

Lutheranch Aquatics Policies

In the absence of a LLMI Aquatics Supervisor or Lifeguard, each guest group is responsible to follow all LLMI aquatics policies and standards, as well as to supply the specified leadership.

Supervisor: There shall be an Aquatics Supervisor, provided by the guest group, who shall be at least 21 years old, have 6 weeks of experience and appropriate certification for swimming or boating. The Supervisor may also serve as the lifeguard.

Lifeguard: There shall be one certified lifeguard, provided by the guest group, for every 25 persons swimming or for up to 5 boats in the water. The lifeguard shall check the lake and be familiar with the swimming conditions prior to swimmers entering the lake. S/he shall also conduct a safety talk prior to any swimming or boating session during which time all rules shall be posted and overviewed. The lifeguard shall be certified in first aid and CPR.

Lookouts: In addition to the lifeguard/ supervisor, there shall be one lookout, provided by the guest group, for every 15 persons in the water or for every 3 boats in the water.

Staff/Adult Aquatics: A certified lifeguard must also be present and out of the water for staff or adult aquatic activity. A copy of the current certification must be on file in the Lutheranch office prior to any waterfront activities being conducted – please submit to the Ranch Manger upon arrival.

Swimming Check: The Aquatics Supervisor and/or Lifeguard will conduct a swimming proficiency test on all youth to determine ability to swim without a lifejacket.

Personal Flotation Device (PFD): All youth who do not pass the swimming check shall wear a PFD while in the water. All persons in a boat or canoe shall wear a PFD.

SAFETY REGULATIONS

Lake Rules:

- ☐ No trespassing signs shall be posted at both lakes
- ☐ PFD's shall be locked when not in use
- ☐ Rescue equipment shall be available during swimming or boating
- ☐ The lake is not open for swimming without a certified lifeguard present
- ☐ All guests must take a swimming proficiency test before swimming in the lake
- ☐ All swimmers must stay within the roped off swimming area. No boats permitted within this area.
- ☐ No running
- ☐ No rough play
- ☐ Children must not swim in the lake without adult supervision
- ☐ Adults should not swim alone and there must be a lifeguard on duty
- ☐ No person who has consumed any alcohol should swim in the lake
- ☐ No animals or pets are allowed in the lake, on the dock or in a boat
- ☐ No glass is allowed in the lake, on the dock or in a boat
- ☐ No diving or jumping off of the dock.
- ☐ No back diving, somersaults or back-flips

Boat / Canoe Rules

Before any use of a boat or a canoe (whether it be in the on-site lake or an off-site river trip), guests will receive orientation from a guest group designated Aquatics Supervisor regarding canoe safety tips. This orientation will include:

- **TO GET INTO YOUR CANOE:**
 - **HAVE SOMEONE HOLD THE CANOE STEADY-** you don't want to tip the canoe before you even get out on the water!
 - **CROUCH LOW-** keep your knees bent and
 - **GRAB THE SIDES OF THE CANOE FOR BALANCE** as you walk to your seat
 - **ALWAYS WALK ALONG THE CENTER-** keeping your feet on the centerline will help keep the canoe from rocking.
- **STAY LOW-** do not stand up or walk in your canoe when you are away from shore.
- **ALWAYS WEAR YOUR LIFE JACKET-** you never know when you might fall out or tip over unexpectedly.
- **AVOID SUDDEN OR JERKY MOVEMENTS-** rocking from side to side could cause the canoe to tip over.
- **BE AWARE OF THE CURRENTS IN THE WATER-** you don't want to end up floating farther downstream before you planned. If the current starts to pull you along faster or you see lots of rocks in the water ahead of you paddle away from them or paddle towards the shore.
- **ALWAYS SIT ON THE SEATS OR IN THE CENTER OF THE CANOE-**sitting on the side of a canoe could cause it to tip over.
- **STAY AWAY FROM LOW HANGING TREES AND BRANCHES NEAR THE SHORE.**
- **AVOID LETTING BIG WAVES HIT THE SIDE OF YOUR CANOE-** always try to keep your canoe at a right angle to the waves, otherwise the wave might push your canoe over.
- **IF YOUR CANOE TIPS OVER:**
 - **DON'T PANIC**
 - **STAY WITH YOUR CANOE**
 - **PADDLE OR PUSH YOUR CANOE TO SHORE-** with the help of the other person in your canoe, you can get out in shallow water and flip the canoe to dump out the water and climb in. Your canoe will float even if its full of water until you can get to shore to empty it.

Maintenance

All canoes will be inspected prior to use by the guest group provided Aquatics Supervisor and periodically by the Ranch Manager. The inspection will include a visual monitoring, looking specifically for cracks in the crafts hull and sharp edges on the gunnels, as well as putting the canoes in the water. Any problems shall be reported to the Ranch Manager.

PFD's (life jackets) shall be inspected by the Aquatics Supervisor before each new group comes to Lutheranch.