



# WATER SPORTS & HIGH-RISK ACTIVITIES

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Required by Adventist Risk Management, Inc

Water sports and other high-risk activities require greater levels of experience on the part of leaders, increased levels of monitoring and protection, and additional control measures on the part of leaders and Pathfinders alike. To reduce the potential for accidents, it is crucial that:

- All participants have achieved any mandatory prerequisites before they are allowed to participate in water sports or high-risk activities sponsored by the Pathfinder club.
- A safety orientation is provided to all participants before the activity is undertaken and verification is made that all Pathfinders have the appropriate signed parent/guardian permission form on file before they are allowed to participate in said activity.
- All participants (including volunteers) in water-related sports (except swimming) are always required to wear personal floatation gear, without exception.
- Water-safety personnel and lifeguards with current lifesaving/CPR certifications are present.
- All appropriate safety gear required of specific high-risk activities will always be mandatory, without exception; and
- Participants who refuse to follow established safety rules and practices are removed from the activity.

(This information was acquired from *Pathfinder Safety – A Duty to Protect*, Adventist Risk Management, Inc. Color Press, 2009)

*Water sports and swimming need additional supervision and safety measures. Make sure a lifeguard is on duty when your pool is open. The American Lifeguard Association (ALA) recommends **having a minimum of two lifeguards** on duty at all times. If the swimming pool population reaches 50 swimmers, the ALA suggests a lifeguard should be added for every additional 25 persons as a minimum standard, and every lifeguard chair should be occupied whenever the swimming pool is open.*

Safety Resources – [www.NADYouthSafety.org](http://www.NADYouthSafety.org)