

Supervision by Certified Coaches

Caregiver supervision can vary during times of controlled organized activity (organized sports club practice). The following chart can be consulted by certified coaches when determining caregiver supervision requirements.

Age	Swimming Ability	Supervision Type
5 – 8 years	Swimmer	Proximity – Beyond reach nearby (5 – 25m) Continuity – Watching child intermittently Attention – Listening, can hear child
9 – 12 years	Swimmer	Proximity – Beyond reach nearby (5 – 25m) Continuity – Watching child intermittently Attention – Listening, can hear child
13 – 19 years	Swimmer	Proximity – Beyond reach distance (5 – 50m) Continuity – Watching child intermittently Attention – Visual

Supervision Guidelines (public, schools, day cares, camps, etc.)

The Lifesaving Society recommends the following ratios for caregivers to children under the age of 8:

- One caregiver for every 4 children
- One caregiver for every 8 children if lifejackets are worn by all children

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management, drowning research and lifesaving sport. Annually over 1,200,000 Canadians participate in the Society’s swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada’s National Lifeguards.

The Lifesaving Society of Alberta and the Northwest Territories acknowledges the support of the governments of Alberta and the Northwest Territories.



Lifesaving Society Alberta and Northwest Territories

Canada’s Drowning Prevention Charity

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WITHIN ARM'S REACH AND ACTIVE SUPERVISION



LIFESAVING SOCIETY®
The Lifeguarding Experts

Caregivers

- Caregivers include parents, grandparents, teachers, coaches, day care supervisors, aides, camp leaders, etc.
- Caregivers play a crucial role in keeping children safe when, in, on or around water.
- Active supervision includes being able to touch, see and hear children.

Child Drowning Facts

- Drowning is one of the leading causes of unintentional injury death among children.
- The absence or lapse of adult supervision is a factor in most child drownings.
- On average each year 60% of children who drown are alone.
- Half of all children who drown are unsupervised or poorly supervised (supervision present but distracted; supervised by other minors only).
- The level of supervision decreases when provided by an older sibling.
- Never leave your child under the care of an older child or assume that your responsibility diminishes due to the presence of other caregivers.

Proximity	Continuity	Attention
Touching	Watching child continuously	Focal – Able to see and hear child
Within Arms Reach (within 1m)	Watching child intermittently	Peripheral – Able to hear child
Beyond Reach Nearby (1 – 5m)	Not watching child	Visual – Able to see child
Beyond Reach Distance (6m or greater)	Absent - Not present	Absent – Not able to see or hear child

Deep Water

- Deep water is considered chest deep for children.
 - Deep water is based on the individual.
 - Caregivers should have knowledge of the swimming area before entering, including water depth and identifying hazards in and around the swimming area.
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Lifesaving Society Recommended Minimum Level of Supervision

Age	Swimming Ability	Supervision Type
0 – 2 years	Non Swimmer	Proximity – Touching Continuity – Constant supervision Attention – Focused supervision on child
3 – 4 years	Non Swimmer	Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child
	Swimmer	Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child
5 – 8 years	Non Swimmer	Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child
	Swimmer	Proximity – Beyond reach nearby (1 – 5m) Continuity – Watching child intermittently Attention – Listening, can hear child
9 – 12 years	Non Swimmer	Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child
	Swimmer	Proximity – Beyond reach distance (6m or greater) Continuity – Watching child intermittently Attention – Listening, can hear child
13 – 19 years	Non Swimmer	Proximity – Beyond reach nearby (1 – 5m) Continuity – Watching child intermittently Attention – Peripheral
	Swimmer	Proximity – Beyond reach distance (6m or greater) Continuity – Absent Attention – Absent