



## **Plast Canada Swim Test Policy**

Prior to summer camps commencing, Plast campers (children, youth, and all counsellors/trip leaders) must successfully complete, at a designated swimming area or pool, the following swim test in its entirety, in sequence and without any aids or stops<sup>i</sup>:

- Rolling entry (backwards or forward) into deep water at 2.75 m (9') minimum depth
- Tread water for 1 minute
- Swim 50 m (164') continuously, any stroke.

In the event that there is a designated swimming area or pool at the camp location, the Swim Test may be administered on location on Day 1 of the camp.

The test must be administered by a Lifesaving Society National Lifeguard, or a certified aquatic instructor (e.g., Lifesaving Society Instructor Certificate; Lifesaving Society Swim Instructor Certificate; or Canadian Red Cross Water Safety Instructor Certificate).

In lieu of completing the swim test, campers may provide proof of Bronze Medallion certification, or higher.

Results of the Swim Test must be documented:

1. Achieved the standard without a lifejacket
2. Achieved the standard with a lifejacket or
3. Practiced (but did not achieve) the standard.

Results of the swim test must be communicated to the parents/guardians and kept on file by the Camp Director.

Campers (and their parents, when minors) who do not achieve the standard (with or without a lifejacket) must be informed that they will only be allowed to participate in activities where the water level is approximately below mid-calf on all participants. Lifeguards and/or Camp Directors may, at their discretion, require these campers to wear a lifejacket at all times.

The Swim Test must be administered on an annual basis.

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<sup>i</sup> The swimming test referenced is from [Swim to Survive](#) section of the Lifesaving Society.