



TCDSB SWIM TEAM PROTOCOLS

September 2021

Participation on a TCDSB Swim Team:

- 1) The TCDSB Swim Team Participation Permission Form goes home to parents for signatures.
- 2) A teacher, principal, or vice-principal with a current certification from the Ontario College of Teachers and under contract by the school/school board is required to be part of the swim team coaching staff (either as the coach or coach liaison) and required to be at all Practices and Meets.
- 3) The school Principal and the school staff Coach/Coach Liaison ensure that the Ontario Physical Activity Safety Standards in Education (formerly OPHEA Safety Guidelines) are met:
Elementary - <https://safety.ophea.net/elementary/interschool/swimming>
Secondary - <https://safety.ophea.net/secondary/interschool/swimming>
- 4) The school staff swim team coach books an initial assessment/practice time at a Municipal/Community Pool.
- 5) The school staff swim team coach confirms/verifies the swim competency of students by having the students complete the **Lifesaving Society's Swim to Survive Standard**:
<https://www.lifesavingsociety.com/swim-to-survive.aspx>
- 6) A student may not act as a lifeguard if they are participating in the activity; nor if they are in the same class/grade as the participants.
- 7) School staff swim team coach provides results/list of students who have completed the initial screening to the Principal using the **TCDSB Student Participation Checklist for Water Related Activities** found here: <https://tcdsbceec.sharepoint.com/sites/HealthOutdoorPhysEd>

Swim Test Notes From OPASSE - **Always refer to the complete and most up to date guide on line**

Elementary - <https://safety.ophea.net/elementary/interschool/swimming>

Secondary - <https://safety.ophea.net/secondary/interschool/swimming>

Swim Test for Shallow and Deep Water

- An initial screening/testing of swimming ability must be done in shallow water prior to the activity.
- Schools must adhere to the facility swim test standard regarding the components of the swim test for shallow and deep water. If a facility swim test standard does not exist, the Lifesaving Society Swim to Survive swim standard must be used.
- The swim test must be administered by a certified aquatic instructor or a certified Lifesaving Society National Lifeguard (the test is based on the Lifesaving Society's Swim to Survive™ Standard).
- The swim test must be completed within the school year in which the activity is taking place.
- In lieu of completing the swim test, students may provide proof of a Bronze Medallion certification or higher.
- Results of the swim test must be documented and communicated as per school board policy.
- Students who do not pass the swim test or who do not have the aforementioned certification must not participate in the activity.

Aquatic Instructor Qualifications for the Swim Test for Shallow and Deep Water

- An aquatic instructor must possess both an aquatic instructor certificate and a lifeguard/assistant lifeguard certificate that are dated not more than two years prior to the date on which they are acting as an aquatic instructor and lifeguard. If the aquatic instructor does not hold a lifeguard certificate or an assistant lifeguard certificate, a certified lifeguard must also be on deck during the swim test.
- Aquatic Instructor Certificates:
 - Canadian Red Cross - Water Safety Instructor Certificate
 - Lifesaving Society - Instructor Certificate
 - YMCA - Instructor Certificate
 - Ontario Teachers Aquatic Standard (OTAS) - for pool situations only
- Verified copies of certification must be available in the pool area.

Lifeguard Qualifications for the Swim Test for Shallow and Deep Water

- A lifeguard must be 16 years of age or older and possess a current (the date on the certificate must not be older than two years) lifeguard certificate issued by one of the following organizations:
 - Lifeguard Certificates:
 - Canadian Red Cross - Pool Lifeguard
 - Lifesaving Society - National Lifeguard - Pool
 - Equivalent certificate approved by Minister of Health and Long Term Care
 - Assistant Lifeguard Certificates for Pools:
 - Canadian Red Cross - Assistant Lifeguard
 - Lifesaving Society - Bronze Cross
 - Equivalent certificate approved by Minister of Health and Long Term Care
- A student may not act as a lifeguard if they are participating in the activity.
- Verified copies of certification must be available in the pool area.