

KCC Standard Operating Procedure:

Swimming Pool

Safety Statement:

Karakariki Christian Camp takes all practical steps to keep all participants safe and require activity supervisors to consistently be wary of and manage potential hazards and risks that may arise during this activity. If the supervisor feels it necessary to stop the activity for any given reason they must do so promptly, thoroughly and contact camp staff A.S.A.P.

Activity overview:

- The KCC swimming pool is the size of a regular Primary School pool and provides hours of fun for campers of all ages.
- KCC provides equipment that can be used in the pool for sports such as Water Volley Ball, Rugga Ball (a mix between Rugby and Basketball), Relays and More.

Be Prepared:

- You *may* get wet
- Swimwear is to be worn while swimming (no heavy clothing).

Prerequisites of Activity Instructor:

- Before a leader is to run this activity they must have the following prerequisites.
- Be over 18 years of age (or competent/ experienced 16+ years)
- Show evidence of leading or supervising groups e.g. teacher, sports coach, scout leader
- CPR and 1st Aid qualified (at least one person)

Running procedure:

Setup:

- Ensure a laminated copy of the rules and procedures is at activity site.

Before Activity:

- Gather any balls or equipment you will be using.
- Instructor may want to be in togs in case of an emergency
- Sunscreen is recommended
- Count all swimmers so you know correct number.

Instruction Given:

SAFETY RULES

9. No food or drink in the pool area
10. Togs are to be worn in the pool, no heavy fabrics
11. No diving or bombs in the pool
12. Walking only in and around pool area
13. Ratio of 10 swimmers to one supervisor with a minimum of two supervisors



During The Session

- At no time should you leave the swimmers unattended
- The person running the activity is responsible for the safety of the swimmers – regularly count swimmers.
- Make sure safety gate is closed between groups
- If supervisor needs to leave at any point swimmers must get out and wait outside pool area with gate shut.

Pack up:

- Make sure safety gate is closed
- Return all equipment at day's end to the sports storage shed
- Report any breakages or equipment failures to staff

Emergency Procedures:

- Minor injury**
 - Administer first aid
 - Assess whether activity can continue
- Suspected major injury:**
 - Administer first aid
 - Stop the activity
 - Contact group organiser and camp staff for extra assistance or to call an ambulance

Helpful Information and Tips:

- Apply sunscreen before swimming
- Run relays for the swimmers to play:
 - Dolphin dives
 - Free style
 - Running
 - Kicking
 - Dog rolls
 - Etc
- Play pool games with the children:
 - Make a whirl pool
 - Make waves
 - Pool volley ball
 - Rugga ball (using a medicine ball)
- Run competitions with the swimmers
 - Longest swim at the bottom of the pool
 - Furthest float pushing off the wall
 - Longest time starfish
 - Hand stands

Swimming Safety Rules

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2. Togs are to be worn in the pool, no heavy fabrics
3. No diving or bombs in the pool
4. Walking only in and around pool area
5. Ratio of 10 swimmers to one supervisor with a minimum of two supervisors