

ELIOT INSTITUTE
ELIOT WATERFRONT RULES
(Revised March 2017)

Eliot Institute will abide by Seabeck Conference Center waterfront rules. (This includes no swimming after dark.) **Swimming is authorized only in the designated swim area and only when supervised by a designated lifeguard. No swimming is authorized after dark.**

Swimming at other locations, such as the picnic area at Salmon Bake beach, at any time is also unauthorized, not supervised, and solely at the risk of the swimmers and their parents, guardians, or sponsors.

HOURS: Swimming is supervised by an Eliot appointed lifeguard at the lagoon beach and swimming dock in the lagoon, from 1:30 to 5:00 p.m. each day, and at other daylight times specifically designated and authorized by the Dean. Swimming at any other time is unauthorized and solely at the risk of the swimmers and their parents, guardians, or sponsors

Anyone under 18 years of age using the swimming facilities must have a swim check and Eliot swim bracelet.

Swim and boat checks are given on Sunday during the first swim period. (Announce swim check times and ask for assistance at the orientation on Saturday night.)

Anyone under 18 using the swimming facilities outside the operating times must be accompanied by a parent or designated adult who is willing to take responsibility for the welfare of the swimmer(s). The designated adult must be given his/her responsibility directly by the parent.

Swimmers must stay within the roped swimming area unless given specific permission by the lifeguard or for special events, i.e. Triathlon. Due to the presence of sharp shells in some areas of the lagoon, we suggest that swimmers enter or leave the water only from the swimming area.

All swimming aids (including tubes and air mattresses) must stay within the marked swimming area.

Non-swimmers (yellow striper) must be with a parent or designated adult whenever at the waterfront.

Parents of non-swimmers should be counseled to take care in the use of swimming aids. In case of wind, a child can be blown away from the shallow area and be unable to paddle back without assistance.

Campers under 18 years of age who haven't passed their boat checks must be accompanied in the boats by an adult or someone with a boating stripe. (Check your trusty stripe coding. This can be more fun than decoding message pennants on ships.)

Non-swimmers in boats must be accompanied by an adult and should wear a flotation device (a few are available in the front office of the Inn). All children (under 18 years of age) must wear a flotation device while in rowboats and paddle boats, even if they have their swim badge.

Boats must stay out of the swimming area.

Supervised times at the waterfront (outside of the designated time) are at the discretion of the Waterfront Director.

Roughhousing on the dock or around the swimming area is out.

There will be a third Adult (volunteer) present at the swim dock to monitor the beach. This person will be responsible for check in and out of swimmers and ensure each swimmer has a swim buddy. There should be a "Buddy Check" every half hour.

Rules are to be posted at camp and waterfront

USE OF AIR HORN

One Blast: All persons swimming, on the swim dock or on the beach are to immediately stop what they are doing, and pay attention to the instructions of the Lifeguard.

Three Long Blasts: This should be used ONLY for "911" type emergencies. All camper should call 911 if heard. ONLY campers trained in emergency or medical procedures should respond. Three blasts on the horn requires ALL people to leave dock and water, except those responding to the emergency.

SWIM CHECKS

- Swim from the swim dock to the rope, along the rope a distance specified by the examiner, and back to the dock.
- Tread water for one minute.

THE SWIM KIT AND CHALLENGE STRIPES FOR BRACELETS

See "Swim Badges" on the website.

BOATING TESTS

See "Boating Tests" document on the website.