

OPEN WATER ADVENTURES

FOLLOW THE RULES, USE YOUR TOOLS

WHO: ANY GIRL SCOUT TROOP OR GROUP GOING TO SWIM AT A LAKE, RIVER, OCEAN OR ANY OTHER OPEN BODY OF WATER.



WHY: WE WANT TO SUPPORT YOU! GIRL SCOUT EVENTS ARE THOSE THAT FOLLOW *SAFETY-WISE* REQUIREMENTS AND THEREFORE ARE COVERED UNDER INSURANCE. EVENTS THAT DON'T MEET THE REQUIREMENTS BECOME THE LEGAL AND FINANCIAL RESPONSIBILITY OF THE SUPERVISING ADULTS.

HOW: SIMPLY FOLLOW THE "KEYS TO SUCCESS" AND YOU WILL BE READY FOR A FUN AND SAFE GIRL SCOUT ADVENTURE.

KEYS TO SUCCESS

Consult *Safety-Wise*, pages 120 & 121, for more details

Location- *Assess the scene*

- ✓ Is this public or private? If private who is the managing body and do they have insurance?
- ✓ What are the surf or water conditions for that day?
- ✓ What are the safety and risk management considerations for this area?
- ✓ What are the weather conditions for that day?
- ✓ Check in with your troop or group about environmental allergies.
- ✓ Is this an appropriate location for the progression of your troop or group?

Adult Supervision – *San Diego Beach Information www.sandiego.gov/lifeguards*

- ✓ Contact the location and check to see if they provide lifeguards. If so, you are not required to provide your own guard. Check in with the guard upon arrival, notifying them of your troop or group.
- ✓ (If you will provide your own) 1 lifeguard for every 10 swimmers (11 swimmers requires 2 lifeguards) ***Lifeguard must have a current American Red Cross or equivalent certification plus Waterfront Lifeguarding Module or equivalent.***
- ✓ 1 adult watcher for every 10 swimmers (11 swimmers requires 2 watchers) ***Always have watchers on duty! A watcher is someone who actively watches swimmers, helping to maintain safety and point out areas of danger to the lifeguard.***

Skills Assessment

- ✓ Before the trip, all participants should be oriented with general and specific rules pertaining to the location and activities involved.
- ✓ Swim Test: All participants should have a swim test in a pool prior to an open water trip.