

**ELIOT INSTITUTE**  
**2025**  
**WATERFRONT RULES**

Eliot Institute will abide by Seabeck Conference Center waterfront rules. (Available at: [http://media.wix.com/ugd/00a371\\_803de2053bc54985bc126fae6d4f0c10.pdf](http://media.wix.com/ugd/00a371_803de2053bc54985bc126fae6d4f0c10.pdf))

The following rules also apply:

**Swimming is authorized only in the designated swim area and only when supervised by a designated lifeguard. No swimming is authorized after dark.**

HOURS: A schedule will be set and authorized by the Deans and Waterfront Director and will be announced. It is typically 1:30 - 5:00 pm and other daylight times as authorized.

Swimming at any other time is unauthorized and solely at the risk of the swimmers and their parents, guardians, or sponsors

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.

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.)

Swimmers must stay within the roped swimming area unless given specific permission by the lifeguard or for special events, eg. 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 stripers) 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.

A child is required to use a "swim diaper" while in the lagoon if the child is still in diapers.

Roughhousing on the dock or around the swimming area is not allowed.

### **Boating Rules**

The boats may be used only when the boat dock is "open" and under the supervision of the boat dock volunteer. All boaters under age 18 must wear life jackets, even if they have earned their swim badge.. Adults are strongly urged to wear life jackets also.

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.

Boats must stay out of the swimming area.

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.