at 8 feet away from the 1-foot depth mark
 - 3 feet deep at 16 feet away from the 1-foot depth mark
 - 4 feet deep at 24 feet away from the 1-foot depth mark
 - 5 feet deep at 32 feet away from the 1-foot depth mark
 - 5 feet deep at 40 feet away from the 1-foot depth mark

Swim area is unacceptable if the water depth exceeds the depth for distances listed.

c) Assessment of water clarity to determine if the bottom, or to at least a depth of 4 feet below the water surface, is visible:

- Place a measuring device, such as a weighted rope or a marked paddle or stick, into the water at various points within the designated swim area to determine if the bottom, or to at least a depth of 4 feet below the water surface, is visible.

Swim area is unacceptable if the marking is not visible at a depth of less than 4 feet.

d) Assessment of site for underwater hazards:

- Lifeguarding staff should enter the water and check the swim area for underwater hazards such as jagged rocks or other obstructions.

Swim area is unacceptable if hazards exist.

e) The perimeter of the swimmer and non-swimmer area will be maintained to as small of an area as necessary for the activity without exceeding 150 feet (50 yards) of shoreline or 75 feet (25 yards) from shore. The perimeters of the areas will be designated by (select the method used below):

- Floating Ropes
- Anchored Line of Life Vests
- Positioning Staff
- Other (specify) Enter text here.

Alternative procedures (when the above procedure is not utilized, a comprehensive alternative procedure, which addresses each of the above components, must be specified):

Enter text here.

15. The Wilderness Swimming Site Field Assessment Tool attached to this document and available at https://www.health.ny.gov/environmental/outdoors/camps/aquatics/wilderness/docs/site_field_assessment_tool.pdf will be used by camp staff to document the field assessment of wilderness sites.

Yes No

If no, specify how assessment will be documented:

Wilderness Swimming Site Field Assessment Tool

Section 7-2.11(a)(5) requires the camp to assess a wilderness swim site prior to use to assure that the water velocity, bottom slope and water clarity are acceptable and that the area is free of sharp drop-offs, jagged rocks or under water obstructions. In addition, the perimeter of the swimmer and non-swimmer areas must be designated.

Items needed to conduct assessment:

- Small stick or other floating object
- Watch or stopwatch
- Tape measure or measuring device, such as a weighted rope or a marked paddle or stick

Water Velocity – Measure and mark a distance of 30 feet on the shoreline. Drop a stick or other floating object into the water at the upstream point. Using a watch or stopwatch, determine and record below how many seconds it takes the floating object to travel between the two points. **The swim area is unacceptable if less than 10 seconds.**

Time Taken for Object to Travel 30 Feet: _____ *N/A – Non-flowing body of water*

Bottom Slope – Measure and mark the 1-foot water depth location. Record the water depth in the table below as measured in 8 ft. intervals from the 1-foot water depth mark to the outer limits* of the proposed swim area. **The swim area is unacceptable if the water depth exceeds the depth listed in the corresponding ‘Maximum Depth’ column.**

Feet From 1 ft. Depth	Water Depth	Maximum Depth
8 ft.		2 ft.
16 ft.		3 ft.
24 ft.		4 ft.
32 ft.		5 ft.
40 ft.		5 ft.
48 ft.		5 ft.
56 ft.		5 ft.
64 ft.		5 ft.
72 ft.		5 ft.

* Outer perimeter must be no more than 75 feet from shore and no deeper than 5 ft.

Water Clarity – Place a measuring device, such as a weighted rope or a marked paddle or stick, into the water at various points within the designated swim area. **Swim area is unacceptable if the marking is not visible at a depth of less than 4 feet.**

Bottom, or to at least a depth of 4 feet below the water surface, is visible throughout swim area.

Yes No

Underwater Hazards – Lifeguarding staff must enter the water and check the swim area for underwater hazards such as jagged rocks or other obstructions. Check the appropriate box below indicating results:

No hazards found Underwater hazards found – swim area is unacceptable

Swim Area: <input type="checkbox"/> Acceptable <input type="checkbox"/> Unacceptable
Assessed By: _____ Title: _____
Trip Location: _____ Date: ___/___/___ Time: _____