



Waterfront Guidelines

All staff will be fully trained in Basic Water Safety by our Waterfront Director Morgan, during staff training. We have 4 Lifeguards on Staff and our Waterfront Director has had 5 years of experience working at Poland Summer Recreation/Camp Connor, with 3 years of lifeguarding experience at Camp Connor. Our entire staff and community understand the fun camp experience our waterfront has to offer, but also the safety measures that must be put in place for all of our campers. Below are the safety protocols we will have in place, during this, our fourth annual season of Poland Summer Recreation at Camp Connor.

- All campers will participate in Waterfront Orientation on their first day of camp. This will consist of a video explaining safety procedures, life jacket use, etc. Staff will keep a running log of who has completed this orientation each week. After the video, our Waterfront Director & lifeguards will conduct swim assessments and/or tests for all campers. Campers will not be allowed to participate in swim activities until they've completed the swim assessment and/or swim test. For those who want to be considered "swimmers," they must pass the swim test. The swim test will include: swimming without stopping to the buoy and back, treading water and showing that they can go underwater- all without any signs of fatigue.
- Based on swim assessments, campers will either be designated a "Non-Swimmer" or "Swimmer." "Non-swimmers" will be given a red bracelet. This means that they will not be able to swim beyond the shallow end within the dock's L shape. Some "Non-Swimmers" will be instructed to wear a life jacket each time they enter the waterfront area. Campers are encouraged to bring their own lifejackets- to ensure a perfect fit. A "Swimmer" is a camper who passed the test without signs of fatigue. "Swimmers" will receive a green bracelet to wear, which indicates to lifeguards that the camper is allowed to swim past the dock within the swim area boundaries during swim activities. Campers who are able to complete all activities during the swim test, but who show signs of fatigue will be given a yellow bracelet to wear. If these campers want to swim out past the dock, they may do so, with a lifejacket on.
- Even after a camper has received a bracelet, staff will periodically give reminders that swimming in the "deep end" is a privilege and that they must continue to be safe, make good choices and listen to their bodies- to ensure campers do not get too tired while swimming.
- Lifeguards will be in charge of Sign In/Sign Out procedures while at the waterfront. The camper will say their name to the Lifeguard checking campers into the water. Campers must then wait for the Lifeguard to acknowledge them before stepping into the water. Campers must sign out of the water each time they get out and go onto the beach. They must sign back in, if they wish to return to the water. Waterfront staff will keep track of camper's swim "colors" on their rosters.
- Due to Covid-19, Lifeguards will be ensuring there is no physical contact between swimmers. Campers will be reminded once. If they need to be spoken to a 2nd time, they will need a 5 min break. A 3rd reminder will result in a camper sitting out for the remainder of swim. Counselors and waterfront staff will all supervise campers both in the water and on the beach, to ensure there is no physical contact.
- There will be opportunities for both "Swimmers" and "Non-Swimmers" to go out in the Canoes/Kayaks as well. By law, all campers will be required to wear a life jacket, regardless of their swimming ability. We will have certified staff boating with campers at all times and in kayaks with campers, as needed.
- Our beach will remain open to Poland residents as a public beach. Signs will be posted at the top, middle and bottom of the hill, informing residents they will need to provide proof of Poland residency (ID) and will be expected to follow posted beach guidelines and maintain social distancing. Our Waterfront Director will be checking ID's and ensuring all guidelines are being followed. A director should be informed if beachgoers refuse to comply with expectations.
- There is no evidence that Covid-19 can spread to humans through water, according to the CDC.