Swimming at Brock University

Campers will have the opportunity to swim in Brock University's Olympic-sized pool twice a week. Campers will be supervised by Brock's trained and certified aquatic staff (lifeguards). Youth University staff will also be present during swim time.

In the completion of the on-line registration, you will have given your child permission to:

Swim in the wading area (approx. 2 feet of water)
Swim in the middle area (approx. 4 feet of water)
Swim in the deep end

For safety reasons, children will be given coloured bracelets to represent their swimming options. Your child will need to wear this bracelet for the entire week. Please discuss your choice with your child in advance of his/her attendance at camp.

Also, for campers aged 9 and under, Brock University Aquatics require a swim test to indicate swimming capability. This test requires your child to swim 2 widths of the pool.

Please note that government regulations require that all swimmers wear appropriate bathing attire in the pool (bathing suits only, no t-shirts, etc). Brock University aquatic staff strictly enforce this rule.

POOL RULES

Please note that swimming takes place during an open public swim time. Youth University Staff will review these rules with Campers prior to swimming:

- Everyone must shower before swimming.
- Proper bathing suits ONLY – not cut-offs, t-shirts, or shorts/underwear.
- Sandals or deck shoes only to be worn on pool deck.
- No running anywhere in the pool area.
- No food or drinks permitted in the pool area.
- No diving in the shallow area (less than 4 feet).
- Flotation devices (water wings, tubes, etc.) allowed in shallow end only.
- Fins, masks and snorkels allowed in mid 1/3 during recreational swims.

Deep & Diving Section

- STRONG SWIMMERS ONLY (should be able to swim across width of pool easily).
- One person on board, ladder, platform, at one time.
- Make sure the way is clear before diving.
- Swim straight out to the buoy line before swimming to sides when using platform and 3m boards.

Tarzan Rope

- STRONG SWIMMERS ONLY (should be able to swim across width of pool easily).
- One person on the rope at any time.
- No swinging back to the ramp.
- Make sure person is out of the way before next person swings. Swim immediately to the side.

Whistles

- One short blast – patron's attention
- Two short blasts – get other guard's attention
- Long blasts – clear the pool (listen to lifeguards for instructions).

PLEASE FOLLOW LIFEGUARDS' INSTRUCTIONS AT ALL TIMES.