

OCEAN SWIMMING: GUIDELINES AND REQUEST FOR PERMISSION

This form must be submitted to the service unit manager or troop consultant along with the "Troop Activity: Request for Approval" form. **Girls must swim only in areas where ocean certified lifeguards are present.**

Proposed Destination: _____
(name of beach or specific location)

1. _____ Written parental/guardian permission is on file for each girl
2. _____ Girl Health History Record is on file for each girl
3. _____ Lifeguard name: _____
Ocean lifeguards have much higher level of certification. Traditional American Red Cross and YMCA lifeguard certifications do not qualify to lifeguard on ocean waters.
4. _____ 2 additional watchers (names): 1. _____ 2. _____
5. _____ Troop leader knows the swimming ability of each girl (refer to *Safety-Wise*)
6. _____ Lifeguard and watchers know each girl's ability
7. _____ Buddy system is established, girls understand the system
8. _____ Swimming ability areas are clearly defined; girls understand them
9. _____ Beach area has been checked; bottles, glass and other sharp objects removed
10. _____ Water is known to be free from dangerous marine life
11. _____ Qualified first aider: _____
12. _____ First aid kit
13. _____ Basic rescue equipment readily available
14. _____ A list of beach area emergency phone numbers is on file (e.g., police, hospital, rescue, ambulance)
15. _____ Girls have received instruction in basic rescue and self-help techniques
16. _____ Boating area is separate from swimming area
17. _____ Swimming area is clearly designated as a "no surfing" area
18. _____ Girls understand that no inflatable items may be used in the water

NOTE: It is recommended that girls wear bathing caps for identification when swimming in crowded areas.

ALL items must be checked/filled in before the service unit manager or troop consultant will grant this permission.

Service Unit Manager Signature Date