

# Camp Safety Training: Facilitator's Guide

## Aquatic Safety in Natural Bodies of Water

### Discussion Questions

- What is our responsibility when we take our campers to the waterfront?
- What challenges do we face at our waterfront?
- What information should we share with our lifeguards before our campers get in the water?

### Activity #1

**Name of activity:** Give Me Five

**Length of activity:** 10 minutes

By simply brainstorming the takeaways from the Aquatic Safety in Natural Bodies of Water training together, you can both encourage reflection and discussion, and also get a sense of staff learning styles and retention. This will give you a sense of what learning will need to be reinforced.

#### Objectives:

1. Staff will be able to communicate what active engagement does and does not look like at the waterfront.
2. Staff will be able to offer specific strategies for implementing active engagement at the waterfront.

#### Materials:

Markers, sticky note pads and large chart paper or white board located in front of group.

#### Instructions:

1. Break into small groups. Write five takeaways together (five minutes) – one on each sticky note.
2. The facilitator can prompt the groups by asking what they remember, what specific actions they would now take differently, and what they think are the most important lessons. It's a good idea to also ask how the role of lifeguard and camp counselor, or staff member, are different.
3. Each group shares sticky notes with the whole group. Write or have someone scribe on sticky notes what the group comes up with.

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## Activity #2

**Name of activity:** PFD Blindfold

**Length of activity:** 20 minutes

It's important that all campers wear a PFD when they are outside of the designated swimming area in a natural body of water. This activity will reinforce the importance of a PFD properly fitting a camper, as well as teaching your staff how to fit a PFD and be sure it's secure.

**Objectives:**

1. Staff will be able to properly fit a PFD.
2. Staff will have an increased sense of trust and community among themselves.

**Materials:**

- Blindfolds
- Three or four assorted sizes of PFDs per group

**Instructions:**

1. Bring a group of staff down to the waterfront. This can also be done in small groups anywhere.
2. Have the group form a circle.
3. Pick two participants to be blindfolded, or ask them to keep their eyes closed. One participant will be #1 and the other, #2.
4. Once they are blindfolded, place the PFDs in the middle of the circle.
5. Have the rest of the group verbally guide the blindfolded participants to the PFDs, and have participant #1 select the right sized PFD and place it on participant #2 correctly. Both participants cannot see or talk.
6. After the whole group decides they have completed the task successfully, both participants can take off their blindfolds and debrief:
  - If you were part of the larger group, what was that like?
  - If you were blindfolded, what was that like?
  - How do you select and secure the right sized PFD?

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## Activity #3

**Name of activity:** I Say Buddy, You Say Check

**Length of activity:** 20-30 minutes

Buddy checks will ensure that all of your campers are present, and that all of your campers are safe. Before your staff can lead a successful buddy check, it's helpful for them to understand the different challenges they may face. This activity is designed to be practice for your staff.

**Objectives:**

1. Staff will be able to lead a successful buddy check.
2. Staff will be able to plan for the different challenges that may occur during a buddy check.

**Instructions:**

1. Take staff to the waterfront and lead them through what a successful buddy check looks like.
2. Assign each staff member a swim buddy.
3. Have the group guess how long it will take to fully complete the buddy check when called (for example: 48 seconds).
4. Have the staff swim or play games at the water front for a few minutes. Then randomly call a buddy check.
5. Time the buddy check to see how long it actually took to complete.
6. Challenge the group to beat that time.
7. Repeat as many times as you would like.
8. End with a debrief:
  - How easy is the buddy check?
  - What challenges can you see in quickly accounting for all campers?
  - How can we plan for those challenges?
  - Why is it important to do this in a timely and efficient manner?