

Algonquin and Lakeshore Catholic District School Board Requirements for Water based activities

There are elements of risk in any water based activities that require training and basic lifesaving skills to help reduce these risks. Any excursion which will involve water, including recreational swimming, requires that the student successfully complete a swim test by a certified swim instructor and the documentation of that successful test be provided to the trip organizer. The staff organizer is to keep documentation of the swim tests and a copy provided at the school for the excursion. Onsite swim tests, on the day of the excursion, must be provided by a certified swim instructor and the staff organizer is to keep documentation of the swim tests.

All staff organizers who may include water activities in the excursion, need to include examination of the appropriate OPHEA guideline, follow the appropriate safety plan and provide that documentation to the school Principal.

All efforts are to be made to ensure that any excursion has equity of access and that if students are unable to provide documentation or onsite demonstration of swimming skill for a certified assessor (ie. Lifeguard), other activities are provided for them that meet the goals and expectations of the excursion. Advance planning is vital to ensure that all students are safe and participating to the best of their ability.

All other safety elements for excursions must be applied in addition to the water based activity requirements. Documentation must be provided to the Principal prior to the excursion with the above noted exception for onsite swim tests on the day of the excursion.

Elementary OPHEA Safety Guidelines for Water Based Activities

The following OPHEA Safety Guidelines are to be reviewed when determining pre-excursion due diligence requirements. All water based activities require a pre-activity swim test. Swim testing must be administered by a qualified life guard and must take place in its entirety prior to and within the school year of the activity. The results of the pre-activity swim test must be reviewed and signed by the school Principal and the staff organizer. Results to be kept on file at the school for reference.

Elementary Swimming

[Swimming | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](https://www.ophea.net/)

Elementary Canoeing (day trip, non-wilderness)

[Outdoor Education \(Canoeing\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](https://www.ophea.net/)

Elementary Canoe Tripping (multi-day, non-wilderness, wilderness canoe tripping is not permitted for elementary students)

[Outdoor Education \(Canoe Tripping\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](https://www.ophea.net/)

**The term wilderness refers to canoe trips that are 2 hours or beyond definitive Emergency Medical Care.*

Elementary Flat-water Kayaking

[Outdoor Education \(Flat Water Kayaking\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](https://www.ophea.net/)

Elementary Paddle Rafting

[Outdoor Education \(Paddle Rafting\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Elementary Dragon Boating

[Dragon Boat | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Elementary Rowing

[Rowing | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Elementary Water Polo

[Water Polo | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary OPHEA Safety Guidelines for Water Based Activities

The following OPHEA Safety Guidelines are to be reviewed when determining pre-excursion due diligence requirements. All water based activities require a pre-activity swim test. Swim testing must be administered by a qualified life guard and must take place in its entirety prior to and within the school year of the activity. The results of the pre-activity swim test must be reviewed and signed by the school Principal. Results to be kept on file at the school for reference.

Secondary Swimming

[Swimming | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Canoeing (day trip, non-wilderness)

[Outdoor Education \(Canoeing\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Canoe Tripping (multi-day, wilderness)

[Outdoor Education \(Canoe Tripping\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Moving Water Canoeing

[Outdoor Education \(Canoeing Moving Water\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

**The term wilderness refers to canoe trips that are 2 hours or beyond definitive Emergency Medical Care. Multi-day canoe non-wilderness and multi-day wilderness canoe trips by their nature require the designated trip leader to hold very specific qualifications.*

Secondary Flat-water Kayaking

[Outdoor Education \(Flat Water Kayaking\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Paddle Rafting

[Outdoor Education \(Paddle Rafting\) | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Sailing

[Sailing | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Dragon Boating

[Dragon Boat | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Rowing

[Rowing | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Snorkeling

[Snorkeling | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)

Secondary Water Polo

[Water Polo | Ontario Physical Activity Safety Standards in Education \(ophea.net\)](#)