



# **BRIDGETOWN DISTRICT SCOUT COMMITTEE**

## **SCOUT LEADERS' ROUNDTABLE**

### **TRAINING SHEET**

## **WATER ACTIVITIES**

### **SWIMMING**

The Swimming Regulations cover all activities of a recreational or training nature that take place in the water, rather than on the water, with the exception of snorkelling and sub aqua diving which are covered separately. Leaders planning swimming activities must be familiar with the information contained in "**Water Activities**" Training Sheet. If you have any queries about any of the regulations for any water activity, be sure to consult your Assistant District Commissioner or District Scouter. They will be able to direct your query to the appropriate authority.

When swimming takes place in Swimming Pools with an attendant Lifeguard, the Leader must read, accept and implement any safety rules and conditions contained in the written operating procedures or displayed at the pool. Even though the pool's lifeguard will be on duty to supervise all swimmers, the Leader is still responsible for the good behaviour of the Scout party.

When swimming takes place at all other facilities and locations, the following regulations apply.

#### **RESPONSIBLE PERSON**

All swimming activities must be under the direct control of a responsible person who will ensure that the activity is properly organised. The responsible person does not necessarily have to be a qualified Lifeguard but must be able to properly organise the activity. When the activity involves more than one Group, then there must be one responsible person in overall control.

When organising the activity, they must ensure that the location is suitable for swimming and that the necessary safety equipment is provided. They must also arrange the necessary safety cover appropriate for the activity (based on the number of swimmers and the location) and ensure that the persons providing the safety cover are briefed on their duties. Where there are written operating procedures relating to the location, they must read, accept and comply with them. They must also carry out a risk assessment for the location and activity.

In planning the activity, the responsible person must take into account the location of the activity and the weather conditions. Account must be taken of the age, ability and state of health of the swimmers involved. In addition to this, the suitability of the water with respect to depth, cleanliness, rocks and the movement of any tide, current or undertow must be accounted for.

The responsible person must be prepared to stop an activity if and when necessary.

#### **BRIEFING OF SWIMMERS**

The responsible person must brief the swimmers taking part in the activity to ensure that they are familiar with the activity rules. The briefing should include matters specific to the location (limits to the area in use, other water users, known hazards), the emergency signal to be used to tell all swimmers to leave the water and details of the "Buddy System".

The "Buddy System" is a safety system which requires swimmers to swim together in pre-arranged groups of two or three. If one of them gets into difficulties the other member(s) raises the alarm.

## **SAFETY COVER**

When a single Troop has sole use of a facility or location the responsible person must meet the requirements of any operating procedure and carry out a risk assessment for the location and activity. They must arrange for safety cover to be provided:

- » by a person(s) with a knowledge of water safety. This person need not be formally qualified but must be familiar with the safety equipment provided, be suitably equipped and dressed and have the ability to take effective emergency action. The person must not be in the water. The primary tasks are to oversee the activity and in an emergency carry out effective rescue and resuscitation.
- » in the following numbers:

if the party size is less than or equal to 7	one person
greater than 7 but less than or equal to 20	two persons
for every additional 20 swimmers	one additional person

## **MULTIPLE USE OF FACILITY OR LOCATION**

When more than one Troop is using the same facility or location there must be one responsible person in overall control. This person must meet the requirements of any written operating procedure and carry out a risk assessment for the location and activity. They must arrange safety cover:

- » as detailed above;
- » and ensure that at least one of the persons providing the cover holds a valid National Lifeguard qualification appropriate to the location.

## **REFERENCES**

1. **The Policy, Organisation and Rules of The Scout Association.** 1995 Edition with Revisions (October 2000). The Scout Association, Baden-Powell House, Queens Gate, London, England.
2. **Swimming - Fact Sheet 120620.** July 2001 Edition No. 4. The Scout Information Centre, Gilwell Park, Chingford, London, England.