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AQUATICS

Westchester County Department of Health Camp Workshop



April 21, 2016



**County Executive Robert P. Astorino
uses three guideposts (The Three P's)
to manage Westchester County:**

- **Protect Taxpayers**
- **Preserve Essential Services**
- **Promote Economic Growth**

BEFORE CAMPER'S ENTER THE WATER

REMEMBER:

- **Swimming is one of the most hazardous activities at camp**
- **You are responsible for the safety of your campers**
- **Injuries can be prevented through knowledge and training**
- **Staff must understand what is expected of them and supervisors should ensure staff are performing their duties**
- **Always pay attention**



***There are no
short cuts
when it comes
to safety!***



RED VIOLATIONS AT THE WATERFRONT

Red violations should be prevented and/ or immediately corrected by camp staff.



➤ **If a red violation is found by your inspector:**

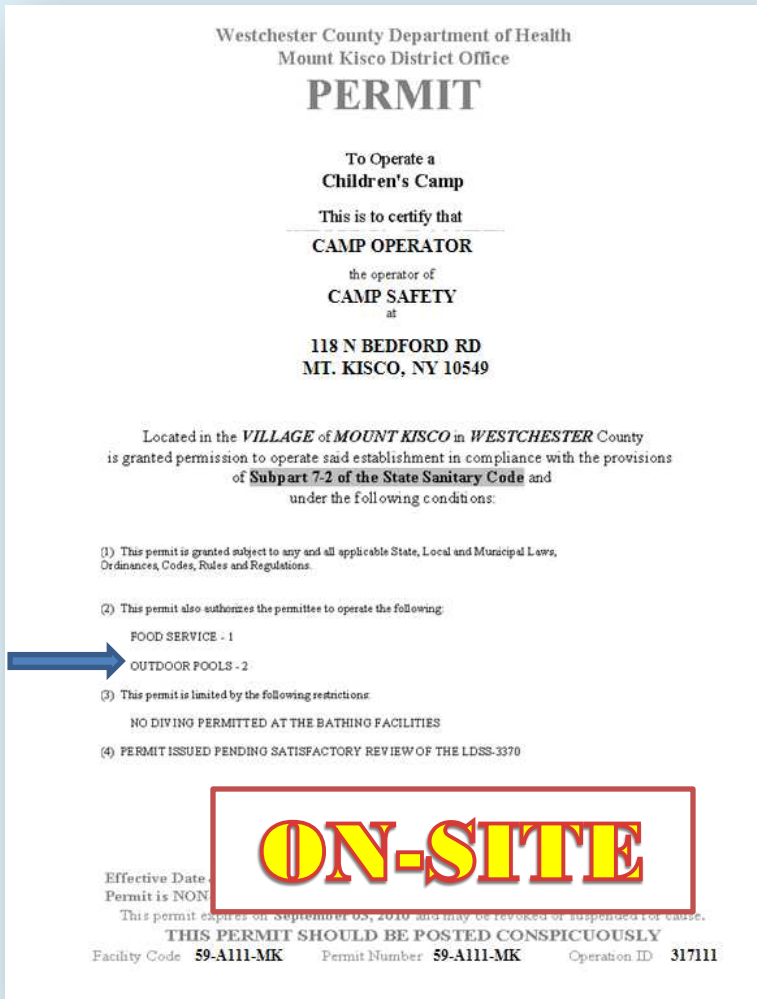
- **Waterfront activities will be closed**
- **The camp operator will be issued a summons in which a civil penalty will follow**
- **Parental notification of violations must be made**

➤ **If a red violation is not identified in time, it may result in camper and/ or staff:**

- **Hospitalization**
- **Permanent physical damage**
- **Death**



Determine Crucial Details in How Your Swim Sessions Will Operate



**Now that your swim site is identified,
you must identify the bathers that will utilize this site**

CAMPERS IN THE WATER

There are two classifications of swim ability

SWIMMER:

Child that has passed a swim test provided by PSI

NON-SWIMMER:

Child that struggled with or failed swim test provided by PSI

As per your Health Department approved camp safety plan:

- Non-swimmers must be visually distinguishable from a swimmer. Update as necessary.
 - *If red swim caps are used to identify non-swimmers one year, then blue swim caps the next year, the safety plan must be updated at the camp, as well as, with the health department*
- Non-swimmers must be restricted to a non-swimmer area.
 - *Swimmers may enter the non-swimmer area, but non-swimmers are not allowed to venture past this designated space*



NON-SWIMMERS

Must be confined to water less than chest deep

Bathers become buoyant in water chest-deep and above, which causes them to lose contact with the bottom of the pool/ beach. Non-swimmers who lose contact with the bottom may not have the skill necessary to prevent submersion.

Exceptions:

- During acceptable learn to swim programs (see [DOH fact sheet](#) for acceptable programs).
- When counselors are in the water and directly supervising a maximum of three non-swimmers in shallow water in the non-swimmer area.



COUNSELOR SUPERVISION

Swimmers

ON-SITE

1:10 for campers 8 years and older
1:8 for campers 6-7 years old
1:6 for campers 5 years and younger

OFF-SITE

1:8 for campers 6 years and older
1:6 for campers 5 years and younger
Parental permission slip required

Developmentally disabled campers:

1:1 for seizure prone or campers with a condition that may result in unusual emergencies in the water

1:5 for campers not defined as above



COUNSELOR SUPERVISION

Non-swimmers

- If non-swimmers are in water less than chest deep, maintain same ratios as swimmers
- If non-swimmers are in **shallow water greater than chest deep**, ratio must be a maximum of 1:3

IMPORTANT DETAIL FOR OFF SITE SWIMMING

**When non-swimmers are in the water,
their supervising counselors MUST
be in the water at all times**



AQUATICS STAFF

Staff responsible for camper safety at the waterfront are:

- **Counselors**
- **Aquatics director**
- **Progressive swim instructor**
- **Lifeguards**



Staff should be involved in routine in-service trainings



IN-SERVICE TRAININGS

Training Goals:

- Establish effective procedures to prevent and respond to incidents at on and off-site facilities
- Recognize and identify possible hazards at a swim site
- Refresh staff's knowledge of codes and regulations
- Update staff on new codes, regulations and changes to safety plan

Training Results:

- A knowledgeable staff able to respond properly to incident
- Staff members confident in their actions during an emergency



COUNSELOR RESPONSIBILITIES

- **Directly supervise specific campers at all times**
 - Counselors shall not engage in activities that will distract them from actively watching their campers such as rough housing and socializing.
 - Counselors must understand that they will get wet and must continue to actively watch their campers even when getting splashed.
- **Be familiar with your camp's specific safety plan**
- **Wear appropriate attire**
- **Minimum age of 16 (18 years at overnight camps)**



AQUATICS DIRECTOR

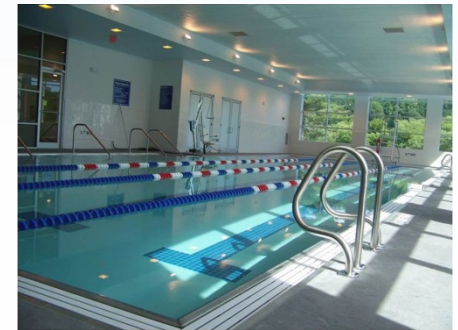
ONLY REQUIRED FOR CAMPS THAT SWIM ON-SITE

Requirements:

- At least 21 years old
- Current CPR, not exceeding 1 year
- Current certification for lifeguard supervision and management
- At least one of the following:
 - *1 season of previous experience as a camp aquatics director*
 - *2 seasons of previous experience consisting cumulatively of 12 weeks as a children's camp lifeguard at a swimming pool or beach that had more than 1 lifeguard supervising it at a time.*
 - *At least 18 weeks of previous experience as a lifeguard at a swimming pool or bathing beach that had more than 1 lifeguard supervising it at a time*

Duties:

- Establish and oversee all activities in and on the waterfront
- Supervise all staff and campers involved in waterfront activities
- Annually review and document the review of the camp's safety plan for swimming



PROGRESSIVE SWIM INSTRUCTOR

Requirements:

- Current Water Safety Instructor Certification

Duties:

- Assess and Assign campers' swim abilities



LIFEGUARD

Requirements:

- At least 17 years old (max 50% can be 16 years old)
- Current lifeguard certification
- Current CPR, not exceeding 1 year
- Attire appropriate for duties assigned and which identify you as a camp guard

Duties:

- Actively supervise participants in the camp's aquatic activities
- 1 lifeguard per 25 bathers; this includes campers and counselors
- 1 lifeguard per 3400 sq. ft. of pool or 50 yards of beachfront



**LIFEGUARDS SHOULD NEVER BE
ENGAGED IN DUTIES OR ACTIVITIES
WHICH DISTRACT THEM FROM THE
DIRECT SUPERVISION OF THE
WATERFRONT!!**

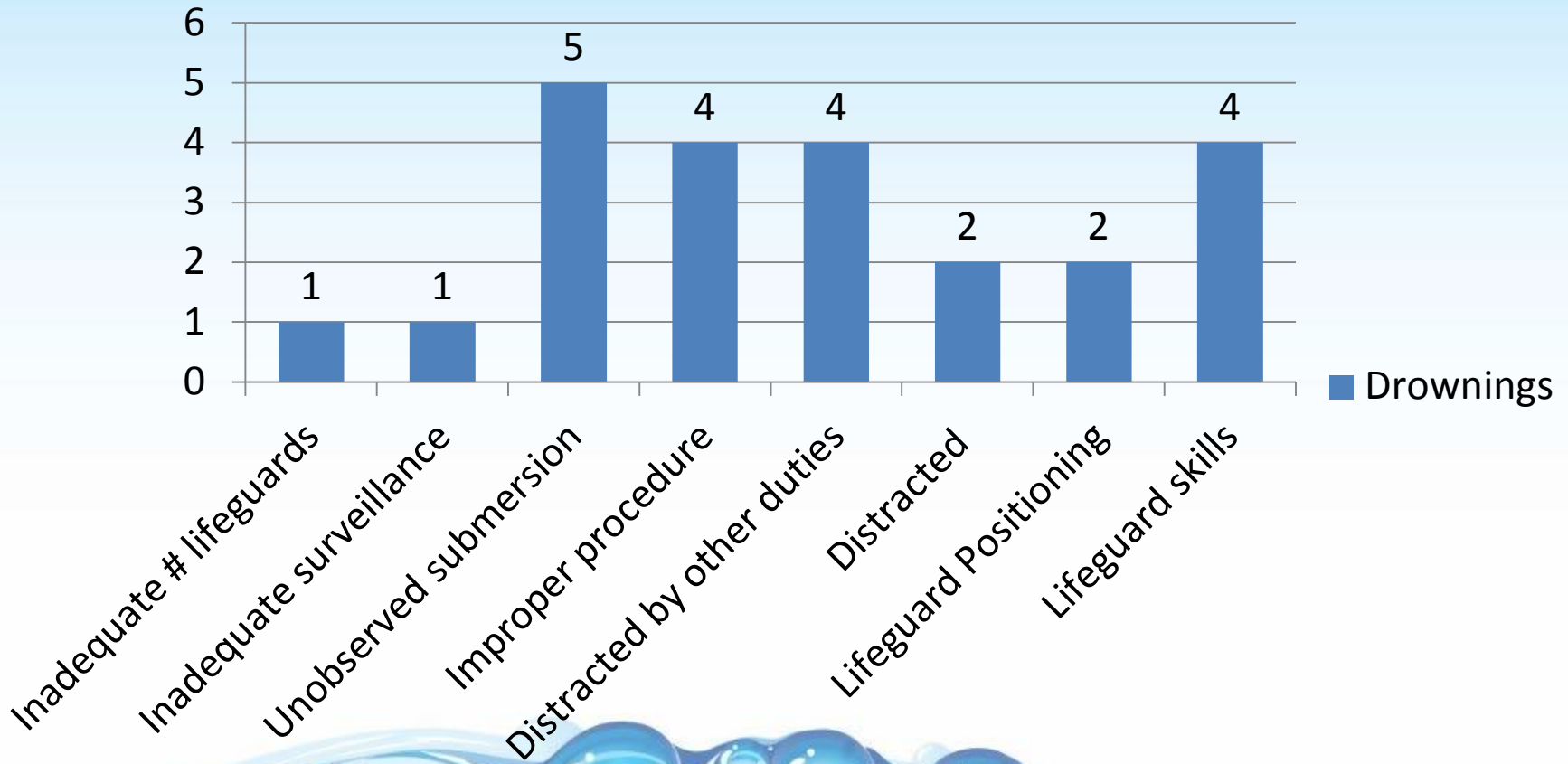


NYS drowning data indicates that many drowning incidents have occurred directly before, during, and directly after a chair rotation because the lifeguards were distracted and did not provide constant patron surveillance during the rotation procedure.

In the following slide, you will see supervising contributing factors to drownings at regulated facilities from 2002-2003.



Drownings at Regulated Facilities Contributing Factors- Supervision 2002-2003



BUDDY CHECKS

A buddy check system must be in place to supervise and check bathers. The way in which this check is done must be described in the camp's approved safety plan.

Buddy checks must be performed at least every 15 minutes.

Each camp's buddy check system must provide a means to record:

- Time each bather enters and exits the pool area
- Bather's name and buddy
- Bather's swim ability and swim area assigned

Buddies must:

- Have the same swim ability
 - ✓ *If a non-swimmer must be paired with a swimmer, the swimmer must be restricted to the non-swimmer area*
- Stay together at all times
 - ✓ *If one buddy exits the pool, the other must follow*
- Be in pairs
 - ✓ *One triple is permitted per swim area.*

Failure to implement a complete buddy system has been a significant contributing factor in every camper drowning since 1986.



LAYERS OF PROTECTION

The New York State Sanitary Code is designed to provide multiple layers of protection for each bather.

LAYERS:

Buddy: A camper's first layer of protection is their buddy who acts as a personal lifeguard and summons help in case of an emergency. During camper orientation, campers should be instructed to stay with their buddy at all times and immediately report to the lifeguard if their buddy is missing or in distress.

Counselor: Counselors should be actively supervising their specific campers at all times. Since they are familiar with the campers and the paired buddies, Counselors should be able to identify when a bather has gone missing or is in distress. As the second layer of protection, counselors should never be distracted.

Lifeguards: Lifeguards are the last layer of protection.



EMERGENCY RESPONSE

Response time is a vital factor in the successful rescue of a drowning victim. The varying layers of protection help to identify missing/ distressed bathers sooner. The sooner a missing/ distressed bather is identified, the better their chance for survival.

If effective ventilation and circulation is restored:

- **Within 0-3 minutes:** excellent chance of normal survival
- **Within 3-5 minutes:** survival may be likely, but more probable it is that permanent neurological damage will occur
- **5 minutes or more:** normal recovery is uncommon unless the water temperature is less than 70⁰F

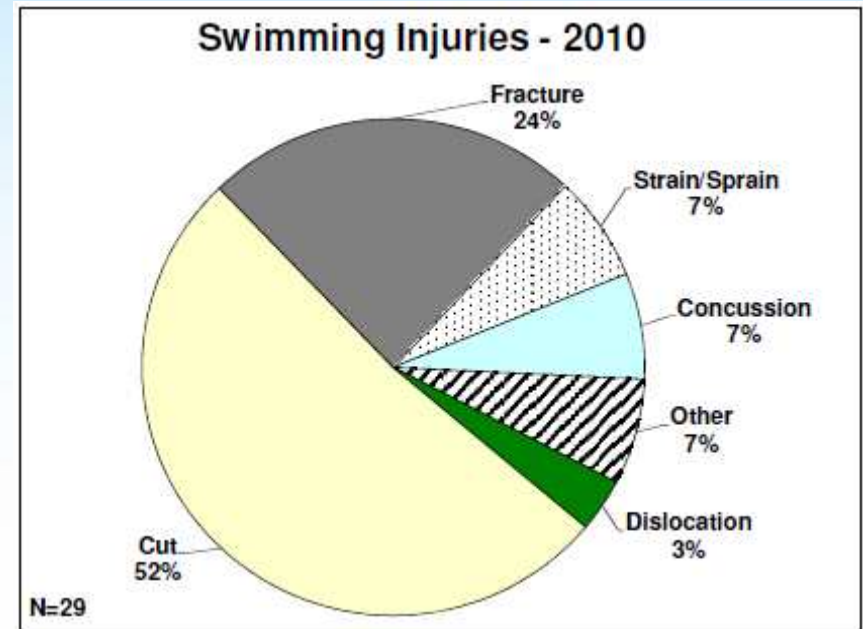


PREVENTION

Injuries can be prevented with proper supervision, execution of approved safety plans and daily monitoring of facilities.

Remember:

- Even if off-site facilities are used, it is the Camp Operator's responsibility to ensure that the pool/ beach is safe for use.
- Review injury logs to identify patterns and locate potentially hazardous areas.



AQUATIC FACILITIES

When utilizing any aquatic facility:

- Check to see if the facility has a current permit to operate
- Familiarize yourself with the facility's safety plan
- Ensure that a float line divides the shallow and deep ends and that a perimeter is present if you are at a beach
- Look for Visible depth markings
- See if signs with rules, warnings and capacity limits are posted
- Make sure there is adequate lighting
- Check if glare is preventing proper supervision of the waterfront
- Ensure entrances and exits are supervised
- Look to see if adequate safety equipment is present

Check the condition of the facility, look at the restrooms, the floors, structures, etc. If something looks in disrepair, bring it up to the aquatics staff.



AQUATIC FACILITIES

Be familiar with your swim location. Review facility logs and discuss with the operator possible hazards and concerns. Refer to [NYSSC subpart 6](#) for codes and regulations.

Beach:

- Chemical quality
- Physical quality
- Biological quality
- Possible wildlife present



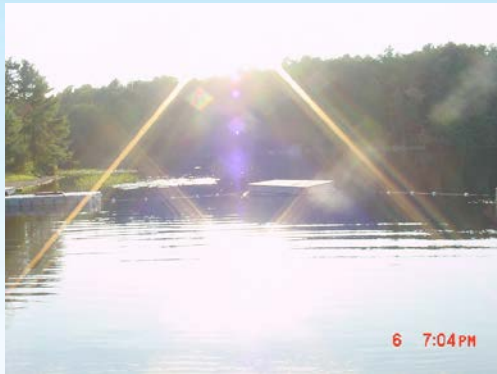
Pool:

- Free Cl: 0.6mg/ L-5.0mg/ L
- pH: max 8.2
- 7.8-8.2 pH requires a minimum of 1.5mg/ L Cl
- Continuous disinfection and filtration



POTENTIAL HAZARDS

GLARE



Lifeguards should be distributed to avoid glare



Lifeguards should move as conditions change

WATER CLARITY



Pool bottom should be easily visible. If not, there may be:

- ✓ Insufficient chlorine
- ✓ Poor filtration
- ✓ Build up of dirt and bather pollution



WILDERNESS SWIMMING

Remote beach site established for temporary use by a children's camp for swimming at a location that is not readily accessible for inspection by the local Health Department

- Signed statement of permission required
- ONLY swimmers may participate
- Lifeguard ratio of 1:25 with no less than 2 guards
- Staff must also be PSI approved
- Same supervision ratios
- Camp must bring safety equipment
- Camp responsible for adequately marking swim areas:
 - Max of 5 feet deep
 - 50 yards of shoreline and 75 ft. from shore
 - Water clarity to allow visibility to 4ft below water surface
 - Maximum bottom slope of 1:8 with no sharp drops or jagged rocks
 - Currents not to exceed 3ft/ sec



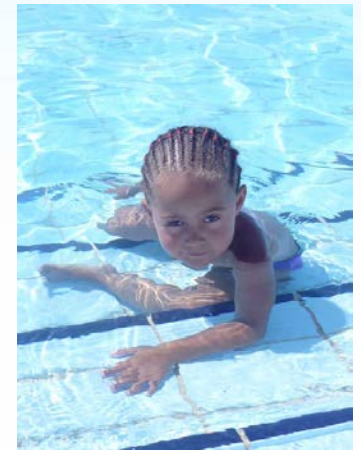
REMEMEBER...

YOU NEVER KNOW WHEN AN ACCIDENT WILL OCCUR

- If there is proper supervision with attention to detail, a well trained and informed staff should be able to prevent an incident.
- Or in the unfortunate event that an accident occurs, staff should be able to respond quickly, properly, and with confidence.

Now get in!!!

Have a safe and fun summer!





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