

SWIM SAFE PERMISSION

Note: This letter is required for **all** school outings where aquatic activities are possible. **This includes band trips and sporting trips where swimming in a hotel pool may be an incidental activity.**

\_\_\_\_\_ is arranging a trip where students may go swimming. This signed form is required for all students who wish to participate in this recreation program.

DETAILS OF TRIP: \_\_\_\_\_  
 \_\_\_\_\_

INHERENT RISK

Swimming is a sport with physical demands and inherent risks which are beyond the control of \_\_\_\_\_, and Turtle Mountain School Division. Swimmers and their parents/guardians must assume these risks.

ACKNOWLEDGEMENT

I/we have read and understand these warnings. For the purpose of this outing, my child's swim classification is: (*Circle only one.*)

Grade K, 1 or 2. While in or near the water, all K-2 children, regardless of swimming ability, will be required to wear a Canadian approved PFD or life jacket that is in good working order and that fits properly. Parents must provide the PFD or life jacket.

For Grade 3 and older. I want my son/daughter to wear a PFD as supplied Yes\_\_\_\_ No\_\_\_\_

PERMISSION

I give permission for my son or daughter \_\_\_\_\_ to participate in the Swimming activity described above.

Dated: \_\_\_\_\_

Signature of parent/legal guardian: \_\_\_\_\_

Please note: The Manitoba Health Act requires that no person infected with a communicable disease or having open sores on his or her body shall enter the water.

## SWIMMER'S RULES AND EXPECTATIONS

Each swim venue will have its own set of rules that are to be followed by all participants.

There are elements of risk in swimming that common sense and personal awareness can help reduce.

Remember the following:

- Swim only in designated areas.
- Swim with the buddy system.
- Never dive in shallow water.
- Know your limits.
- No horseplay, pushing or shoving on the deck or in the water.
- To prevent choking, never chew gum or eat food in the water.
- For outdoor pools and lake swimming, stay out of the water if storms are forecast.
- When lake swimming, watch for dangerous waves and currents.
- Restrict activities to designated swimming areas, usually marked by buoys.
- Never swim in the dark
- Never push others under the water.
- Pay attention to the supervisors.

Failure to comply with the above rules and expectations will lead to loss of privilege to participate in the activity

## SUPERVISION

Supervision requirements for School Aquatic Outings											
Teacher	One for each group of 25 students. At least one Supervisor should have basic first aid/CPR training.										
Life Guard	At least one qualified lifeguard is required for trips to a lake or river waterfront. Recommended: One lifeguard for each group of 25 students in or near the water. When determining the number of lifeguards needed, include those working at the venue.  Note: Life guarding credentials must be current and a copy provided to the supervising teachers.  Additional adult supervisors are required when students are in or near the water.										
	<table border="1"> <thead> <tr> <th>Grade</th> <th><i>K</i></th> <th><i>1 to 4</i></th> <th><i>5 to 8</i></th> <th><i>S1 to S4</i></th> </tr> </thead> <tbody> <tr> <td>Adult to Student ratio</td> <td>1 to 4</td> <td>1 to 6</td> <td>1 to 8</td> <td>1 to 12</td> </tr> </tbody> </table>	Grade	<i>K</i>	<i>1 to 4</i>	<i>5 to 8</i>	<i>S1 to S4</i>	Adult to Student ratio	1 to 4	1 to 6	1 to 8	1 to 12
Grade	<i>K</i>	<i>1 to 4</i>	<i>5 to 8</i>	<i>S1 to S4</i>							
Adult to Student ratio	1 to 4	1 to 6	1 to 8	1 to 12							
Plus	When students are in or near the water adult supervisors must position themselves so that the students are in clear sight and they can provide immediate assistance, if required. Normally they should be at or near the water line.										