

## Safe Guide Water Activities FAQ

All activities involving water (swimming, boating, canoeing, kayaking, scuba diving etc) must comply with the GGC Safe Guide procedures for water activities.

1. All qualifications of aquatic personal, facilitators/instructors who are leading boating and other water activities must be confirmed.
  2. Participant competency must be verified (swimming ability and/or skill in steering a canoe, boating etc) and be evaluated and documented by the aquatic personnel and or the Activity Facilitator/Instructor prior to the activity.
  3. Aquatic personnel and other supervisors must not allow participants (adult and/or girl) to enter the water (for swimming or boating) without supervision.
  4. All aquatic personnel, facilitators or supervisors must have a discussion with girls and adults about their responsibility for safety when participating in activities in or on the water.
  5. When participants (adults and girls) are using personal floatation devices (PFD's) it is the duty of the aquatic personnel to ensure they are fitted properly (won't slip up over the participants ears) according to the government agency labelling on the PFD.
  6. Anyone (girl and adult) who wants to swim without a PFD must successfully complete the swim test. This includes non-members.
  7. If a participant does not successfully complete the swim test, they are considered a non-swimmer and the Aquatic personnel must ensure that she does not go in water more than mid-calf deep without a PFD. A system must be implemented that allows for the easy identification of which participants have passed the swim test and which ones have not.  
Swim test must be conducted in a manner where the participants being tested do not enter directly into water over their heads (no deep water entry)
- **To successfully complete the test the swimmer must**  
Swim 50 meters  
Tread water for 1 minute
  - **The swim test standards are as follows**  
The test must be performed without touching a dock or the bottom in water that is no more than chest deep  
The swimmer can swim on her front or back  
The swimmer needs to be in a horizontal position and continuously moving forward for the swim portion of the test  
The swimmer must tread water immediately after completing the 50m  
When treading water, the swimmers' head must be upright and out of the water

- **Additional notes**

All swim test standards are adaptable on the basis of physical limitations participants who can show proof of completion of Red Cross, Swim Kids 5, Lifesaving Society Swimmer 4 or the equivalent in the last 5 years may be exempt from the swim test if this information is recorded in their iMIS record.

- **Boat Test for Girl Participants**

*Wearing a properly fitted PFD, participants must*

Swim 25m

Demonstrate the HELP position for two minutes

Tread water for five minutes

- **Boating Test for Adults**

*Wearing a properly fitted PFD, participants must*

Swim 75m

Demonstrate the HELP position for two minutes

Tread water for five minutes

- **Note**

Girls or adults who have completed the Swim Test do not need to do the Boating Test if the activity takes place in sight of the launching area and not more than 100 meters from shore. Instructions on what to do if a boat capsizes must be given prior to starting the activity.