



Camp Ondessonk Summer Camp

Off-Site Swim Assessment Procedures



All persons participating in Camp Ondessonk Aquatics Programming are classified according to swimming ability. Swimming level assessments have been developed to demonstrate the skill level required of campers to safely use the areas designated for each level. Unsuccessful attempts at any level will result in a classification of a lower level. Any camper may request a lifejacket to use while at the waterfront, however, lifejackets are not to be used during swim assessments.

Swim Assessment Levels

Advanced Level Assessment- Non-Mini Campers ages 10+ are eligible to take this assessment

1. Jump feet first into water over the head in depth, level off, and begin swimming.
2. Swim 125 meters in a strong manner using one or more of the following strokes: side stroke, breaststroke, or freestyle/front crawl. The 125 meters must be swam continuously and include at least one sharp turn.
3. After completing this section of the assessment, swimmer may rest by holding on to the wall for no more than 2 minutes.
4. Swimmer must tread water using hands and feet with their ears above the water for a full 2 minutes.
5. After completing the 2 minute tread, the swimmer may return to a wall to rest.

If Completed, swimmer will be classified as an ADVANCED swimmer and will have access to Trapeze Zipline, Tarzan Rope Swing, the dock, and all three slides, as well as access to all in-water areas labeled as Advanced, Intermediate, and Beachfront. Mini Campers and Mini Camp Explorers are not eligible for Advanced Level area access during camp.

Intermediate Level Assessment

1. Jump feet first into water over the head in depth, level off, and begin swimming.
2. Swim 75 meters in a strong manner using one or more of the following strokes: side stroke, breaststroke, or freestyle/front crawl. The 75 meters must be swum continuously and include at least one sharp turn.
3. After completing this section of the assessment, swimmer may rest by holding on to the wall for no more than 2 minutes.
4. Finally, the swimmer must tread water (they may use their hands and feet) and demonstrate they can tread with their ears above the water for a full 2 minutes. After completing the 2 minute tread, the swimmer may return to a wall to rest.

If completed, swimmer will be classified as INTERMEDIATE and will have access to all 3 slides, the dock, and all in-water areas labeled as Intermediate and Beachfront while at camp.

Beachfront / Beginner

are at waist/wading level for the swimmer).

1. An assessment is not required for Beachfront classification
2. If the swimmer does not successfully complete the Intermediate Assessment, or if they have chosen not to complete a swim assessment, they are classified as **Beachfront** participants.

Swimmers at the Beachfront level have access to one of the slides, and all in-water areas labeled Beachfront while at camp. Beachfront water depths reach approximately 4 feet deep.



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Administration of Swim Assessment

Option A: The swim assessment will be conducted upon arrival at camp by Camp Ondessonk Aquatics personnel during the check-in process.

Option B: The swim assessment may be conducted off-site by an individual with at least one of the following certifications: Certified Lifeguard, Certified Lifeguard Instructor, Certified Water Safety Instructor (WSI), or Swim Coach. When the swimmer attends a Camp session, they will present this documentation and be issued an official buddy tag under the direction of the Camp Aquatics Director for use at the camp.

Note: When swim assessments are conducted away from Camp Ondessonk, the Aquatics Director shall at all times reserve the authority to review or re-assess all participants to ensure that standards have been maintained.

Camper Swim Assessment Documentation Form

(This form must be presented during check-in at Camp for each session that the camper attends)

This document states this individual's swim classification *as of this date*. Any change in status after this date would require a re-classification assessment by the Camp Ondessonk Aquatics Director.

Swimmer Name: _____ Camper Program(s): _____
 Date of Swim Assessment: ____/____/_____
 Facility Name and City: _____

Swimmer Classification Descriptions	Swimmer Classification Rating (please checkmark)
Beachfront Beginner	
Intermediate Swim 75 meters in a strong manner using side stroke, breast stroke, or freestyle. After rest of no longer than two minutes, swimmer must then tread water with ears above water for two minutes.	
Advanced 125 meters of strong, continuous side stroke, breast stroke, or freestyle. After rest of no longer than two minutes, swimmer must then tread water with ears above water for two minutes.	

Parent/Guardian Name (Print)

Name of Person Verifying Assessment

Parent/Guardian Signature

Person Conducting Assessment Signature

Phone Number of Parent/Guardian

Pool Supervisor Name (Print) _____
Phone Number