



**CARLETON
ATHLETICS**



Aquatic Camps Handbook

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About us

For many years, Carleton Athletics has offered safe, fun, and engaging aquatic camps in the heart of Ottawa. Our mission is to inspire children and youth to develop a lifelong passion for aquatics, lifesaving, and all things water-related.

Through exciting challenges, positive experiences, and supportive instruction, we help campers build friendships, strengthen their water safety knowledge, and enhance their swimming and lifesaving skills.

All of our programs follow the curriculum and standards of the Ontario Lifesaving Society, and our dedicated staff are fully trained and certified as National Lifeguards and Swim and Lifesaving Instructors to ensure the highest quality of instruction and care.

Carleton Athletics was the 2022, 2024 & 2025 Ontario Lifesaving Society award recipient of the largest single facility Lifesaving Program.



Camp Descriptions



Junior Lifeguard Camp (JLC)

The Junior Lifeguard program introduces participants to the three-level Canadian Swim Patrol program—Rookie, Ranger, and Star Patrol—offering a dynamic blend of lifesaving education, fitness, and fun in a supportive camp atmosphere. Designed for kids aged 9 and up

who can swim at least 25 meters and tread water for two minutes, this program goes beyond traditional swim lessons by developing strong swim strokes, teaching essential lifesaving skills, and laying the groundwork for future lifeguard training. Participants will challenge themselves as they progress toward the Bronze Star award and a potential future in lifeguarding.



Bronze Star Camp

Bronze Star candidates will work to develop swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. The prerequisite is some Swim Patrol experience or ages 10-12yrs.



Bronze Medallion & Emergency First Aid Camp

Bronze Medallion challenges candidates both mentally and physically, focusing on the four key components of water rescue: judgment, knowledge, skill, and fitness. Through hands-on training and real-life scenarios, participants develop the critical thinking and problem-solving skills needed to make sound decisions in, on, and around the water. This course is the first step toward becoming an assistant lifeguard and is a prerequisite for Bronze Cross. Candidates must be 13 years old by the exam date or hold (need not be current) a Bronze Star certification.

Camp Descriptions



Bronze Cross Camp

Bronze Cross builds on the skills learned in Bronze Medallion and marks the transition from lifesaving to lifeguarding, preparing candidates for roles as assistant lifeguards. Emphasizing teamwork, communication, and active surveillance, this course deepens participants' understanding of aquatic emergency prevention and response.

Candidates refine and expand their lifesaving techniques while gaining practical experience in recognizing and managing risks in aquatic environments. Bronze Cross is a prerequisite for advanced lifeguard training, including the National Lifeguard and leadership certification programs. Prerequisites include Bronze Medallion and a Lifesaving Society Emergency or Standard First Aid certification (or equivalent from an approved agency), which need not be current.

Note: Due to recent WSIB changes to the minimum instructional hour requirements for First Aid curriculum, we are no longer able to offer the Standard First Aid certification component as part of our Bronze Cross Camps. Please reach out to learn about additional first aid training opportunities.



National Lifeguard Camp

The National Lifeguard course is the final step in lifeguard training, building on the foundational skills learned in Bronze Medallion and Bronze Cross to prepare candidates for professional lifeguarding roles in pools and aquatic facilities across Canada. This comprehensive course focuses on advanced rescue techniques, injury prevention, effective communication, and team-based emergency response, equipping candidates with the confidence and competence needed for real-world lifeguarding. Designed for lifesavers seeking employment locally or nationwide, National Lifeguard certification is nationally recognized and widely respected. Prerequisites include being 15 years old by the exam date, successful completion of Bronze Cross, and a Standard First Aid certification (current or from an approved agency).

Note: All aquatic camps are based on program standards set out by the Lifesaving Society of Ontario.

Drop off & Pick up

Drop off for all aquatic camps, except the National Lifeguard Camp, is in the Field House. We kindly ask that you respect the drop-off window and arrive on time, to ensure no instructional time is lost.

Drop-Off/Check-in time is **8:30 – 8:45am** in the Field House
Pick-Up/Sign Out time is **4:15 – 4:30pm** in the Field House.

Candidates registered in the National Lifeguard Camp are asked to meet the NL Instructor on pool deck 10-15min prior to course start (8:30am). Camp is scheduled to end at 4:30pm. Candidates can be picked up on deck at 4:30pm or arrange alternative meet-up location with their parent/guardian.

IMPORTANT: During drop-off on the morning of Day 1, parents/guardians will receive a unique pick-up code for each camper. This code must be provided to instructors at sign-out each day.

Early/Late Supervision

Early/Late supervision is available as an 'add-on' during registration for select camps/weeks.

**Early supervision runs from 7:30 – 8:30am and
Late supervision runs from 4:30 – 5:30pm in the Field House.**

If you would like to add early & late care to your child(ren)'s camp after the time of registration you can do so by calling or visiting our Welcome Center. (613-520-4480)

Drop off & Pick up con't

If you are planning to arrive at camp after 8:45am or would like to pick your child up before 4:15pm, please let the camp Instructor know ahead of time or by calling 613-520-5625 to speak with the Lifesaving Camp Supervisor. Non urgent emails can be sent to aquatics@carleton.ca

Please note that arriving late or leaving early may result in missed instructional or exam camp time, which can impact a camper's ability to earn their certification.



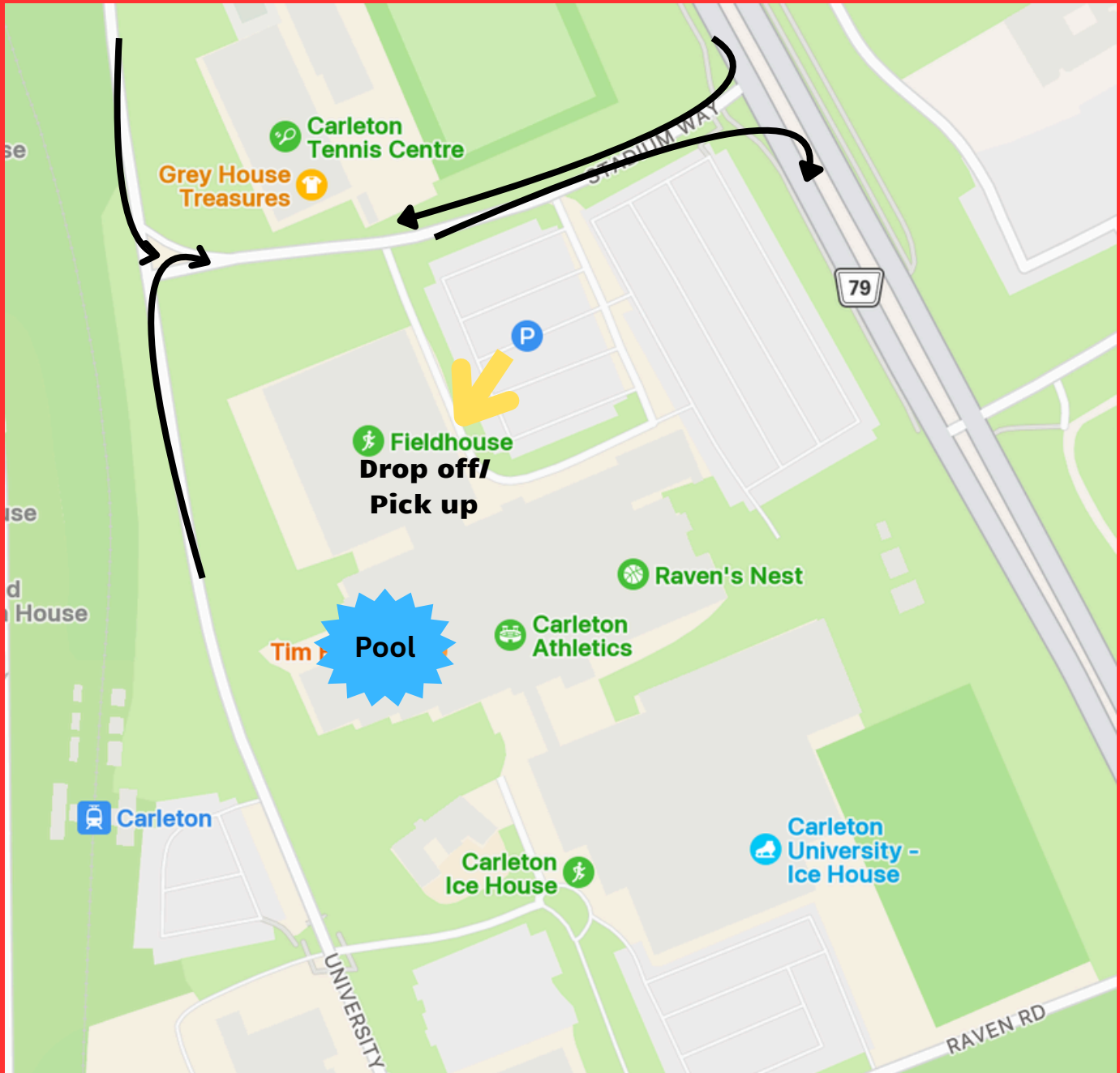
Self-Sign Out Option for Older Campers (Ages 12+)

Campers aged 12+ have the option to self-sign out and leave on their own at the end of each day. If you would like your child to have this option, please note the following:

- A Self-Sign Out form can be filled out during check-in/out on Day One of camp.
- For your convenience, the form is also available online and can be completed in advance. Please ensure your child brings a physical copy of the signed form on the first day of camp.
- This form must be signed by a parent or guardian for the camper to be eligible.

Campus Map

The pool is located in the Athletics Centre – 2nd Floor, which is attached to Alumni Hall and the Field House.



Please keep in mind that Parking is not free, so please pay for parking if you intend to stay in Lot 5 longer than just a drop-off or pick up, in order to avoid getting a ticket from Parking Services.

Camp Overview



Daily Programming

8:30 - 8:45am

Drop off/Check-in

8:45 - 11:45am

**On-deck and classroom instruction and practice
(first aid and in- water skills)**

11:45am - 12:45pm

Lunch

12:45 - 4:15pm

**On-deck and classroom instruction and practice
(first aid and in- water skills)**

* The final afternoon of Bronze Medallion, Bronze Cross and National Lifeguard camp will be a practical on-deck exam of first aid knowledge and water based lifesaving skills. Attendance and successful completion of this component of the camp is required for certification award. No alternative exam date or time is available.

4:15 - 4:30pm

Pick up/Dismissal

Bronze Medallion campers must complete the Emergency First Aid (Medallion) written test before their final practical exam. Instructors will administer the test on the 3rd or 4th day. If your camper needs extra support to complete this written test, please inform your instructor or the Lifesaving Supervisor in advance.

What to Bring



- **At least (1) swim suit**
 - Due to the physical nature of these camps, it's recommended that campers wear either a one-piece bathing suit or well-fitting swim trunks.
- **At least (1) towel**
 - It's beneficial to have more than (1) towel in order to stay warm and dry in-between swims. We do have extra towels if needed.
- **Swim Goggles**
 - Goggles can make demonstrating some of the lifesaving skills easier and more comfortable. Borrowing goggles from our 'lost & found' is not recommended for health & safety reasons.
- **Snacks (nut-free) & water bottle**
 - While a full cafeteria lunch is provided, campers are encouraged to bring snacks and a water bottle to help fuel their body and stay hydrated. Campers will be given short breaks throughout the day to grab food/water. Please keep in mind that Carleton Athletics is a nut-free zone.
- **Gym bag/Backpack or Lock**
 - Lockers (in the main locker rooms) are available for day use only. We recommend that campers bring clothes/valuables etc. to the pool-deck in a gym bag or backpack for safe-keeping but they are welcome to use a locker as well.
- **Manuals, notebook and pen/pencil**
 - Campers should bring daily, any manuals issued as part of their camp. *Canadian Lifesaving Manual* (Bronze Medallion and Cross), *Alert manual* (National Lifeguard). Note: National Lifeguard campers will also need a Fox 40 whistle.

Things to Note...

- Parents/spectators are not permitted on the pool deck during camp. You are welcome to watch from the pool gallery on the 3rd floor.
- If your camper has any allergies or medical conditions that were not noted, at the time of registration, please send to aquatics@carleton.ca
 - If the allergy requires the use of an EpiPen or life-saving medication, ensure that the camper has a means to carry it with them at all times, they should also bring it on deck (in a bookbag or they can leave it in the guard office).
- If a serious injury and/or sickness occurs, parents / guardians will be contacted immediately by a Lifesaving Supervisor.
- We expect all campers to behave respectfully toward fellow campers and Carleton staff, whether on deck, in the classroom or during lunch in the cafeteria. Creating a safe and inclusive environment is a shared responsibility, and inappropriate behaviour could result in removal from the camp.

Bullying of any form is unacceptable. This expectation applies to both staff and campers. Bullying is any unwanted physical, verbal, social or psychological behaviour that results in humiliation or intimidation. Campers should report any bullying to either their Instructor or the Lifesaving Supervisor on duty. We are committed to maintaining a safe, and inclusive environment for everyone.



Is there a 'Lost and Found'?

We recommend labeling all items / belongings. We keep a lost and found in our equipment room just off the pool deck specifically for items that get left behind at the pool. Please ask your camper's Instructor if you have lost something.

Can friends request to be in the same group?

While we cannot guarantee that large groups of friends will be able to be together, the Lifesaving Supervisor will give campers the opportunity to pair up with one or two friends on the first morning of camp, of the same camp certification.

What is your refund and withdrawal Policy?

Details for our refund and withdrawal policy can be found [HERE!](#)

Can my camper miss part of camp and still earn their certification(s)?

Due to the condensed nature of these certifications courses within a week long camp, time missed will limit skill development or demonstration opportunities and impact success in the final exam. Any written tests must be completed before the final practical exam, and we are unable to accommodate alternate test dates or times if you are not present when they are administered by the Instructor.

Connect with us!



RAVENS CENTRE
CURAVENS



CARLETON
ATHLETICS



613-520-2600 EXT 8458



AQUATICS@CARLETON.CA



Athletics Building
1125 Colonel By Drive
ON K1S 5B6