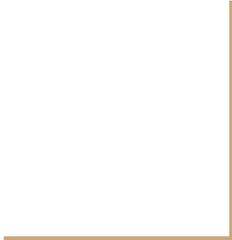


**ADKNY - Camp Nawakwa  
Level IV Bathing Beach Safety Plan  
Narrative  
for Operating and for Emergencies**

July 2021



# Swimming at Camp Nawakwa is only allowed by Key Holders and their registered guests

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## Summary

In order to swim at this facility, it is required to have two people over the age of 18 who cannot be swimming, committed to performing the required tasks for safe swimming at Camp Nawakwa.

The supervisor or the second person observing will make decisions as to the current weather conditions and if the swim area should be evacuated, and when it is safe to return to swimming.

## First Person

One person, referred to as Level IV Waterfront Supervisor (supervisor), will be in charge of opening the swim dock for the day or for the period of time that the swimming is taking place.

## Second Person

The second person must be on the swim dock or immediate swim area, watching the swimmer at all times. The second person's role is to actively watch the swimmer or swimmers and would be responsible to initiate emergency procedures, if warranted.

# The Supervisor

The supervisor can be the Host, Host designee, or Key Holder and is responsible for opening and closing the swim dock, and performing the twice-daily safety checks.

The supervisor must be within the immediate area as long as the swim dock is being used.

The safety whistle located in the swim dock safety equipment box may be used to alert the supervisor.

The supervisor is responsible for coordinating the emergency response, other than performing the swimmer rescue. The supervisor is also responsible for checking the swim area and filling out the daily Beach Operation Report form located in the swim dock safety equipment box, at least twice while the swim dock is open.

The supervisor will, firstly, using the waterfront emergency phone or the camp lodge phone, call the State Park Police. The supervisor will then coordinate actions on shore to enable emergency response personnel to get to the site as quickly as possible, and lastly, assist in the swimmer search or rescue, if needed.

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# If you want to swim

The process begins when signing in to camp at the registration desk in the lodge. After signing in according to camp rules, the swim area can be opened up.

If you haven't already read the Brochure on swimming at Camp Nawakwa, please read the Brochure and sign off on the Brochure Recognition signature form. This can also be done on the ADKNY website ([adkny.org](http://adkny.org)) prior to visiting camp.

The person who signs out the emergency cell phone and opens the swim dock is the Level IV Waterfront Supervisor for that period of time. Sign out the swim area emergency phone and take it down to the swim area and place it in the waterproof back on the hook located in the safety equipment box.

Open the swim area by checking the area for hazards and put the safety equipment in the designated area on the swim dock. Check to see if the emergency row boat is ready to perform a rescue.

When swimmers are done swimming for the day or for that time period, and there will no further swimming, return the safety equipment and close the gate to the swim dock, by hooking the chain and sign across the entrance ramp. Return the emergency phone to the charger at the registration desk in the lodge.

# Rescue Procedure

In the event of an emergency, the person on the dock observing the swimmer will immediately assess the situation.

If there is a swimmer in distress, in danger of drowning, or a lost swimmer, the person observing shall blow the safety whistle to alert the Level IV Supervisor (Host, Host designee, or Key Holder) so they can call the State Park Police from the nearest phone, if needed. The supervisor would then make sure they have the assistance they need. The Level IV Supervisor will make sure that the emergency vehicles have access and know where to go, as well as crowd control, and assisting however they can from on shore.

After alerting the supervisor, the observer will perform the lost bather search or rescue. If needed and there is time, the swimmer observer can use the emergency phone in the waterfront safety equipment box to call the State Park Police, or call the camp lodge, as needed.

Next, ask all swimmers to get out of the water immediately, ask for help, and begin perform the search or rescue as needed. All safety rescue equipment is centrally located on the dock and the rescue row boat is tied up to the dock.

# The sequence in performing a Rescue

Make verbal contact with the victim, assure them that help is on the way.

REACH - using the long metal pole with a person hook, position yourself firmly and extend the hook end to the victim. Tell the victim to grab the hook and then pull them in to the ladder.

THROW - If the victim is too far away for the hook, use the orange safety ring with 50' of rope, throw the flotation ring as close to the victim as you can. Tell the victim to move to the ring, if possible.

GO - If either of the prior rescue devices are not appropriate, use the emergency row boat to affect the rescue. Take another person and a safety flotation device with you, if possible.

# Judging swimmer ability

If there is a question as to whether or not a swimmer has the ability to safely swim in the deep-water section, the Level IV Supervisor shall perform a simple swimmer ability test as follows:

First ask them to jump in the water and tread water for 3 minutes.

Next, have the swimmer swim 4 laps back and forth between the swim float and the dock.

Upon successful completion the swimmer can freely use the deep-water section.

If the person cannot complete the required test, they must only swim in the 3-foot crib swim section at the dock.

In addition to this outlined procedure, you can read further about waterfront rules and procedures in the Applicant/Sponsor Hand Book on the ADKNY website ([adkny.org](http://adkny.org))