



# Camp Ondessonk

## Summer Camp Swim Assessment Procedures

**IF YOUR CAMPER ALREADY HAS A SWIM ASSESSMENT ON FILE AT CAMP ONDESSONK, ANOTHER ASSESSMENT IS NOT NECESSARY UNLESS THEY ARE TRYING TO ADVANCE OR HAVE HAD A CHANGE IN HEALTH STATUS THAT WARRANTS A NEW ASSESSMENT.**

Camp Ondessonk is an American Camp Association (ACA) accredited organization and adheres to a Swim Assessment Procedure developed in conjunction with the ACA's Aquatics standards.

All persons participating in Camp Ondessonk Aquatics Programming are classified according to swimming ability. The classification procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water. Any camper may request a lifejacket to use while at the waterfront, however lifejackets are not able to be worn during swim assessments.

### Swim Assessment Levels

**Advanced Level: (Mini Campers and Explorers, ages 8-10, are NOT eligible for this level)**

If the swimmer successfully completes the **Advanced Assessment**, they are eligible to utilize the following areas of Lake St. Isaac: 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.

If the swimmer does not successfully complete the Advanced Assessment, they will be classified as Intermediate if they completed the equivalent distance of the Intermediate Assessment, or as Beachfront if they were not able to complete the equivalent distance of the Intermediate Assessment.

**Intermediate Level: (All Campers, ages 8+, are eligible to take this assessment)**

If the swimmer successfully completes the **Intermediate Assessment**, they are eligible to utilize the following parts of Lake St. Isaac: All 3 slides, the dock, and all in-water areas labeled as Intermediate and Beachfront.

If the swimmer does not successfully complete the Intermediate Assessment, they will be classified as a Beachfront swimmer.

**Beachfront / Non-Swimmers: (All Campers, ages 8+, are eligible to take this assessment)**

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. These participants have access to all in-water areas labeled Beachfront (or all in-water areas that are at waist/wading level for the swimmer). Additionally, all participants may request a lifejacket if they desire.



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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 at an off-site facility *that is appropriate for lap swimming* 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.

### Off-Site Swim Assessment Requirements

#### Advanced Assessment Requirements

Jump feet first into water over the head in depth and begin swimming. Swim 125 meters in a strong manner using one or more of the following identifiable strokes: side stroke, breaststroke, or freestyle/front crawl. The 125 meters must be swam continuously and include at least one sharp turn. After completing this section of the assessment, swimmer may rest by holding on to the wall for no more than 2 minutes. Then the swimmer must tread water (they may use their hands and feet) and demonstrate they can tread *in deep water where they cannot touch the bottom* 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.

#### Intermediate Assessment Requirements

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 meters in a strong manner using one or more of the following identifiable strokes: side stroke, breaststroke, or freestyle/front crawl. The 75 meters must be swam continuously and include at least one sharp turn. After completing this section of the assessment, swimmer may rest by holding on to the wall for no more than 2 minutes. Then the swimmer must tread water (they may use their hands and feet) and demonstrate they can tread *in deep water where they cannot touch the bottom* 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.



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### Camper Swim Assessment Documentation Form

This document states this individual's swim classification *as of this date*. Any change in status after this date would require a new swim assessment. (i.e., improvement of swimming abilities, recent medical diagnosis or procedure affecting swimming ability, etc.). **A Certified Lifeguard, Certified Lifeguard Instructor, Certified Water Safety Instructor (WSI), or Swim Coach must conduct this assessment.**

Swimmer Name: \_\_\_\_\_ Date of Assessment: \_\_\_\_/\_\_\_\_/\_\_\_\_

Location of Swim Assessment: \_\_\_\_\_

Acceptable locations must have an area at least 40'/12.5M long for lap swimming (most lap pools are 82'/25M long) and have a depth of at least 5.5' for treading. Lakes or open water are acceptable if the swim distance can be measured accurately. **Home pools are not acceptable for swim assessments.**

Swimmer Classification Descriptions	Classification Rating (please check ONE)
<b>Beachfront (All Campers, ages 8+, are eligible to take this assessment)</b> Beginner-Unable to complete intermediate assessment.	
<b>Intermediate (All Campers, ages 8+, are eligible to take this assessment)</b> Must swim 75 meters in a strong manner using side stroke, breaststroke, or freestyle strokes. After rest of no longer than two minutes, swimmer must then tread in deep water with ears above water for two minutes.	
<b>Advanced (Mini Campers and Explorers, ages 8-10, are NOT eligible for this level)</b> Must swim 125 meters of strong, continuous recognizable strokes; side stroke, breaststroke, or freestyle. After rest of no longer than two minutes, swimmer must then tread in deep water with ears above water for two minutes.	

**This form is due 7 days prior to camper arrival. You must bring a physical copy of the form if you do not meet this deadline. Acceptance of assessment beyond the deadline is not guaranteed.**

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Name of Person Conducting Assessment

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Person Conducting Assessment Signature

\_\_\_\_\_  
Pool/Facility Supervisor Name (Print)

\_\_\_\_\_  
Type of Certification Held

\_\_\_\_\_  
Exp Date

Phone Number of Facility Supervisor \_\_\_\_\_