



Q & A Canadian Red Cross Water Safety Day Camps

A Life in the Day of Camp

The Canadian Red Cross Water Safety Day Camps offers three different programs. Swim Kids, Outdoor Adventure Club and Paddle Canada Programming! This day camp is unique to PEI and covers multiple different locations all over the province.

[Boating Program](#)

We offer Paddle Canada canoe and kayak courses! Paddle Canada sets national standards for instruction and certification for recreational paddling: canoe, kayak and stand up paddleboard. Every year, nearly 2,700+ sanctioned Paddle Canada certified instructors deliver sanctioned courses to more than 15,000 paddlers across Canada. Paddle Canada certifications are nationally accredited and internationally recognized.

[Swimming Lessons](#)

Our Swim Kids Program is for children ages 5-13 and our levels go from Level 1 – Level 10. Our curriculum consists of learning the different swimming strokes effectively, fitness/endurance and different water safety skills for in and around the water.

[Outdoor Adventure Club Program](#)

The Outdoor Adventure Club program is a curriculum we follow with lessons about Sun Safety, First Aid, Environment, Healthy Lifestyle and much more. It is for children Levels 1-4 and under 9 years old. The program includes lots of games, activities and crafts that go along with a lesson plan every day and help with the learning associated with the program.



Common Questions

- **How often do you apply sunscreen?**

We apply sunscreen every chance we get! Campers will put on sunscreen before they arrive to camp; we all apply at snack times, lunch time and when we get out of the water.

- **Who can we go to if we have any questions?**

The Supervisors! That is what they are there for; they will always be your person for information. They always love to hear your feedback, comments or concerns whether it is about the camp, their children or the instructors. The instructors are always busy with the lessons for their classes, if at any point you would like to have a discussion with them the Supervisor can find the perfect time for the conversation for you out of the water while their class is doing another activity.

Please do not interfere with an instructor while they are in the water with their class as they are looking for the safety of all of their students.

- **When do the children get a chance to eat?**

Throughout the day the campers will have one snack in the morning; they will have lunch at noon then another snack later in the day. In case a child forgets his/her snack we do have some food available for them but we do ask every participant to come ready for both snacks and lunch so they can stay active and energetic for the day! Of course, multiple times we will have water breaks and water readily available for all of our campers.

- **Does the schedule stay the same?**

Unfortunately it does not always stay the same. We have a basic outline of how we would like our day to run but every camp is different and when we arrive the day may have to change because of multiple reasons. Those reasons could be: amount of participants, the weather, the tides, the environment etc. The Supervisor on duty will make the call of any changes that best fit the needs and safety of all participants and instructors involved but always make sure that there is enough time for all of our lessons.

- **Do all the children participate in all three programs?**

If the child stays with our program until they have achieved all of their levels then yes they will go through all of our programs! During the week per summer though, they will participate in only two of the programs at one time. Every camper will do the swimming portion of our camp but OAC and Boating is divided into two groups. OAC: Levels 1-4 and then with Paddle Canada programing: Levels 5-10; over the age of 9.

- **Why do campers have to be in level 5 and 9 to go in boating?**

For the safety of the child we ask campers to have passed level 4 to ensure their safety in deep water but also with the Paddle Canada curriculum we teach how to properly maneuver canoes, kayaks and life saving techniques for tipped boats and much more.

- **Where do the children go boating and how do they get there?**

The boating site is different depending on the camp location but the site is either in a pond, river or ocean nearby. At some camps the campers are able to walk a short distance to the boating site but in other locations we provide a bus to take the participants to and from the boating site with the equipment needed.

- **How much time do the children get in the water?**

The amount of water time at each camp depends on many factors like other activities, the weather, the tides etc. The bare minimum for each class at every camp would be two forty-five minute classes. If participants are at a beach location there is opportunity for OAC and the Paddle Canada courses have portions in the water as well. If campers are not in the water it is due to a safety risk, unknown factors or they are in another activity.

- **Can I sit at the pool/beach to watch my family?**

Of course you can! The children in our programs are learning and accomplishing exciting things both instructors and children would love their families to see. In our programs children take strides in their learning and their confidence that everyone is very proud of. We do ask that families keep a respective distance from the classes while a lesson is happening so the child can really focus on what is happening in class, to their instructors and to their peers. We also understand that some individuals may also need a push from their caregivers. If at any point you would like to assist your child you can have a discussion with your child's instructor and you are more than welcome to assist your child adjust to the group settings in the beginning.





- **Can my child volunteer if they are over 13 or have completed the program?**

Yes! We love our volunteers, and the children love them too! Whenever we have volunteers join the program it is a benefit to everyone involved. All you have to do is sign up with our Day Camp Coordinator or with the Supervisors.

- **What exactly do the volunteers do?**

The main expectation for the volunteers is to learn and have fun. The volunteers assist the instructors in and out of the water with all of our programs. They are leaders for the children and a role model of behavior. We also love to have new ideas of games and teaching methods that the volunteers are more than welcome to implement throughout the day. Multiple times in the past we have had participants go through our programs, volunteer with the camps and later become a successful instructor and team member for the Red Cross Water Safety Day camps. They will gain responsibility, confidence, team work skills, and they will find many opportunities to grow.



- **What if you are unsure what level your child is in for swimming?**

That is not a problem! Our Instructors have a method of "testing" that sort the children in the levels that are appropriate for their age and swim abilities. If they are new to the program you can put them down as a "Beginner". If your child has taken swimming lessons before but you are unsure what level or it has been a while since they have last been in the level then you can write down the last level you know (example: Level 5-6) or an estimate of what you think they would be in.

- **What does "testing" consist of?**

The testing method used at the day camps is based off of our trained Water Safety Instructors. The instructors will take children unsure of their swimming level and they will start with the basics to see what each child can do. The skills include: putting head/face in the water, unassisted front and back float, glides with and without kicks, front crawl, back crawl, whip kick, elementary back stroke, breast stroke, sidestroke.

As the instructor and child move throughout these skills the instructor looks for the correct posture and ability before moving onto the next skill. The instructor will put the child in the level that is safe for their ability, challenges them to learn and sets them up for success and not failure. If you feel your child has been tested into the wrong level have a discussion with the Supervisor and the Instructor and the problem will be resolved as best as it can.

FAST FACTS

40%

Over 40% of spinal injuries caused by careless diving happen in backyard pools.

90%

Of boating related incidents can be eliminated by wearing a Lifejacket

Drowning is the second leading preventable cause of death for children younger than 10

Swimming is not just fun but it is good for you! It engages all the muscle groups in the body, and it helps develop strong bodies, good posture, physical endurance and flexibility!

For more information on swimming facts and Statistics you can go to

www.redcross.ca

For more Information on the Water Safety Day Camps

Call (902) 628-6262 or come into our office at 29 Paramount Drive,

Charlottetown PEI

