

# ADMINISTRATIVE REGULATIONS

TITLE: SWIMMING  
CATEGORY: EDUCATION  
NUMBER: 1350

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## I. Rationale:

Opportunities for students to learn outside the school enrich and deepen access to the curriculum including the development of Core Competencies. Ensuring that these activities take place safely and in an educationally sound way supports excellence in education. Swimming is a life skill that can be incorporated into extended experiences. Due to our proximity to bodies of water that can be accessed easily as part of the learning experience we must ensure there are specific guidelines as swimming is a high-risk activity.

- II. At all swimming activities, a currently certified and insured NL (National Lifeguard) shall be on duty.

Swimming Location	Maximum # Students in Water at one time	Lifeguard Qualifications
Oceanfront/Lakefront	15	1 NL (Surf or Waterfront Options)
	16-40	2 NL <b>OR</b> 1 NL <b>AND</b> 1 Bronze Medallion/Bronze Cross

*Note: Larger, more complex waterfront facilities may require more lifeguards. Factors affecting the numbers of lifeguards include (but are not limited to): length of shoreline, bather load, concentration of swimmers, age and make up of swimming patrons, potential dangers such as drop-offs, geographical features (such as curves or bends in the shore affecting the lifeguard's view), water and weather conditions, experience and training of lifeguards, ratio of assistant lifeguards to lifeguards, type of patron activity engaged in, width of swimming area. It is important that the lifeguards take the specific circumstances of the site and situation into consideration and adapt accordingly.*

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Swimming Location	Maximum # Students in Water at one time	Lifeguard Qualifications
Private Pool	30	1 NL Pool option
Public Pool	Follow pool rules	

III. At no time are Lifeguards holding only a Bronze Medallion/Bronze Cross acceptable as a Primary Lifeguard. They can work under the supervision of the NL guard only.

IV. **The principal shall:**

- a. obtain a completed [SD46 Lifeguard Form](#) from the Lifeguard.
- b. obtain a clear photocopy of the Lifeguard's current qualifications and present personal liability insurance.
  - i. Lifeguard's qualifications should include:
    1. National Lifeguard (NL) Certification;
    2. CPR - Basic Rescuer;
    3. Standard First Aid.
    4. check the expiry dates of all three of these qualifications to ensure they are current.
  - ii. Note:
    1. NLC is current within two years of qualifying.
    2. CPR - yearly retraining is recommended.
    3. First Aid requires renewal every two years.

V. **Insurance:**

- a. The Lifeguard must carry current personal liability insurance (*\$2M policy available from the Lifesaving Society available at [nationallifeguard.ca](http://nationallifeguard.ca)*)
- b. In the case of a class party at a private pool, the principal shall retain a copy of the homeowner's insurance policy outlining clear and adequate coverage for third party liability (which covers people other than those in the immediate

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family for pool accidents.)

- VI.** At the start of each new swimming session, the Lifeguard must:
- a. explain to participants and volunteers the waterfront/pool emergency procedures;
  - b. review clearly and carefully the safety rules for the students;
  - c. employ the use of a buddy system and make regular 'buddy checks'. Note: Buddy Call must be practiced on Dry Land before trying it in the water.
  - d. Using the [Swim to Survive standard](#), check on swimming skill level of participants.
- VII.** The Lifeguard should provide the following equipment during a swimming session (*if not already provided for*):
- a. a first aid kit
  - b. rescue aid such as a rescue can or rescue tube
  - c. personal fanny pack containing pocket mask, gloves & pair of goggles
  - d. a whistle and identifying clothing
  - e. a communication device (cell phone) for EMS call
  - f. one set of fins, mask and snorkel for each lifeguard (for oceanfront/lakefront)

**Forms:**

- [SD46 Lifeguard Form](#)

**Received:** February 2023

**References:** <https://www.lifesaving.bc.ca/>, [Lifesaving Society Waterfront Safety Standards, revised 2019](#),  
[Safety at the Waterfront Outing for Schools, revised June 2022](#)