



GOULD LAKE OUTDOOR CENTRE

Limestone District School Board

2857 Rutledge Rd. Sydenham, ON K0H 2T0
outed@limestone.on.ca
613.376.1433
www.gouldlake.ca
@gouldlake_LDSB

Swim Test Policy

Outlined in the 2019 OPHEA standards

The Gould Lake Outdoor Centre (GLOC) follows the safety standards outlined in the Ontario Physical Activity Safety Standards in Education (OPHEA) for all our Summer Program Courses. In accordance with these standards, all students must complete a swim test in order to participate in on-water activities such as canoeing, kayaking and swimming. Please refer to OPHEA's website (<https://safety.ophea.net/safety-plans?module=secondary>) for more information.

Prior to submitting the summer program registration form, guardians will acknowledge that the student they are registering has the swimming ability to complete the test described below. All GLOC students will participate in a swim test on the first day of their course. The **swim test guidelines** are as follows:

1. Prior to the activity (canoeing, kayaking, swimming), students must successfully complete the following swim test in its **entirety, in sequence and without any aids or stops**:
 - a. **swim 50m (164') continuously any stroke**
 - b. **rolling entry (backwards or forward) into deep water at 2.75m (9') minimum depth**
 - c. **tread water for at least 1 minute**
 - d. **Put on a PFD or life jacket while in the water**
2. The swim test must be administered by a certified aquatic instructor or a certified Lifesaving Society National Lifeguard (the test is based on the Lifesaving Society's Swim to Survive™ Standard).
3. The swim test must be completed within the school year in which the activity is taking place.
4. In lieu of completing the swim test, students may provide proof of a current Bronze Medallion certification or higher.
5. Results of the swim test must be documented and communicated to the Outdoor Education Consultant as per school board policy.
6. Students who do not pass the swim test or who do not have the aforementioned certification **must not participate in the on-water activities.**
7. Students who successfully pass the swim test but are identified as a **weak swimmer** (had difficulty completing the test etc.) by the GLOC staff will be required to **wear a lifejacket** while participating in recreational swimming and bathing.

If time allows it (no guarantee), students may be given multiple chances to complete the swim test before they depart on their trip. Parent's will be notified if a student was not successful on the first day of the program.