



Adventist Risk Management, Inc.



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Play It Safe and Have Fun!

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Dear Mom and Dad,

Week two at camp has been so much fun! We got to do all kinds of fun stuff!

In archery, our activity leader kept falling asleep so we would all wait until she started snoring and then play tag by trying to sling the arrows at each other. It was so much fun! Only a few people were bleeding by the end of it. My friend Rex calls it "battle scars" and he says it's cool.

Then in the rope courses, our activity leader let us go two at a time on the tight ropes! His cell phone was always ringing so I think he wanted us to finish faster so that he could talk on the phone. I was kinda surprised that the rope didn't even break! I think next time we are going to see how many people it takes to break the rope. I'm excited!

Talk to you guys next week. Love, Tommy"

In addition to preparing your facility, it's important to make sure your staff is ready too! Camp activities can include various sports such as hiking, biking, archery, crafts, rope courses, horse riding, etc. These activities need proper supervision, and supervisors should be trained and certified for such activities.

As you select your camp staff, review ARM's Solutions article, [We Are Accountable](#) to learn three ways you can create a safe environment for your campers.

Water sports and swimming need additional supervision and safety measures. Make sure a lifeguard is on duty when the campers are swimming. 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 patrons as a minimum standard and that every lifeguard chair should be occupied whenever the swimming pool is open.

Camp activities may also involve sports that can end with injured campers. According to the Centers for Disease Control and Prevention,

more than 200,000 children ages 14 and younger are treated in the emergency department for playground-related injuries. Learn more about how to prevent sports injuries in ARM's Solutions article, [8 Ways to Improve Your Youth Sports Safety](#).

High-risk activities such as rappelling, rock climbing, a high ropes course (over 6 feet), and All-Terrain Vehicle (ATV) activities are excluded activities on ARM's insurance policy. If your camp wants to offer these types of activities, please contact your ARM account executive to make sure the proper insurance is in place.

Proper planning, supervision, and necessary training are key factors to operate a safe and enjoyable summer camp. Take time to review these points with your camp staff before the campers arrive!

For more safety information during child and youth activities, visit the [Child and Youth Activities page](#) on our website.

Missed part one? Check out the first installment in our Summer Camp Series, [Is Your Camp Ready?](#) right now!

References

¹<http://americanlifeguard.qhub.com/113431/>

²<http://www.cdc.gov/family/kids/summer/index.htm>

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