



# SWIM SAFETY PLAN

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# About Our Program

## Our Swimming Philosophy & Overview

At all of our KAH programs, we assume that none of our children know how to swim, no matter how many times they tell us they're the captain of the swim team!

Our older campers have the option to take swim tests to access certain sections of each pool we visit. Until they pass a swim test, all campers must stay in areas of the water where they can safely stand.

*Swimming is one of the best parts of summer, but safety always comes first.*



# Questions?

## Bob Sickels

KAH Camp Owner

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# Camp KAH Day Camp Pool Locations

## All of the pools we attend must have the following:

- Certified lifeguards on duty at all times
- Clearly marked depth areas so campers know where it's safe to swim
- Marked shallow sections for non-swimmers and younger campers
- Clean, well-maintained facilities that meet all county safety standards
- Designated areas for KAH staff to supervise campers closely

## Pool Locations by Camp Location

Depending on which site your child attends, they'll be heading to one of the following pools for their swim days:

- **Rockville Municipal Swim Center**

- **For campers from:**

- Garrett Park
- Pag
- Farmland
- Westbrook

- **Manor Woods Pool**

- **For campers from** Barnsley

- **Kemp Mill Pool**

- **For campers from** Flora Singer & Glen Haven





# Wrist Bands, Swim Shirts & Swim Tests



## Yellow UV Shirts Camp KAH

- Campers must wear their KAH yellow UV shirt on pool days
- We will provide rentals for campers that forget their swim shirt

## Wrist Bands

- Campers who pass the swim test will be given a wristband. This tells the staff and lifeguards that this child is allowed in deeper parts of the pool.



## Swim Tests

### Grades 3+

- Campers in grades 3rd and up are allowed to take a swim test to go into deeper sections of the pool.
- The test consists of swimming across the length of the pool unassisted. The test is focused on swimming strength rather than form.
- Campers who do not pass are able to retake the test on their next visit to the pool.





# Supervision at the Pool

## Lifeguards & Staff Supervision

- Pools provide certified lifeguards during all KAH visits.
- KAH staff are in the water and around the pool deck for hands-on supervision.
- Staff-to-child ratios are kept low for maximum safety.

## Group Management

- Campers are split into small groups by age.
- Each group has a dedicated staff member assigned for swim supervision.
- A head count is conducted before departure, during the swim, and before return.

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## Staff Ratios

**KAH Staff Spotters**  
*1 for every section of  
the pool*

**1 Staff in the pool**  
*for every 10  
campers*

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# Rules & Readiness

## Camper Pool Rules

We review the following rules before every swim trip:

- No running on the pool deck
- No diving unless in designated areas
- Use the buddy system
- Follow directions from lifeguards and KAH staff
- Hands to self – no rough play
- Hydrate and reapply sunscreen!



## Staff Readiness

- All staff is trained to enforce pool rules and for pool emergencies.
- We expect KAH staff to be in the pool with the campers every day. It's in their job description!
- We review safety procedures and staff expectations throughout the entire summer.

