

Westchester County Department of Health

Aquatics Presentation 2018

Codes to Know!

- * New York State Sanitary Code, Subpart 7-2 for Children's Camps
- * Westchester County Sanitary Code, Article XVIII, Children's Camps
- * New York State Sanitary Code, Subpart 6-1 for Swimming Pools
- * New York State Sanitary Code, Subpart 6-2 for Bathing Beaches
- * New York State Health Department Link (NYS Sanitary Codes available online): <https://www.health.ny.gov/>

Note: Not all codes apply to all camps, depending on the type of facility utilized for swimming.



Swimming Pool & Bathing Beach Safety

- * Swimming is one of the more dangerous activities that is conducted at a camp.
 - * Therefore, additional requirements are put into place by the Sanitary Codes to ensure the safety of all bathers, including tighter ratios and many layers of protection.
- * Before any camper/staff member/lifeguard (to be collectively referred to as bathers) even goes into the water, an operator needs to consider the many health hazards associated with the swimming pool/bathing beach itself.

Swimming Pool & Bathing Beach Safety

- * Regardless of whether or not the camp swims on or off-site, it is still the camp operator's responsibility to ensure that the swimming pool/bathing beach used by the camp is safe enough for bathers.
- * The following slides will go over various health hazards to consider (and to question the pool/beach facility operator about) before any bather steps foot into the water.

Expectations

- * Counselors need to be fully alert and “hands on” around the pool and surrounding areas.
- * A representative of the camp staff should be present on deck before campers enter pool area.
- * Camp staff must bring campers to pool area in an organized and supervised fashion.



Rules

- * Campers should be advised of pool rules.
- * Camp staff ARE NOT EXEMPT from pool rules and should lead by good example.
- * If the campers cannot horse play, neither can camp staff!



Swim Test

- * Camp staff must assist in organizing campers for efficient swim testing.
- * Counselors know the names of campers , which is a distinct advantage in this process.



Swim Test Cont.

- * Immediately following swim test, camp staff should assist with proper designation i.e. caps or wrist bands and record results.
- * Staff **MUST** identify to campers which area of pool they should meet for their buddy check.



Buddy Check

- * Camp staff must be prepared for swim period with their buddy system organized and understood.
- * If staff fundamentally understand the importance of a buddy system, it will help them to incorporate this safety precaution efficiently and correctly.



Counselor Responsibilities

- * Camp staff should be strategically position around the pool deck and in the water as necessary.
- * Supervisory camp aquatic staff should direct counselors to areas that need additional coverage due to heavy usage.
- * Staff should re-enforce pool rules and support the lifeguard.



Lifeguard Responsibilities

- * Attend in-service training on a regular basis.
- * Know and understand the facility emergency action plan.
- * Constant vigilance the moment a camper steps on deck until the last camper has exited the pool area.
- * Avoid distraction from surveillance, especially during transitions and rotations.
- * Do not allow secondary duties to interfere with surveillance.



What the Pool Operator Should Provide

- * In advance: Pool rules should be read to swimmers before they enter the pool.
- * Efficient swim test assessment with certified WSI(s) if the camper's swimming ability has NOT been evaluated AND the camp requests the pool operator provide bather evaluations.



What the Pool Operator Should Provide

- * Water that is adequately disinfected and chemically balanced.
- * Aquatic staff that is on the deck before the campers arrive.
- * A supportive staff that works with camp staff for the common goal of a safe water environment.



Swimming Pool & Bathing Beach Safety

- * Most camps in Westchester County fall into the category of **Off-Site Swimming**. This means the swimming pool/bathing beach is not permitted under the camp but through another operator/entity.



Swimming Pool & Bathing Beach Safety

- * One of the first items to check for is a valid permit to operate issued by the local health department or by a NYS Agency.
 - * Be sure to check the permit expiration dates, generally their permit needs to be renewed and approval annually.
- * Ask to see the pool or beach's safety plan.
 - * These plans include important information including the pool size, number of lifeguards utilized, and procedures to be followed during routine and emergency situations.
 - * Reviewing these plans, will help you become familiar with the daily operation of the facility.

Swimming Pool & Bathing Beach Safety (NYSSC Part 6-1 & 6-2)

NYSSC Part 6 Supervision :

- * Are the lifeguards paying attention to the bathers or are they distracted/fatigue from guarding too long?
- * Are they positioned by the poolside/waterfront to eliminate blind spots or positioned to compensate for water glare?
- * Do the lifeguards have current and acceptable certifications to be guarding?
 - * Similar to children's camps, review the annual fact sheets for acceptable certifications for the lifeguards (fact sheets can be found on our website)
 - * Lifeguards should possess certifications in CPR and lifeguarding/first aid
 - * Note: CPR certifications must not exceed **1 YEAR** from the date of course completion, regardless of the expiration date listed on the certification card.
 - * Note: Lifeguards guarding at a beach must also possess a valid waterfront certification verses just a lifeguarding/first aid certification

Swimming Pool & Bathing Beach Safety

- * Ensure that there is never overcrowding in a swimming pool or bathing beach. Overcrowding can result in poor supervision due to lifeguards being unable to properly see all the bathers.
- * Every pool/beach has a capacity and this capacity should be posted on a sign at the facility and be strictly enforced.



**MAXIMUM
POOL CAPACITY IS
____ PERSONS/BATHERS
WHICH SHALL NOT BE
EXCEEDED**

Seems like they
may be exceeding
the pool capacity

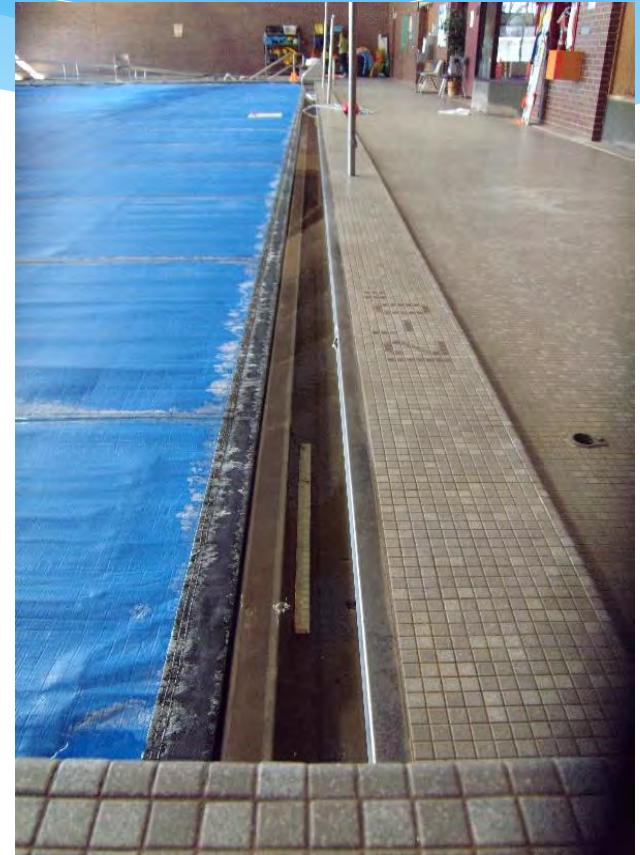
Swimming Pool & Bathing Beach Safety

- * Is the pool adequately disinfected?
 - * Ask to see the latest chlorine and pH readings and the time they were taken. You can always ask for another chemical reading to be taken prior to the camp utilizing the pool.
 - * Minimum chlorine residual should be 0.6 ppm chlorine and maximum chlorine residual should be 5.0 ppm chlorine.
 - * Although not as common, some pools utilize bromine as their disinfectant. The acceptable range for the bromine residual is 1.5 mg/l – 6.0 mg/l.
 - * Note: It is only required that the operator take a minimum of three chemical readings a day. Keep in mind disinfection residuals can fluctuate very quickly depending on factors such as increased bather load, a very sunny day, etc. It never hurts to have the chemical readings checked again prior to entering the water.

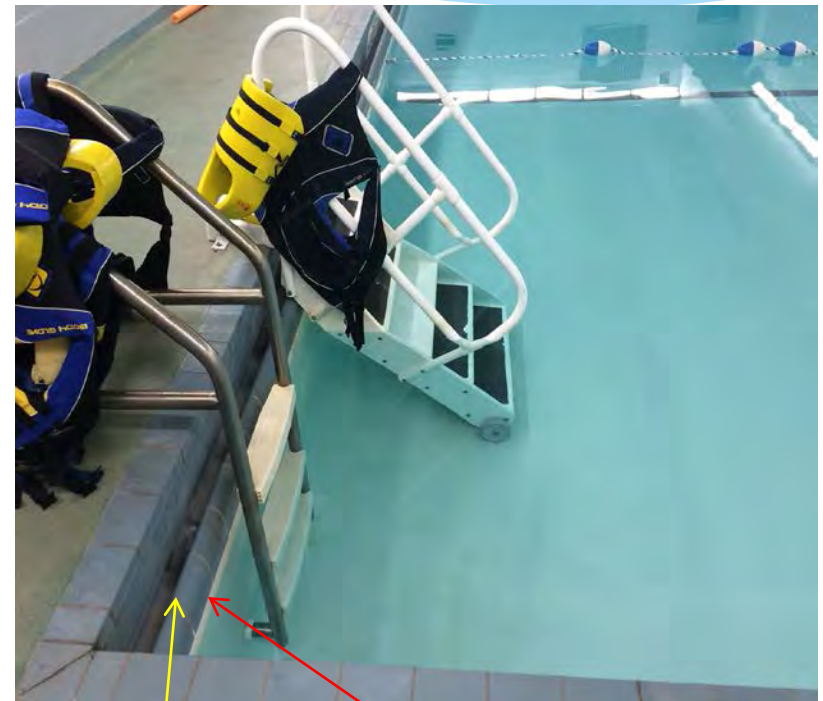
Swimming Pool & Bathing Beach Safety

- * The pool water level should be checked to ensure adequate surface skimming is occurring.
 - * 70% of the water returned to the pump room to be disinfected and filtered comes from the surface of the pool through the use of weirs, perimeter gutters, etc.
 - * If a low water level is observed, the pool operator/lifeguard should be notified and swimming must not be conducted.

Acceptable Water Levels for Surface Skimming



Unacceptable Water Levels for Surface Skimming



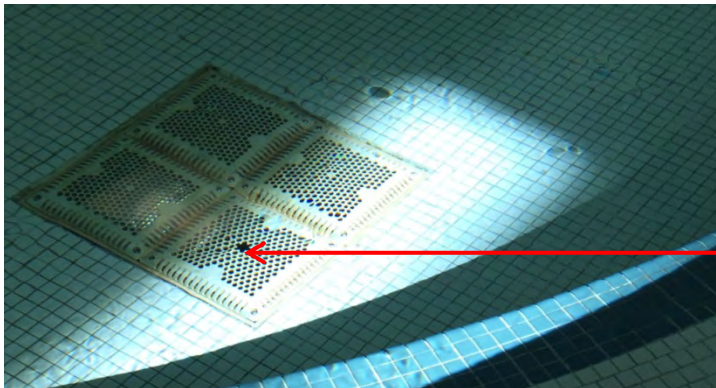
Top of gutter

Water level not overflowing perimeter gutters.

Swimming Pool & Bathing Beach Safety

- * Is the pool main grate in good repair?
- * Any gap larger than an inch could result in entrapment to the bather
- * Be especially careful of this in a wading/kiddie pool.

Examples of intact main grates



Example of a hole in a main grate

Swimming Pool & Bathing Beach Safety

- * Water clarity
 - * Is the pool too cloudy to allow for the lifeguards to adequately see the bathers?
 - * If you cannot see the pool bottom/main grate, you will not be able to adequately see the bathers either.



Swimming Pool & Bathing Beach Safety

- * For bathing beaches, insure the swimming area is properly delineated using float lines to keep bathers within the designated swimming area.
- * For swimming pools, float lines are used to warn bathers that they have reached either the five foot depth or slope break point and are entering deeper water.
- * Depth markings
 - * Must also be present around the pool deck and vertical pool wall/fence
 - * Must be present on all diving boards, platforms, piers, floats and similar facilities at a bathing beach



Off-Site Swimming

- * Any camp that swims off-site (check your permit, no pool listed on the camp permit means you swim off-site) must do the following prior to engaging in aquatic activities:
 - * Each camper must have a signed statement of permission to participate from a parent/guardian
 - * Pre-arrangements must also be made with the off-site swimming facility to insure
 - * They can accommodate the additional bather load the camp brings
 - * To identify the duties of the camp aquatic staff
 - * To determine whether or not the facility's lifeguards will be present

Time to Swim... Almost

- * Now that we know the swimming pool and bathing beach are safe to use and we have permission to swim, we have to swim test our campers!
- * All campers must have their swimming ability assessed **each camp season** by a Water Safety Instructor (WSI) or Progressive Swimming Instructor (see annual fact sheets for acceptable PSI certifications).
 - * A progressive swimming instructor must assess the swimming ability of each camper prior to allowing the child to participate in aquatic activities
 - * Based on how the camper does when asked to perform various swimming techniques, the camper will be designated as a swimmer or a non-swimmer.
 - * A camper is considered a non-swimmer until determined otherwise by the progressive swimming instructor.

Non-Swimmers

- * A camper who is determined to be a non-swimmer must be readily distinguishable from a swimmer. This can be accomplished by wearing colored bathing caps, headbands, wrist tags or other alternatives acceptable to the Department.

Non-Swimmers

- * Be sure to have swimmer and non-swimmer areas designated



Non-Swimmers: Water Depth

- * Non-swimmers must be restricted to water less than chest deep, **except:**
 - * During learn to swim programs (see the fact sheet for acceptable learn-to-swim programs, if the learn-to-swim program you use is not listed than non-swimmers must be restricted to water that is less than chest deep)
 - * When counselors are in the water and directly supervise a maximum of three non-swimmers in shallow water in the non-swimmer area

Non-Swimmers: Water Depth

- * Why is it so important to restrict non-swimmers to water less than chest deep?
 - * A bather becomes buoyant in water greater than or equal to chest level
 - * This causes the bather to lose contact with the pool bottom and can result in the bather, due to the lack of necessary skills, drifting into deeper waters. This can ultimately result in the bather becoming distressed and potentially drowning.
 - * Non-swimmers in water greater than or equal to chest level is a contributing factor to non-swimmer drownings.
 - * According to NYS DOH, in 2009, two campers designated as non-swimmers were resuscitated after being submerged in the water. Both were in water above chest level.

The Buddy System

- * The Buddy System must be in place and implemented at the waterfront as a means to supervise and account for bathers. Your camp's buddy system must be described in the camp's approved safety plan and must include the following at minimum:
 - * A system which identifies each bather by name, the bather's swimming ability and the swim area the bather is assigned
 - * A method of recording the entry to and exit from the swim area for each bather
 - * The assignment of each bather to a buddy who has the same level of swimming ability
 - * If a non-swimmer must be paired with a swimmer, both must remain in the non-swimmer area
- * Buddy checks must be conducted at least every

The Buddy System

- * Why is the buddy system so important?
 - * The NYS and Westchester County Sanitary Codes put into place many layers of protection to ensure the safety of the bathers due to the high risk nature of this activity.
 - * The first layer of protection is each bather's buddy.
 - * This is important to stress to the campers during the aquatics portion of your orientation.
 - * They must remain with their buddy at all times while in the pool
 - * If one bather exits the pool so should their buddy
 - * If their buddy is in distress or is missing the other buddy should know to notify a counselor, lifeguard, etc.
- * The other layers of protection in place are through counselor and lifeguard supervision, as described on the following slides.

Counselor Supervision at the Waterfront

- * The second layer of protection is the counselors.
- * The counselors know the campers and who they are buddied with
- * They should be directly supervising the bathers at all times!
 - * Be careful to watch for distracted counselors who may be conversing/congregating with other counselors or those who are horse playing with the bathers
 - * The counselor's ultimate job is to **ACTIVELY** supervise the bathers
 - * Be sure they are spread out around the areas the bathers are swimming to ensure all areas are covered

Lifeguards at the Waterfront

- * Lifeguards are the third layer of protection.
- * Must be **ACTIVELY** supervising all bathers involved in the camp's aquatic activities
- * There **MUST** be 1 qualified lifeguard for every 25 bathers (1:25)
 - * **IMPORTANT NOTE:** A bather is considered anyone who is present **in the water**. This not only includes the campers but the counselors and lifeguards as well. Keep this in mind when determining how many lifeguards are needed to supervise the water front.
- * Keep an eye out for distracted/fatigued guards. A lifeguard should never be engaged in any other duties or activities while guarding!
- * Camp lifeguards at off-site swimming facilities must have their garments identified with the camp's name
- * A camp supplied lifeguard is not required for aquatic amusement park activities that allow only one or two patrons in the water at a time and the activity water depth does not exceed chest deep for non-swimmers.

Camp Lifeguard Qualifications

- * Must be at least 17 years of age, except for a maximum of 50% of the required total number of lifeguards on duty who may be at least 16 years of age.
- * Must meet lifeguarding (or waterfront lifeguarding for beaches), first aid and CPR certification requirements (see fact sheets for acceptable certifications).



Supervision Ratios

- * The following slide will review the required ratios for both on and off-site swimming and whether or not the counselors must be in the water providing direct supervision.



	<u>On-Site Swimming</u>	<u>Off-Site Swimming</u>
Lifeguard to Bather Ratio	1:25	1:25
	General ratio 1:10	NO general ratio
Counselor to Camper Ratio	Except: 1:8- For campers less than 8 years of age	1:8- For campers 6 years of age or older
	Except: 1:6- For campers less than 6 years of age	1:6- For campers younger than 6 years of age
Counselor to Non-swimmers Ratio	Follow above except in water greater than or equal to chest level follow 1:3	Follow above except in water greater than or equal to chest level follow 1:3
Counselor Location	Can supervise campers and be located at the poolside/beachfront or in the water directly supervising campers. Except for non-swimmers in water greater than or equal to chest level, counselors must be in the water providing direct supervision	Swimmers only- Can supervise and be located at the poolside/beachfront or in the water directly supervising campers. For Non-swimmers- Must ALWAYS be in the water providing direct supervision

Aquatics Director – On-Site Only

- * Camps who swim **ON-SITE** must have an aquatics director directly supervise and oversee all the swimming activities that occur at the swimming pool or bathing beach
- * Must supervise the lifeguards, progressive swimming instructors and counselors with bather supervision responsibilities
- * Must be 21 years of age
- * Have one season of previous experience as a camp aquatics director at a NYS children's camp OR two seasons of previous experience (12 cumulative weeks minimum) as a children's camp lifeguard at a swimming pool/bathing beach which had more than one lifeguard supervising at a time OR at least 18 cumulative weeks previous experience as a lifeguard at a swimming pool/bathing beach which had more than one lifeguard supervising at a time.

Aquatics Director – On-Site Only

- * Must possess a current and acceptable CPR certificate
- * Must have successfully completed a training course in **Lifeguard Supervision and Management**
- * Must annual review and implement the camp safety plan for swimming

Waterfront Requirements for Developmentally Disabled (DD) Camps

- * All DD campers are required to have a written permission statement signed by the camper's parent or guardian or residential care provider on file allowing the camper to participate in swimming activities
- * Minimum counselor to camper ratio
 - * 1:1 for a camper with a seizure disorder, non-ambulatory, or with other handicapping condition identified by the camper's parents, guardian, physician or residential care provider that might result in unusual emergencies in the water
 - * 1:5 for all other campers not characterized by the above
- * The camp's safety plan must also include a procedure to address the handling of seizures and choking on ingested water.
 - * Ensure that all waterfront and swimming pool staff are trained in this procedure and drills using the procedure are conducted and documented within two weeks of the start of camp and at two week intervals during the camp's operation

Wilderness Swimming

- * Wilderness swimming site is a remote beach site which is 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
- * Each participating camper must have a signed statement of permission to participate from a parent or guardian
- * Must implement the buddy system, as previously discussed
- * Lifeguard to bather ratio of 1:25
- * A minimum of 2 staff members, which includes the lifeguard, must possess a current and acceptable CPR certification
- * Only staff who have been designated as swimmers, by a PSI, can supervise
- * Minimum staff to camper ratio: 1:8 for campers 6 years of age or older and 1:6 for campers younger than 6 years of age
- * Swimming area must be marked to identify the perimeter
 - * Water level must not exceed 5 feet deep in swimming area, must not be more than 50 yards of shoreline and 75 feet from shore
 - * Water clarity must allow for the bottom to be seen or a minimum of 4 feet below the surface of the swimming area
 - * Bottom slope of swimming area must not be steeper than 1:8 and must not contain sharp drop-offs/jagged rocks/under water obstructions
 - * Water current must not exceed 3 feet per second in swimming area
- * Safety equipment required: One rescue tube, rescue buoy or U.S. Coast guard approved life jacket and a pocket face mask
- * The following activities are prohibited: Head first diving and jumping into the water from cliffs, trees, water flumes or rope swings

Have a Fun and Safe Summer!

Any questions please contact the Mount Kisco Office at (914) 864-7330

