



# 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 participants in the 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 life jacket to use while at the waterfront, however lifejackets are not able to be worn during swim assessments.

### Assessment Levels

Camp Ondessonk now has only two Swim Assessment Levels: "Swimmer" and "Wader".

#### **"SWIMMER" LEVEL**

Traditional Camp Category: (for Traditional and Adventure campers)

- If the Traditional/Adventure Camp swimmer successfully completes the "Swimmer" Assessment, they are eligible to utilize the following areas of Lake St. Isaac: Trapeze Zipline, Tarzan Rope Swing, the dock, all three slides, as well as access to all in-water areas labeled as Traditional Swimmer, Mini Swimmer & Wader/Beachfront.
- If the swimmer does not successfully complete the "Swimmer" Assessment, they will be classified as a "Wader".

Mini Camp Category: (for Mini Camp and Mini Camp Explorer campers)

- If the Mini Camp/Explorer swimmer successfully completes the "Swimmer" 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 Mini Swimmer & Wader/Beachfront.
- If the swimmer does not successfully complete the "Swimmer" Assessment, they will be classified as a "Wader".

**"WADER" LEVEL** (all campers are eligible to take this assessment)

- If the swimmer does not successfully complete the "Swimmer" Assessment, or if they have chosen not to complete a swim assessment at all, they are classified as a "Wader". These participants have access to all in-water areas labeled as Wader/Beachfront (or all in-water areas that are at waist/wading level for the swimmer). Additionally, all participants may request a life jacket if they desire.



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### Administration of Swim Assessment

**Option A:** The swim assessment will be conducted upon arrival at Camp by 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 Swimming Coordinator for use at Camp.

**Note:** When swim assessments are conducted away from Camp Ondessonk, the Swimming Coordinator shall always reserve the authority to review or reassess all participants to ensure that standards have been maintained.

### Off-Site Swim Assessment Requirements

#### “Swimmer” Level - 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 swum 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>“Swimmer” Level (all campers 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.	<input type="checkbox"/>
<b>“Wader” Level (all campers are eligible to take this assessment)</b> Beginner - Unable to complete “Swimmer” Level assessment.	<input type="checkbox"/>

**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 \_\_\_\_\_