

Swimming Policy for Skeena Middle School Grade 7 Class Field Trip

Prior to Field Trip:

- Consent must be given by parent/guardian for all swimming activities via signed field trip consent form.
- Guardians must verify the swimming abilities of their student.
- Check the weather forecast and respond appropriately for outdoor swimming locations. Do not swim during lightning storms. Note, weather may change during an activity and warrant an impromptu change.
- For public facilities, all rules and regulations of all areas, including pools, waterslides, diving boards, and change rooms, must be covered with students prior to the trip.
- Build knowledge of outdoor swimming areas prior to trips (depth, currents, etc.).

Supervision Requirements:

- Supervision Ratios:
 - One teacher per each full-sized class
 - One certified Life Saver for a max of 30 students OR one certified Lifeguard for a max of two classes (approx. 50 students)
 - Additional adult supervisors or instructors: 1 per 10 students (for grade 7)
- Any students sitting out from swimming activity also need to be supervised.
- Conduct a head count every 15 or 20 minutes.
- Change rooms must be supervised when in use.
- Use the buddy system and have students keep an eye out for their buddy. Buddies must have similar swimming abilities.

Safety Procedures:

- Designated Life Save or Lifeguard must be present and clearly visible when students are in the water. This may be a supervisor that has a lifeguard/life saving certification but they must be free of any other responsibilities as their sole job is lifeguarding.
- Rescue equipment that must be available:
 - Whistle or other sound signaling device
 - Reaching assists (e.g. pole)
 - Throw bag or line
 - First aid kit with emergency blanket
 - Also recommended: spinal board
- Inform students of 1 whistle emergency signal. The response is to assemble on shore or pool deck.
- Swimming area must be clearly marked, free of hazards and reasonably clean.
- Unmoveable hazards must be made aware of to all participants.
- Students must bring and apply sunscreen for outdoor swimming.
- Know the signs of hypothermia and watch for them.

Swimming Restrictions:

- Weak swimmers must wear a properly fitted PFD or lifejacket, or they must be restricted to a clearly marked shallow area (e.g. wading pool at public facility).
- Diving must be reserved for water that is at least equal to the diver's height with their arms extended vertically overhead. Comply with diving guidelines of designated swim areas.

- Length of swim time should consider the age of students, air and water temperatures, wind conditions, time of day, and objective of the activity.
- Do not swim in the dark.
- Avoid crowded swimming areas that prevent being able to see all students clearly.
- Extra precautions, beyond this policy, must be taken for moving water.

References

YouthSafe Outdoors. (2005). *Safety First: Guidelines for BC School Off-site Experiences*. Quest

Research and Consulting Inc. Retrieved from:

<https://cmsdbcca.sharepoint.com/sites/cmsd002/District%20Forms/Field%20Trip%20Application%20Forms/YouthSafe%20Outdoors/1-SafetyFirst.pdf>

Ophea. (22 July 2025). *Outdoor Education (Swimming – Leisure)*.

<https://safety.ophea.net/print/pdf/5443>