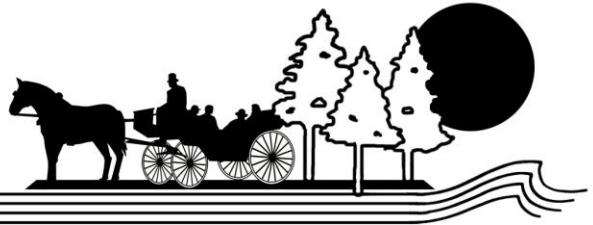


Nosoca Pines Ranch



For those wishing to use their own staff for lifeguards & watercraft usage

Nosoca Rental Group Aquatics Policies

Prior arrangements need to be made for Rental Groups to participate in the aquatics activities at camp. These watercraft activities include, but are not limited to: swimming, canoeing, and ski boating.

Watercraft Activities

Only boat drivers authorized by the Camp Manager and have a Boaters Certificate will drive ski boats and pontoon boat. The other water craft activities (canoes) are to be done under the direction of your staff and must be orientated to our watercraft program. All watercraft trips must have a minimum of one adult.

Arrangements must be made ahead of time to use Nosoca's canoes. Group leaders must be aware when these watercrafts are taken out, where they are going and when they will return. All participants must sign in and sign out at the canoe shed where a clip board is located. A whistle must be taken on each canoe when out on the water. A PFD (lifejacket) must be worn and properly secured by campers and staff while in these watercrafts. It is also important that the appropriate size be worn according to the person's size and weight. PFD's are checked regularly for holes, water logging, broken ties, etc.

Orientation for User Groups

Groups providing their own supervision are advised to provide the following training prior to use of the canoes/sail boats:

1. When boarding, keep weight low and step from bank into center of watercraft.
2. Distribute weight as evenly as possible in watercraft.
3. Do NOT attempt to change positions or stand up in watercraft after leaving shore.
4. When debarking: keep weight low and step from center of watercraft onto shore.
5. If watercraft swamps, move it slowly to the shore so water can be drained.
6. If separated from swamped watercraft, use PFD to swim back to embankment. Let your leader know the situation right away.
7. All minors under 18 must have an adult accompany them.

PFD – Personal Floatation Device (Life Jacket)

PFD's are to be worn by all guest at all times while participating in watercraft sports. It is also important that the appropriate size be worn according to the person's size and weight. PFD's will be checked periodically for holes, water logging, broken ties, etc.

Watercraft Instruction

Groups *providing their own supervision* are advised to provide a staff member to be on duty and accessible to the canoeing area who has:

1. Certification from a nationally-recognized provider in first aid, including
2. Documentation of experience indicating knowledge and skill in teaching and supervision specific craft.

Watercraft Supervisor Qualifications – Youth

Groups providing their own supervision *with youth who are under 18 years of age* and unaccompanied by a parent or guardian are advised to provide a staff member who has one of the following to supervise the watercraft activity:

1. Instructor rating in the appropriate craft from a nationally-recognized certifying body, or
2. Lifeguard training from a nationally – recognized certifying body, or
3. Other acceptable certification, experience, or license.

Watercraft Safety – Adults & Families

Groups providing their own supervision *for adults or families* are advised to provide:

1. Supervision by certified personnel, or
2. Instruction to implement written procedures that specify:
 - a. PFD's (Life jackets) be worn by all persons at all times
 - b. Safety regulations be followed, and
 - c. A designated checkout system is to be utilized.

First Aid/CPR

Groups providing their own aquatics supervision are advised to provide a staff member to be on duty and accessible to the canoeing area that has:

Certification from a nationally-recognized provider in first aid, including training on blood borne pathogens.

Certification from a nationally-recognized provider in age-appropriate cardiopulmonary resuscitation (CPR) that includes the use of breathing devices (e.g. pocket masks).

Lifeguard Orientation

Rental Groups providing their own lifeguards are advised to meet the following established standards for the swimming pool:

Swimming Pool

The pool is fenced in and locked when not in use. Pool rules are posted as well as no diving signs clearly marked and the pool depths. A hot tub is also located in the pool area and is locked up unless being used. The shallow area is roped off from the deep water where diving is done. The first aid kit and safety equipment is locked up in the pool office.

The appropriate number of lifeguards must be on duty in various locations for the pool to be open for swimming. There must be a minimum of one certified lifeguard with one spotter on duty at all times. Arrangements must be made ahead of time to use the pool facility. Your lifeguard must be orientated to the camp pool regulations and show all documents of CPR, First Aid and Lifeguard training.

Lifeguard Minimums: Two Guards for 1 to 25 people
Three Guards for 26 to 75 people
Four Guards for 76 to 150 people
Five Guards for 151-225 people

Your leaders and staff are considered part of the group and subject to the same requirements including that there must be lifeguards on duty in order for them to swim. There is no swimming at the lake.

Lifeguard Qualifications

Groups providing their own aquatics supervision must provide staff who meets the following requirements:

- A. Certification from a nationally-recognized provider in first aid, including training on blood borne pathogens.
- B. Certification from a nationally-recognized provider in age-appropriate cardiopulmonary resuscitation (CPR) that includes the use of breathing devices (e.g. pocket masks).

Lifeguards

Designate one of your guards to be the Head Guard. The lifeguard's role is primarily accident prevention. The most desirable characteristic of a good lifeguard is his ability to anticipate and effectively minimize a potentially dangerous situation with equitable firm action. The guard must command respect of the campers and staff by example and knowledge of the job at hand. Lifeguards should be placed primarily where concentrations of activity exist. All areas must be observed from a vantage point where water surface reflection and sun glare are minimal, and within a reasonably close proximity to swimmers in his assigned area.

The following communication system is established at Nosoca Pines Ranch:

- **The Whistle** – Use the whistle sparingly and only when needed.
- **To get attention of swimmer** – One short blast.
- **To get attention of staff member** – Two short blast.
- **To activate the emergency plan** – Three short blasts.
- **To clear the water** – One long blast.

Swimming Lessons

Groups providing their own aquatics supervision and also planning instructional swimming activities are advised to provide:

- A swim instructor with certification from a nationally-recognized certifying body or equivalent certification.
- A lifeguard who is out of the water continuously watching over the activity if the instructor is in the water with participants.
- If non-certified instructional assistances are used, they must function under the direct supervision of a certified instructor, follow the specific directions of that instructor, and have demonstrated elementary rescue skills.

Equipment

The pool is equipped with basic emergency and rescue equipment. All equipment will be accessible and in good working order prior to the opening time. The following is a list of all equipment to be on hand before opening.

1. Rescue tube for each lifeguard.
2. Shepard's crook located at the fence area.
3. Long back board with straps and head immobilizer, located outside the pool office.
4. Life ring
5. First aid kit, including CPR mask, in the lifeguard pool office.
6. Camp two-way radio to contact camp management, located with the head lifeguard.
7. Whistle

Lifeguard / Look Out

Prevent injuries by eliminating dangerous behavior and circumstances. This can be done by informing and enforcing the following rules. These rules are posted, have your guest read them as well.

- No swimming is allowed when lifeguards are not on duty.
 - Notice the depth of water in the swimming area – no diving here.
 - Notice the depth of water in the diving area which is the only place you are allowed to dive.
 - No swimming in the diving area unless lifeguard gives permission and when no one is using the diving boards.
 - Rules of conduct: No pushing, dunking, excessive rough housing, or chicken fighting type games.
 - No chewing gum in pool or pool area.
 - No glass containers in pool or pool area.
 - No Running around the pool area.
 - One person on the diving board at a time.
 - Do not sit or hang on divider rope.
 - Children using flotation device must be supervised by parent or /guardian with in arm reach.
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- Keep eye contact on swimmers, scanning the pool area continuously.
 - Keep rescue tube with you at all times.
 - Keep essential personal gear with you such as sunglasses, water, ect.
 - Keep interactions with others short and do not let them interrupt your primary responsibilities.
 - Eat only when on break.
 - Enforce rules! Children can sit out of the water for a set time. If parent/adult becomes uncooperative, do not get into an argument. Always treat people with respect and explain the rules. However if they continue to ignore your counsel, seek the assistance of Camp Manager on Duty.
 - A swimmer who needs you attention may still breathe but simply make little or no forward progress. Throw rescue tube to them for assistance. If someone is actively or passively drowning, whistle for assistance from the certified lifeguard immediately.

Emergency Procedures

In the event of an injury, contact the office for assistance. If it is suspected that a camper is missing from the pool area, all campers are to be cleared from the water as lifeguards check the pool and surrounding area. If it is determined that the camper is missing, contact the office for assistance in running the Missing Persons procedure. Lifeguards are to keep the pool clear until the person is located and the all clear is given.