



# Harlow Swim Checks

**At Camp Harlow we have a strong commitment to your camper's safety. That is why we swim check all campers ages 5-11. The goal is to ascertain if a camper can reach the edge of the pool throughout the course of their swim session without assistance and without being too breathless.**

## **Swim across the pool and back**

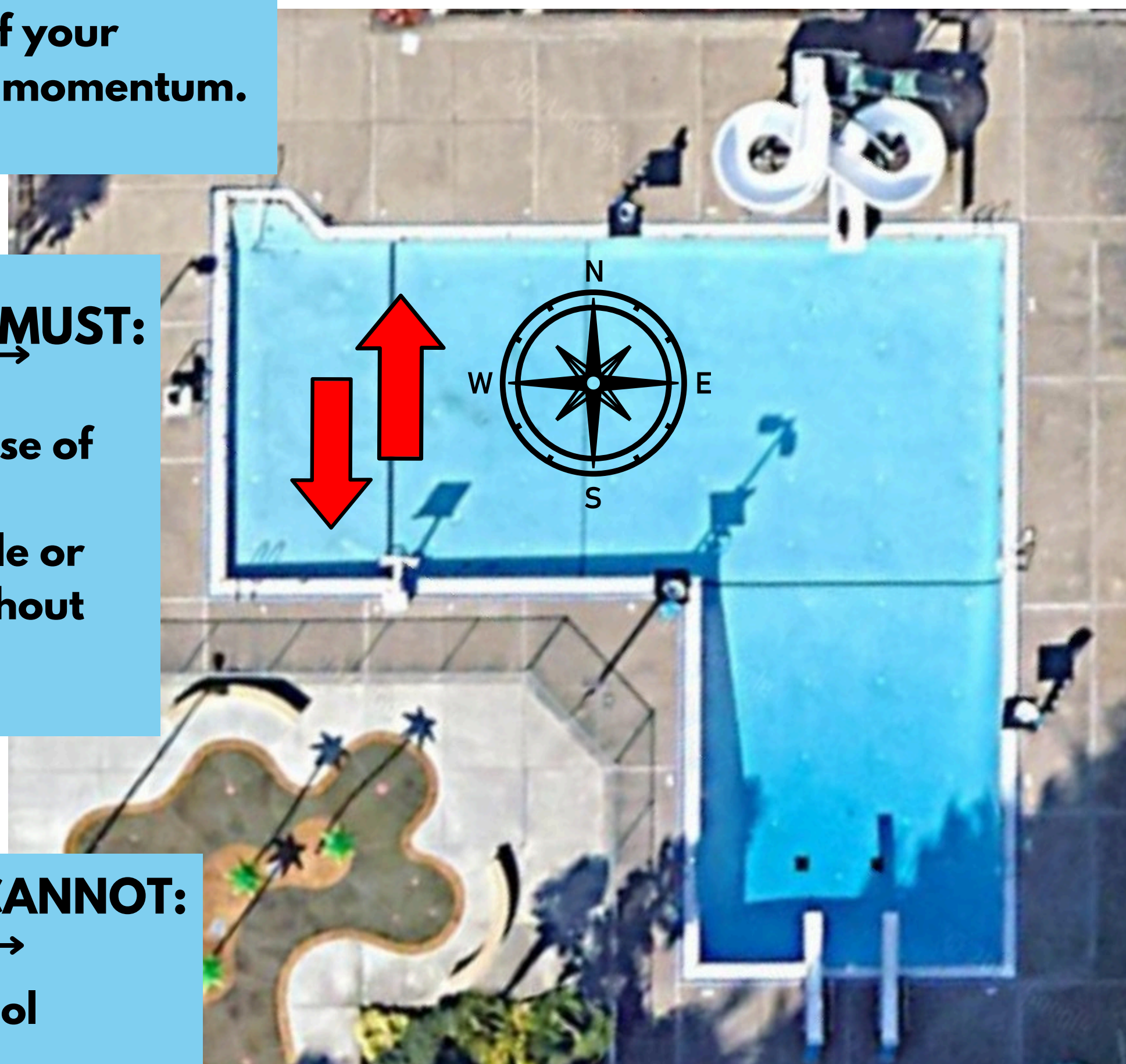
**Campers will start on the north side of the shallow end, then swim to the south side and back. This is not a timed test but we will be looking to see if your camper is struggling to maintain forward momentum.**

### **During the Swim Check your camper MUST:**

- **Submerge their head 3 times in the course of their swim.**
- **Use strong coordinated strokes (Freestyle or Breaststroke) No doggy paddle and without touching the bottom.**

### **During the Swim Check your camper CANNOT:**

- **Walk or bounce off the bottom of the pool**
- **Wear Goggles**



## **Outcomes**

- **If your camper passes the check they will be given a bracelet that will let our staff know they do not need a lifejacket.**
- **If they DO NOT pass they will not receive a bracelet and will be required to wear a lifejacket when they are in the pool area. This outcome in no way limits their access to the pool. They are free to go anywhere around as long as they have a lifejacket on.**



# Frequently Asked Questions

*Why can't my camper wear goggles during the swim check?*

Goggles are not permitted during the swim check. One goal of the test is to see how well campers can recover and keep swimming if they were to lose their goggles while going off the diving board or waterslide. Most water incidents occur upon entering the water due to disorientation and onset panic.

*Does my camper need to participate in the swim check?*

If your camper chooses not to participate in the swim check they will be required to wear a lifejacket while they are in the pool area.



*My camper missed the first day of camp. Can they still participate in the swim check?*

We offer a chance for late arrivals to participate in the swim check on the second day of camp. This must be communicated to the Harlow Office Staff before 9am on the second day of camp in order to properly serve your camper. (No swim checks after the 2nd day of camp)

*My camper is an excellent swimmer. Why did they not Pass?*

There are many reasons for a good swimmer to not pass the swim check. Some campers experience performance anxiety or they might have gotten excited and not listened to instructions. In addition, we have a higher expectation of swimmers driven by our desire to provide the highest level of safety in a full camp pool.

*Can my camper take the Swim Check again if they did not pass?*

Retests are determined on a case by case basis and must be approved by the Aquatics Manager or Head Lifeguard. You must communicate with Office Staff by 9am on the second day of camp. No retests are done after the second day of camp.