



# CAMP OCONTO

## Spring Newsletter 2009

\*NEW\* Read each year – information changes.  
IMPORTANT INFORMATION – Please keep for reference!

Dear Parents and Campers;

The Spring Newsletter is full of valuable information that you and your daughter will need to know about, to prepare to come to camp. We have provided important details about health issues, transportation, communication with your daughter, special equipment she may need, and much, much more. We encourage you to read this together with your daughter before coming to camp, so you will have a thorough understanding of Oconto's practices, expectations and our suggestions to make your daughter's stay as comfortable as possible and of course, to ensure that she has as much fun as possible at camp!

### **CLOTHING**

Please pack older clothing for camp. Camp is for having fun, getting dirty, and not worrying about fancy clothes!

**Laundry:** Laundry is done once a week. Once for two-week campers and three times for four-week campers. Due to the large volume of clothes being sent out, it's essential that each article be clearly marked with your daughter's name. Waterproof laundry pens are a great help in making this chore easier and faster. Another option is nametags, they can be ordered through the Ontario Camps Association website ([www.ontariocamps.ca](http://www.ontariocamps.ca)). This is a fund-raising program for the O.C.A. Nametags are a great alternative to marking clothing however, often labels fall off or become illegible so, DO NOT SEND ANYTHING TO CAMP THAT YOU AREN'T WILLING TO RISK LOSING. Any belongings left at camp will be returned to you, provided your daughter's name is legible. Do not send your daughter's best shorts and T-shirts - the best clothes for camp are those that are 'nearly ready to be tossed' or in other words, worry-free clothes. Our laundry service puts EVERYTHING in the washer and dryer.

**Blanket and Pillow Rental (for campers travelling by plane):** If you choose to use this service, please also send sheets and pillowcases for your daughter.

**Costumes:** We can make use of many types of costumes, adding fun and special effects to the evening and drama programs. If you have any clothing you no longer need and you feel may be of use to campers in these activities, i.e. dresses, suits, hats, shoes, etc. We welcome donations. Please send them to camp with your daughter. These will be added to the collection for campers to use for many years to come.

**Lost and Found:** Camp Oconto cannot accept responsibility for any clothing and/or equipment that is lost or broken while at camp or in transit. All unclaimed articles/items are donated to a local charity in the late fall. If you discover you are missing something important and you are sure it was labelled, call us immediately. We will do our best to find it.

**Uniform:** Campers wear the yellow Oconto T-shirt for dinner each night and on Sundays. Campers travelling by plane should wear their Oconto yellow t-shirt so we can easily identify them at the airport. T-shirts and other camp clothing may be purchased online, while filling out the spring forms, or by calling our office.

If you have Oconto t-shirts that you can no longer use, please send them to camp with your daughter and we'll donate them to other campers. Likewise, if you are interested in "gently used" Oconto T-shirts, they are available free of charge. Please contact the camp office to notify us of the size you require.

### **COMMUNICATION WITH YOUR DAUGHTER**



**Mail:** Our mailing address is: Your daughter's name, Camp Oconto, Tichborne, Ontario, K0H 2V0. Mail arrives and leaves camp daily, except weekends and holidays. Letters from you should be cheerful and should not mention how much she is missed at home. It is best to talk about her many new experiences, the fun at camp, and the friendships she has made. Help your daughter to adjust to camp life and to think of the fun she is having at camp and not what she is missing at home. It is important for her to receive several short letters, rather than a few long ones.

To receive mail from your daughter, it's best to send her with self-addressed, stamped envelopes from home with the exception of international campers – they will require postage purchased in Canada. Be sure to include a return address to make it is easier to re-direct mail that may arrive after your daughter has left camp. Please note, while we encourage campers to write home however, we do not force them to do so. If you are concerned about your daughter please call Lisa Wilson.

**Email:** This year we will be allowing campers to receive, but NOT send, emails. If you would like to send your daughter an email please send it to [mail@campoconto.com](mailto:mail@campoconto.com). Your daughter's first and last name must be the subject of the email in order for it to get to her, please put it in the format of <last name>, <first name>. You will be charged \$1.00 per email and it will be added to your

daughter's tuck bill. Please do not send emails for your daughter to our other camp email addresses. Email will be given out with the regular mail and will therefore not be given out on weekends.

**Fax:** Fax letters only from outside of Canada – DO NOT send letters by fax from inside Canada. The use of the fax is limited to parents who are out of Canada. If you live out of the Country and would like your daughter to be able to fax you, please make sure to call or email our office with your fax number. We have found in the past that campers tend to forget or misplace it, so it is easier if we have it on file. DO NOT rely on the fax - urgent messages must be telephoned to the office at 613-375-6678. Faxes are also delivered with the mail.

**Office Hours:** The Camp office is typically open 8:30 to 12:30 and 2:30 to 5:30 p.m., seven days a week throughout the summer. However, the phone is answered or voice mail checked 24 hours a day. Please understand we will return phone calls as quickly as possible however, an immediate response is not always possible or necessary.

**Telephone:** The camp office number is (613) 375-6678. There is only one telephone in camp, a business line, and is in the camp office with an extension in the **Director's bedroom** so if you are calling in the middle of the night – you are waking us up. If you are concerned about your daughter, please phone Lisa Wilson and she will be happy to discuss any concerns with you. However, please be respectful and call during business hours, unless it is an emergency!

**Alternative Address:** For parents travelling out of town during the time your daughter is at camp, please provide your daughter **and** the camp office with the address and phone number where you can be reached while on vacation. If you cannot be reached, please provide the name of a relative or friend who we can contact in an emergency.

**Cell Phones:** DO NOT allow your daughter to bring a cell phone to camp. If a cell phone comes into camp, it will be taken and kept in the camp safe and returned on departure day. Campers are prohibited from making cell phone calls or sending text messages while at camp.

**Contact Us:** We can be reached in the Markham office until May 9<sup>th</sup> at 905-470-2030. After this date please call camp directly at 613-375-6678, or by e-mail at info@campoconto.com.

**Visitors' Day: Saturday, July 11<sup>th</sup> and Saturday, August 15<sup>th</sup>.** These are also pick up days for two week campers. If you are picking up on one of these days, please join us for the Visitors' Day schedule. ☺ All parents and family are welcome to come and visit with their daughter and see camp in action. Please try to arrive between 9:30 and 10:00 a.m. Activities will run from 10:00 to 12:15. A wonderful buffet lunch is provided at 12:15 or you may prefer to bring a picnic. We will be having a singsong – come and join us on the beach, for a free swim and some time to visit. Be sure to bring a bathing suit to enjoy a swim with your daughter at free swim time. A raincoat is also a good idea for those liquid sunshine days! We ask you to leave between 3:00 and 3:30 so your daughter can enjoy a special program on the beach.

- NOT BRING LIQUOR AND/OR WINE TO CAMP &
- DO NOT BRING THE FAMILY DOG OR CAT TO CAMP!
- Do **NOT** take your daughter out of camp overnight as this is disturbing for the cabin/zebo group, the counsellors, and most importantly to your daughter for settling back into camp.

**Campers are not allowed out of camp with anyone other than their legal guardian** unless written permission from their legal guardian is first presented to the directors. If a parent who does not have legal custody or a family friend would like to take a child out of camp, the parent/guardian with custody absolutely must give written permission to the Camp Director in advance.

## **HEALTH & MEDICAL ISSUES**

In order to provide full protection and the best possible health care for your daughter while at camp, we require full disclosure of all details regarding her health history, illnesses, medications, inoculations, etc. Without this completed health history form, we cannot treat your daughter in the Health Centre or allow her participation in canoe trips or overnights. Camp Oconto has a rotating professional medical staff of two nurses and one physician; two of whom are on site at all times. We have a small Health Centre where we can examine and treat minor illnesses such as colds, flu sprains, scrapes, etc. We do maintain and dispense a small stock of over-the-counter and prescription medication to get campers started on treatment if required. We then fill prescriptions at the pharmacy, which is fifteen minutes away by car. **The camp nurses dispense all medication** to ensure that campers are taking the correct amount of medication, at the appropriate time, and also to prevent medication being taken in error.

**Accidents and Illness:** We have a doctor and a nurse residing at camp. You will be notified if your daughter suffers an accident, or is put on medication. Campers will stay overnight in the Health Centre if they have a fever, are contagious or need observation otherwise, they are often more comfortable in their own bed. If there is an emergency we will telephone you as soon as possible. No charge is made for routine services, but special medicines, x-rays, etc. will be charged to your daughter's account.

**Asthma and Allergies:** If your daughter has severe Asthma, life-threatening allergies or any other medical condition please ensure that her physician has signed the Camper Health History form enclosed, and included all details about her condition, and medication and treatment required for your daughter. If your daughter needs to carry an inhaler or Epi-pen, please send these medications as well as a small fanny pack with her name clearly printed inside and out.

**Medication – Personal:** All medication must be sent to camp in the *original* container. Please provide a translation if directions are not in either English or French. All medication is dispensed and managed by the Health Centre. Information regarding medication, dosage, timing etc. must also be documented on the Camper Health History form.

**Medical Insurance Coverage:** We do not carry extra accident or sickness insurance for campers; this is considered to be your responsibility. Please ensure you have adequate coverage to your satisfaction and include a copy of your Health Insurance coverage with the Camper Health History form for our records.

**Medical Insurance/ International Campers:** Parents of campers who reside outside of Canada are advised to provide their own Canadian/International medical insurance coverage to their own satisfaction. Please attach a photocopy of the policy (number, carrier, contact information etc.) to the Camper Health History form.

**Aerosol Sprays:** Please send stick, gel or lotion types of insect repellent and deodorant to camp, **not aerosols**. Campers sometimes use the pressurized cans in play and they can be dangerous, as well as environmentally unfriendly.

**Insect repellent: Your daughter must bring her own insect repellent to camp.** We suggest an insect repellent (lotion, roll-on, or pump spray - not aerosol) **that does contain ‘Deet’** as the active ingredient however, **no more than 10% concentration for children under 12**. Insect repellent for **children 12 and over should contain no more than 30% concentration of Deet**. Consult your child’s physician and the manufacturer’s packaging for more information regarding suitability for your child, frequency of application and handling care.

**Mosquito Nets:** Mosquito nets will be provided free of charge to all campers.

**Lice: A BIG NUISANCE** - The only way lice get into camp is on someone’s head. PLEASE check your daughter for lice before she comes to camp. If you do not know what to look for, please check [www.headlice.org](http://www.headlice.org). Lice are very difficult to deal with at camp and they can spread easily. If you find lice before camp it is IMPERATIVE that you let us know so we can continue treatment. PLEASE DO NOT RUIN YOUR CHILD’S STAY AT CAMP OR OTHER CAMPERS, BY SENDING LICE TO CAMP.

### **Oconto Policies – DO’s and DON’Ts...**

**Policy/Rules/Acknowledgement:** In order to offer every child a caring and nurturing environment, **Camp Oconto strives to be free of weapons and violence, discriminatory behaviour, theft, bullying and other emotional abuse, vulgar language, drugs, alcohol and pornography/sex, pets and smoking.** Rules and regulations, policies and procedures, customs and ideals have been established to ensure that Oconto remains true to its character and ideals. It is very important that parents understand our policies, and help to enforce them.

I understand that all members of the Camp Oconto community (campers, staff and CIT’s) are expected to learn, abide by and encourage others to follow the rules, regulations, policies, procedures, customs and ideals of the Camp. I further acknowledge that if I/my child is involved in any conduct which, in the opinion of the Directors, is in breach of the Camp rules, regulations, policies, procedures, customs or ideals or otherwise endangers the well-being of campers and/or staff or the efficient and safe operation of the Camp, s/he will be dismissed from camp immediately. If any member of the staff or any camper is dismissed from camp for any reason or at any time, there will be no refund of fees for campers or payment of wages/salary for staff and the staff or camper is responsible for all costs associated with the dismissal, including travel expenses. The decision to dismiss a staff member or camper from camp is within the exclusive discretion of the Camp Directors, or his/her delegate, in the event of an emergency.

**Smoking, Drugs and Alcohol: Please discuss this with your daughter;** the use of cigarettes, alcohol and/or drugs is prohibited! Their use and/or possession of, on or off camp property when enrolled at camp are cause for instant dismissal.

**Electronics - iPods, MP3 Players & jewellery:** PLEASE DO NOT BRING THEM TO CAMP  
These and other valuables should be left at home - Camp cannot be responsible for the loss of valuable personal property. All audio equipment ; iPods, MP3 players, Portable Speakers, etc., as well as hand held portable games (Game boys, PSPs, etc.) should be left at home. Camp is a place for making friends and being a part of what is going on - these items inhibit socializing. If you insist on bringing these items there will be restrictions on their use.

**Food Parcels:** Please **do not** send food parcels to your daughter while she is at camp. Food may cause fights among campers, or and also attracts unwanted animals. Campers must open all parcels in front of their counsellor. Any food items will be taken away

and **will not** be returned! Instead of candy, send film, books, comics, stuffed animals, stickers, etc.

**Cameras - Disposable:** These are a great idea-please do send them with your daughter. They are inexpensive and environmentally acceptable since the outer shells are re-useable. Please clearly mark your name on the camera (not on the box).

**Tuck Shop:** Your daughter may purchase notepaper, sunscreen, hats, pens, soap, \*stamps, etc. at the tuck shop. She is also permitted to buy a limited amount of candy twice a week. This is about \$2.00 worth of candy or potato chips. Extra items available in the Tuck shop include Oconto water bottles and sun hats. Purchases are recorded and invoiced to you after she returns home. Please discuss with your daughter what she may or may not purchase, or set a limit that her tuck shop charges cannot exceed. Cash is **not** needed at camp. *\*Please send self-addressed stamped envelopes with your daughter.*

## **OPTIONAL PROGRAMS**

**C.I.T. Program:** If your daughter would like to become a QC at Oconto she will be expected to pass her Basic C in canoeing before her Q.C. year and we also expect her to be working towards her Bronze Cross in swimming before she is a QC. There will be a meeting about the C.I.T. program at the end of each session. Note: As a prerequisite to Bronze Cross, the Bronze Medallion candidate must also complete a separate First Aid Course.

**Riding: HORSEBACK RIDING IS AN OPTIONAL ACTIVITY at camp AND ADDITIONAL FEES WILL BE ADDED TO YOUR DAUGHTER'S INVOICE AT THE END OF HER CAMP SESSION (\$30.00 PER LESSON).** All riders must bring their own A.S.T.M. 'approved', riding safety helmet with a chinstrap made of plastic or leather (not elastic) in order to participate in our riding program. A helmet must be worn while riding. There are two brands of helmets on the market that are lightweight and less expensive, namely, "Pro Lite" and "Lidlocker." Both are A.S.T.M. approved for horseback riding and cost less than traditional helmets. **OCONTO WILL NOT LEND RIDING HELMETS - EACH CAMPER MUST HAVE HER OWN.** Each camper must bring hard-soled, shoes or boots with no less than a 1.5 cm. heel. 'Duck boots' for example, are not suitable.

**Western Trail Rides** – A local establishment (15 minutes away), called Eastern Cowboy, is offering one hour trail rides on their property. These are very fun and offer a different kind of riding experience. Girls 10 years of age and older may go once per session. Sign up for Trail Rides online with the Spring Forms. Special equipment is not required to participate in this activity. The Eastern Cowboy will supply necessary equipment.

**AN ADDITIONAL FEE OF \$45.<sup>00</sup> WILL BE ADDED TO YOUR DAUGHTER'S INVOICE AT THE END OF HER CAMP SESSION.**

## **TRANSPORTATION FOR ALL CAMPERS**

Please indicate (in the online Spring Forms) which method of transportation your daughter will be arriving and departing camp, i.e. by car, by Oconto bus, boat, train, flight, etc. If you need Oconto staff to pick up or drop your daughter off at the airport or train station, please call our office to discuss and email flight or train details.

### **DRIVING**

**DROP-OFF:** If you plan to drive your daughter to camp please drop her off at camp between 1:00 and 1:30 p.m. Do **not arrive before 1:00 p.m.**

### **PICK-UP:**

**July 26<sup>th</sup> and August 26<sup>th</sup>** - At the end of camp, pick your daughter up after 10:00 and before 11:00am.

**July 11<sup>th</sup> and August 15<sup>th</sup>** – Please arrive between 10:00 and 10:30am. This is Visitors' Day for our 4 week campers; you are welcome to stay and join us. There will be a buffet lunch, followed by a sing song and free swim.

**When driving in the camp road, be sure to honk your horn at the bottom of each hill to warn on-coming traffic that you are coming. Our road is very narrow.**

**Directions/Camp Location:** Camp Oconto is located on Eagle Lake, 1 km. west of Hwy. # 38. Hwy. # 38 meets Hwy. # 401, just west of Kingston. The camp road is approximately 56 km. north of the 401, 2 km. north of Tichborne and 10 km. south of Sharbot Lake Village. Google Maps and some in car navigation systems have a type-o in them, so if you want to get directions to the camp that way it helps if you type in Camp Ocono (no 't') Road, Central Frontenac, Ontario

### **PUBLIC TRANSPORTATION (Express Bus or Train) -**

We suggest that campers from Quebec City use either the Oconto van service from Montreal or the VIA Train service to Kingston. If you are planning to send your daughter by Via Train please call the camp office to arrange timing *before* you book the tickets. If you would like your daughter to use public transportation, please let us know by completing the transportation form enclosed. Be aware that the girls **will not** be chaperoned once they are on a public bus or train.

*Via Rail policies state that girls under 12 are not permitted to ride the train alone. Also, luggage sent on the train cannot be*

*picked up until the day after arrival. We can drive your daughter (minimum 12 yrs. of age) to Kingston and put her on the Express bus or Via Train to your city however, we must know about your travel plans by May 1<sup>st</sup>.*

**FLIGHTS:** ✈ please arrange to have a friend or relative meet your daughter at the airport and take her to the Oconto Charter bus departure point in either Toronto or Ottawa or have them drive her directly to camp. At the end of camp, it is preferable if they could meet her either at the bus location in Ottawa or Toronto, or pick her up directly at camp and bring her to the airport in time for her return flight.

**CHAPERONE SERVICE for FLIGHTS:** If you need to have a Camp Oconto staff member meet your daughter's flight at the airport and drive her to camp, please get in contact with us, either by phone or email and we will send you a travel consent form. Additional fees apply for this service. If possible, have your daughter wear her Oconto t-shirt on arrival at the airport for ease of identification.

## **BUS/VAN TRANSPORTATION**

**Chartered buses or vans are available at the beginning and end of each four-week session only!** Buses/vans are not available July 12<sup>th</sup> and 13<sup>th</sup> or August 9<sup>th</sup> and 10<sup>th</sup>. Campers may take the chartered buses to and from the cities listed below. An additional fee will be charged to your daughter's account as indicated below.

### ***TO Camp - Charter Bus/Van Available June 29<sup>h</sup> and July 30<sup>th</sup>***

**Locations & Time:** Be at the bus/van departure point thirty minutes *prior to the departure time*, with your daughter and her luggage. Please securely tag each piece of luggage with the enclosed Oconto baggage tags. Drive to the most accessible point where luggage can be loaded easily, then remove your car and park it to enable others to have the same easy access to the buses. When it is time for your daughter to get onto the bus/van, please check in with the Oconto chaperone at the bus door, then say good-bye to your daughter. If your daughter does not know anyone on the bus/van, please be sure to tell one of the Oconto chaperones. The chaperone will then arrange to have your daughter meet and sit with other girls her age. It is imperative that once your daughter is on the bus/van and checked off the Oconto list, that she does not leave the vehicle.

**MONTREAL:** A van will pick campers up at Fairview Pointe Claire Shopping Centre, 6801 Trans Canada Highway, Post # 31 (behind Reno Depot). Please arrive by 9:30 a.m., unload luggage near the van, and park as directed by the Oconto staff. Departure time is **10:00 a.m.**

**OTTAWA:** Pinecrest Shopping Center, 2685 Iris Street. A bus or van (depending on the number of campers) will stop in the overflow parking lot on the north side of the Shopping Centre. Please arrive by 11:45 a.m., unload all luggage near the bus or van and park as directed by the Oconto staff. Departure time is **12:15 p.m.**

**TORONTO:** Yorkdale Shopping Centre. Arrive by 9:30 a.m. - bus departure time is **10:00 a.m.** Note: the bus will be in the North West corner of the parking lot, near the 401.

**Luggage:** Please send luggage not more than 14" high. At this height trunks/suitcases can easily fit under a camp bed. A hockey bag will easily accommodate sleeping bag, pillow, life jacket, etc., and fold up for storage when empty. **Each camper is allowed two pieces of luggage on the bus.**

**Lunch:** All campers boarding the bus/van at Toronto or Montreal are advised to bring a lunch for the trip to camp. Campers boarding buses in Ottawa should either bring a lunch for the trip to camp or have already eaten lunch prior to the trip.

**PLEASE DO NOT SEND PEANUT BUTTER SANDWICHES OR ANY PRODUCTS CONTAINING NUTS.**

### ***FROM Camp - Charter Bus is available July 26<sup>th</sup> and August 26<sup>th</sup>***

**Time & Locations:** The **approximate** arrival times of the return buses are as follows.

**Ottawa - Location & Time:** Pine Crest Centre, 11:00 a. m.

**Fees:** Ottawa Bus/van fee - One-Way - \$40.00

**Toronto – Time & Location:** 1:00 p.m. at Yorkdale Shopping centre. The bus will be in the North West corner of the parking lot, near the 401. **Fees:** Toronto bus fee - One-Way - \$80.00

**Montreal – Location & Time: (Van) –** Fairview Pointe Claire Shopping Centre, Post # 31, 1:00 p.m.

**Fees:** Montreal van fee: one way - \$ 60.00

## SWIM LEVELS & REQUIREMENTS TO PARTICIPATE IN BOATING ACTIVITIES

**Swim Lessons:** Swim lessons are mandatory at Oconto. We offer Life Saving Society (LSS) lessons only – not Red Cross. Please note the following reference of comparable levels and a description of the LSS levels we offer. Please review the skills required for each level, evaluate what swim level your daughter should be placed in if she is not already in the LSS program and indicate on the enclosed Camper Information form.

Campers must pass their Lifesaving “Swim to Survive” test (comparable to LSS level ‘Swimmer 2’ and comparable to Red Cross Aqua Quest level 4) in order to canoe and kayak.

Note: Bronze Medallion candidates must also complete a separate First Aid Course as a prerequisite for the next level, Bronze Cross.

<u>Red Cross Level</u>	<u>Comparable Life Saving Level</u>
Aqua Quest 3	Swimmer 2
Aqua Quest 4	Swimmer 2
Aqua Quest 5	Swimmer 3
Aqua Quest 6	Swimmer 3
Aqua Quest 7	Swimmer 3
Aqua Quest 8	Swimmer 4
Aqua Quest 9	Swimmer 5
Aqua Quest 10	Swimmer 5
Aqua Quest 11	Swimmer 6
Aqua Quest 12	Swimmer 6

(See description of LSS swim requirements attached.)

**Boardsailing activities** - Campers must have a swimming ability equivalent to Lifesaving Level ‘Swimmer 4’ (comparable to Red Cross - Aqua Quest Level 8) in order to participate in boardsailing activities. We do have children’s rig boards so that the younger or smaller girls may try boardsailing. Please note that all campers must pass the Lifesaving "Swim to survive” test in the first few days of camp to participate in any boating activities. If your daughter cannot swim well enough to pass the swim test, she will be given extra time at swim lessons. This will enable her to pass as soon as possible, and participate more fully in all camp programs. It is a good idea to have your daughter swim in a lake or river before coming to camp. Swimming in the lake is very different from swimming in a pool.

**Boating - Canoeing/Kayaking:** Please note that all campers must pass the Lifesaving "Swim to survive” test in the first few days of camp to participate in any boating activities. The test requirements include; roll into deep water, tread water for 1 minute, and swim 50 metres. Campers must be able to swim competently in deep water at approximately the Lifesaving Level ‘Swimmer 2’ (comparable to Red Cross - **Aqua Quest level 4**) in order to pass the swim test. If your daughter cannot pass the Swim test we will give her extra swim lessons so that she can hopefully pass quickly and participate more fully in all activities.

**Life Jacket:** It is essential that your daughter have a lifejacket that is government approved, fits her well, and is comfortable. It is very important to choose the right kind of lifejacket. It must be suitable for her weight, height, and size or else it won't help when it is most needed. Please attach a whistle to the lifejacket, as it is required by law to have a "noisemaker" in every boat. Please mark your daughter’s name on it with a waterproof pen, or a nametag.

# Life Saving Society SWIMMER

## Curriculum at-a-glance

The Life Saving Society Swimmer Program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart® education is part of every level.

Swimmer 1	Swimmer 2	Swimmer 3
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### ***Entries and Exits***

1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deeper water wearing PFD, return and exit	1. Jump into deeper water, return and exit 2. Sideways entry wearing PFD	1. Tuck jump entry (cannonball) 2. Kneeling dive into deep water 3. Forward roll entry into deep water wearing PFD
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### ***Surface Support***

4. Float on front and back (3-5 sec. each) – unassisted	3. Front and back float with rollover (6-10 sec.) 4. Surface support (10-20 sec.)	4. Tread water – 30 sec.
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### ***Underwater Skills***

5. Submerge body 6. Open eyes underwater 7. Exhale through mouth and nose – 10 times 8. Recover object (with hands) from bottom in chest-deep water	5. Recover object (with hands) from bottom in chest-deep water 6. Submerge and hold breath (5-10 sec.)	5. Handstand in shallow water 6. Front somersault (in water) 7. Swim underwater – 5m
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### ***Survival Skills***

9. Don PFD on land 10. Move while floating wearing PFD	7. Kicking on front and back (10m. each) with aid	8. Pendulum with change of direction 9. Tread water with aid – 1 min.
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### ***Movement Skills***

11. Kicking on front and back (3-5m each)	8. Kicking on front and back (5-10m. each) with breathing 9. Whip kick in vertical position (5-10 sec.) 10. Front crawl and back crawl (10-15m each)	10. Front crawl and back crawl (10-15m each) 11. Whip kick on front with aid (10-15m) 12. Endurance swim (25-50m)
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### ***Water Smart® education***

Water Smart® drowning prevention messages are an integral part of the program. These messages are embedded in Must Sees, lesson plans, core plans, worksheets and progress reports.

# Life Saving Society SWIMMER

## Curriculum at-a-glance (cont'd)

Swimmer 4	Swimmer 5	Swimmer 6
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### *Entries and Exits*

<ol style="list-style-type: none"> <li>1. Standing dive into deep water</li> <li>2. Stride entry into deep water</li> </ol>	<ol style="list-style-type: none"> <li>1. Shallow dive into deep water</li> </ol>	<ol style="list-style-type: none"> <li>1. Shallow dive into deep water</li> <li>2. Compact jump into deep water</li> </ol>
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### *Surface Support*

<ol style="list-style-type: none"> <li>3. Eggbeater kick with aid – 1 min.</li> </ol>	<ol style="list-style-type: none"> <li>2. Eggbeater kick – 1 min.</li> </ol>	<ol style="list-style-type: none"> <li>3. Eggbeater kick (changing direction) – 2 min.</li> <li>4. Tub position, turn 360° in each direction</li> </ol>
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### *Underwater Skills*

<ol style="list-style-type: none"> <li>4. Foot-first surface dive (max. depth 2m)</li> <li>5. From side, recover object (max. depth 2m)</li> <li>6. Back somersault (in water)</li> <li>7. Submerge and exhale in deep water – 10 times</li> </ol>	<ol style="list-style-type: none"> <li>3. Head-first surface dive (max. depth 2m)</li> <li>4. Foot-first surface dive (max. depth 2m), swim 5m underwater</li> </ol>	<ol style="list-style-type: none"> <li>5. Head-first surface dive (max. depth 2m), swim 5m to recover object</li> </ol>
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### *Survival Skills*

<ol style="list-style-type: none"> <li>8. Don PFD in deeper water, HELP – 1 min.</li> <li>9. Head-first sculling on back – 10m</li> </ol>	<ol style="list-style-type: none"> <li>5. Don PFD in deeper water and swim 25m</li> <li>6. Foot-first sculling on back – 10m</li> </ol>	<ol style="list-style-type: none"> <li>6. Roll into deep water, tread (1 min.) and swim 50m</li> <li>7. Head-up front crawl or breaststroke – 25m</li> </ol>
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### *Movement Skills*

<ol style="list-style-type: none"> <li>10. Front crawl and back crawl (25m. each)</li> <li>11. Whip kick on front with aid – 25m</li> <li>12. Breaststroke arms with breathing (any kick) – 25m</li> <li>13. Endurance swim (50 -100m)</li> </ol>	<ol style="list-style-type: none"> <li>7. Front crawl, back crawl, breaststroke (50m each)</li> <li>8. Sprint – 25m</li> <li>9. Interval swim – 4 x 25m with 15-30 sec. rests.</li> <li>10. Endurance swim (100-200m)</li> </ol>	<ol style="list-style-type: none"> <li>8. Front crawl, back crawl, breaststroke (100m each)</li> <li>9. Sprint – 25m</li> <li>10. Interval swim – 4 x 25m with 15-30 sec. rests.</li> <li>11. Endurance swim (200-300m)</li> </ol>
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### *Water Smart® education*

<p>Water Smart® drowning prevention messages are an integral part of the program. These messages are embedded in Must Sees, lesson plans, core plans, worksheets and progress reports.</p>
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