



Highlands Trailblazers Swimming & Boating Policy

1. As part of some training sessions or training camps, athletes may be given the opportunity to swim or go boating.
2. Coaches and Training Session Organizers must notify parents in advance that swimming and/or boating will be taking place.
3. Such notification shall state that:
 - Swimming and boating are not mandatory activities.
 - In most situations there will NOT be a Lifeguard present
 - Coaches/volunteers are not trained/certified Lifeguards
 - Parents of athletes allow their children/athletes to participate at their own discretion.
 - Parents may inform Coaches and Training Session Organizers that their children/athletes are not to take part in swimming and/or boating activities ("Opt Out")
4. Coaches and Training Session Organizers will provide alternate activities for athletes not taking part in swimming and/or boating
5. By allowing their children/athletes to take part in swimming and/or boating, parents attest that
 - their athlete can swim 50 metres unassisted
 - and can tread water for 5 minutes
6. During swimming activities, Coaches and/or Training Session Organizers must ensure that:
 - An adult (coach, parent or volunteer) will be on shore with a floatation device, observing the swimmers.
 - An adult (coach, parent or volunteer) will be on the water observing the swimmer (in a boat or on a SUP).
7. All persons (athlete, coach, parent, volunteer) in a boat must wear a PFD