Schreiner University Campus Recreation Swim Requirements

- Mandatory for all off campus events that could possibly involve water sports or activities without the presence of a lifeguard, including kayak and canoe rentals.

Swim Test Requirements

*Will be administered by a lifeguard*

1. Swim one length of the pool (freestyle or breath stroke).
2. Hold breath under water for 20 seconds
3. Tread water for 30 seconds
4. Successfully put on a life-vest that is thrown to tester while in deep water

*Once the patron passes the test. The lifeguard will sign off a sheet saying that they’ve passed and will be signed by the tester, lifeguard, and Director of Campus Recreation. (See page 2)

*In the event a person fails the swim test, they would be referred to take swim lessons in order to pass. Since none of our lifeguards at Schreiner are certified in “Water Safety” (WSI), they would have to take swim lessons at a local institution. (i.e. Family Sports Center, Hill Country Safety, Croc Center, etc.)

* All files will be documented by the Director of Campus Recreation.

*Each student who passes shall receive a sticker or hologram that goes onto his/her Schreiner University ID card.

Available Dates by appointment: Director of Campus Recreation (830) 792-7412

Wednesday, June 5th: 4pm
Friday, June 14th: 5pm
Friday, July 19th: 4pm
Friday, August 9th: 5pm
Wednesday, August 28th: 4pm
Thursday, August 29th: 4pm
Friday, August 30th: 5pm
Thursday, October 17th: 4pm
Friday, October 18th: 5pm
### Schreiner University Campus Recreation SWIM TEST

**Swim Test Requirements**

*Will be administered by a lifeguard*

1. Swim one length of the pool (freestyle or breast stroke).  
   Y or N (circle one)
2. Hold breath under water for 20 seconds  
   Y or N (circle one)
3. Tread water for 30 seconds  
   Y or N (circle one)
4. Successfully put on a thrown life jacket in deep water  
   Y or N (circle one)

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<tr>
<th>Name of Tester</th>
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### Schreiner University Campus Recreation SWIM TEST

**Swim Test Requirements**

*Will be administered by a lifeguard*

1. Swim one length of the pool (freestyle or breast stroke).  
   Y or N (circle one)
2. Hold breath under water for 20 seconds  
   Y or N (circle one)
3. Tread water for 30 seconds  
   Y or N (circle one)
4. Successfully put on a thrown life jacket in deep water  
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Schreiner University Campus Recreation Boating Program

BOATING ORIENTATION PROGRAM

Description: Boat orientations are a mandatory prerequisite to check out canoes and kayaks. Each participant will become familiar with a boat and the accepted local waterway laws, and water-based hazards. Each patron will need to bring a vehicle because we will use it to demonstrate proper tie down techniques. They will also need to pass a kayaking and canoeing swim test before renting a boat.

Boat Orientation Process: Available by appointment only. M-TH 10am-3:30pm

1. Patron watches and fully understands boating video (video clips below)
2. Patron demonstrates effective adjustment of personal flotation device (PFD)
3. Patron demonstrates key elements of ACA boating safety practicum
4. Patron demonstrates a safe, secure attach, load, and unload of canoe & kayak to vehicle (see page 4)
5. Patron passes Boating Quiz (see page 5)
6. Patron Passes Swim Test
   a. swims one length of the university pool
   b. holds breathe under water for 20 seconds
   c. tread water for 20 seconds
   d. properly put on a PFD that is thrown to them
7. Patron communicates a clear understanding of the responsibility he/she assumes for all damages and liability associated with the use of the equipment

*The Director of Campus Recreation will be the one administering the Boating Orientation and a lifeguard will administer the swim test.

*The Director of Campus Recreation will have the tester sign off on the Boat Orientation Form as they go through the orientation process and both the Director of Campus Recreation and the tester will sign their signature at the bottom of the form as they have completed the program. Once the orientation program is complete they will not have to take the program again. (See page 6)

*As part of the orientation process each patron will be required to watch a 10 minute video. Below are some videos that will be shown.

http://www.youtube.com/watch?v=luJANKpRo0w
http://www.youtube.com/watch?v=otakobRXynM
http://www.youtube.com/watch?v=AMjH8eASu38
How to re-enter a sit on top kayak video:
http://www.youtube.com/watch?v=NmaNBXEa_yQ
Rack Instructions
http://www.youtube.com/watch?v=Jooc9iUnuS4
Key Points for the tie-down orientation process:

- Tie-down may vary slightly according to the model of vehicle.
  - Adhere to the American Canoe Association's advice on boat tie-downs: two straps “amid ships” in addition to a “V” strap at each end.
  - Straps should be hooked-to or looped-through solid parts of the vehicle.

- Some vehicles will not be appropriate for transporting boats
  - It is always OK to make this (negative) determination if you think the tie-down will be unsafe.
  - It’s NOT OK to make an affirmative determination (“Looks good”; "We can make it work on your vehicle") - let that be the patron’s call.

Re-emphasize the assumption of risk aspect of the loan agreement.

- Involve the patron in the loading and tie-down process.
  - Observe, give guidance and help, but don’t do it all for them
  - Reinforce that they are taking responsibility for the outcome
  - Explain our priority is in making reasonable efforts to help them get a tight/secure tie-down, but that they take responsibility for damages.

- Ask the patron to double check the tie-down and also to consider possible damage to the vehicle and ways to guard against that.
  - Do not provide assurances that that the boat is secure or that the vehicle won’t get scratched.
Boating Orientation Quiz
*Must be completed at the conclusion of Boating Orientation*

1. What is a Tandem kayak and how many people is it designed for? (fill in the blank)

2. Before entering the water you should make sure your wearing (circle one)
   a. life jacket
   b. backwards hat
   c. bandana
   d. whistle
   e. both A and D

3. If flipped out of your kayak, what is the proper method to re-enter (circle one)
   a. Jump back into your kayak
   b. Let your feet float to the top of the water and lift yourself up and in
   c. Swim to shore and wait until the kayak drifts back to you
   d. There’s no way back in

4. What is the proper method to paddle (circle one)
   a. Short, skim the water
   b. Long, deep, wide strokes
   c. Quick, sporadic strokes
   d. Two strokes forward and one stroke backwards

5. When kayaking it important to have proper posture?
   a. True
   b. False

6. When loading your kayak onto your vehicle it is important to remember your blocks and to tie your straps around what two stable objects? (circle two)
   a. Roof of vehicle or rack
   b. Kayak
   c. Side mirrors
   d. Windshield wipers

7. Standing up in your kayak is safe and is just another part of the kayaking experience. (circle one)
   a. True
   b. False

8. A minor bend of the knees will provide lower body strength to help paddle without straining your back. (circle one)
   a. True
   b. False

9. Direct your kayak left by paddling on which side? (circle one)
   a. Left
   b. Rear
   c. Normal, alternate strokes
   d. Right

10. Inspecting your boating equipment before and after use for damages and repairs is optional. (circle one)
    a. True
    b. False
At the completion of the Boating Orientation Program, the Director of Campus Recreation will document and file all the approved paperwork and tester will receive a sticker or hologram that will go on the Schreiner ID.

<table>
<thead>
<tr>
<th>Schreiner University Campus Recreation: Boat Orientation Form</th>
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<tbody>
<tr>
<td>Name: ________________________ ID: ________________________</td>
</tr>
<tr>
<td>Member Status (circle one)</td>
</tr>
<tr>
<td>Boat Orientation:</td>
</tr>
<tr>
<td>Patron watches and fully understands boating video</td>
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</tr>
<tr>
<td>Patron passes Boating Quiz</td>
</tr>
<tr>
<td>Patron passes swim test</td>
</tr>
<tr>
<td>Patron communicates a clear understanding of the responsibility he/she assumes for all damages and liability associated with the use of the equipment</td>
</tr>
<tr>
<td>I, __________________________, (print patron name), understand and am proficient in all of the above indicated aspects of the boat orientation.</td>
</tr>
<tr>
<td>Signature of Patron</td>
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*At the completion of the Boating Orientation Program, the Director of Campus Recreation will document and file all the approved paperwork and tester will receive a sticker or hologram that will go on the Schreiner ID.*
BOATING AND RENTAL PROGRAM

*After the completion of the Boating Orientation Program, each patron may rent a boat.

- **Equipment Checkout: M-F 9am-5pm; Sat & Sun by appointment only**
  - Patrons must read and sign the Equipment Rental and Liability Release Waiver Form (see page 8)
  - An Equipment Loan Form will be completed by each renter(s) and staff each time the equipment is checked out. (see page 9)
  - Staff and patron(s) assemble and pre-inspect equipment, confirming good condition.
  - Fees will be assessed if equipment is returned late, damaged, wet or excessively dirty.
  - Patron will be charged the cost of replacement for equipment which is lost or irreparably damaged.

- **Equipment Return: M-F 9am-10pm; Sat 10am-10pm; Sun 2pm-10pm**
  - Individuals checking out equipment must return that equipment at the time appointed on the Sign out sheet.
  - Patrons must return equipment clean, thoroughly dry and in good condition.
  - There should be no instances of users simply "dropping off" equipment without inspection by a work study staff member or the Director of Campus Recreation.
  - Any patron who fails to return equipment or pay fees will be banned from Campus Rec until payment has been made.
  - A late fee of $5.00 will be charged for everyday that rented equipment has not been turned in as stated on the ‘Equipment Loan Form.’

*These policies are aimed at ensuring that:
* The equipment is returned in good condition
* It is processed and stored appropriately
* Our records of inventory are complete and up to date*
Equipment Rental and Liability Release Waiver

I accept for use, as is, the rental equipment listed on the Sign Out and Sign In Sheet, and accept full financial responsibility for the care of the rental equipment while it is in my possession. I will be responsible for the replacement, at full value, of any equipment rented which is lost, stolen, damaged or otherwise not returned to Schreiner University as well as any other applicable fees as outlined on the Equipment Rental Agreement.

I understand that the sport of paddling, and other related water activities involve inherent and other risks of INJURY and DEATH. The risks include but are not limited to: physical exertion, inclement weather, capsizing of watercraft, immersion in water, hypothermia, accidents or illness in remote areas, equipment failure and malfunction, drowning, and loss or damage to personal property.

1. I voluntarily agree to expressly assume all risks of injury or death that may result from the use of this equipment.

2. I agree to use the rental equipment only in the specified and agreed upon area discussed between myself and the Schreiner University Campus Recreation Department (e.g.: I will not take a rented boat down to the Gulf of Mexico if the rental agreement was only for the Guadalupe River).

3. I further agree to wear an approved personal flotation device at all times while in a rented kayak.

4. I confirm that I am physically fit to operate and use said equipment and that I understand the equipment’s use and function.

5. I understand that I am responsible for the transportation of rented kayaks. I certify that I am familiar with proper techniques for loading, securing, and unloading rented kayaks to a vehicle and/or trailer and am capable of applying the techniques without assistance from the Schreiner University Campus Recreation Staff.

6. I agree to release Schreiner University, its employees, owners, volunteers, affiliates, agents, officers, directors and manufacturers and distributors (collectively “providers”) of the equipment from all liability for injury, death, property loss and damage which results from the equipment user’s participation in the sport of kayaking and canoeing, or is in any way related to the use of this equipment, including all liability which results from negligence of providers, or any other person or cause. I further agree to defend and indemnify providers for any loss or damage, including any that results from claims or lawsuits for personal injury, death and property loss and damage related in any way to the use of this equipment.

With respect to group rentals, the undersigned lessee hereby represents and warrants that he/she has secured the consent of all users of the equipment being leased to assume all risks of injury, loss or damage resulting from or related to the use of this equipment and to release Schreiner University from all liability as provided above.

I, the undersigned, have read and understand this equipment rental and liability release agreement.

Name                               Signature                               Date

Schreiner University
BOATING RISK MANAGEMENT

Schreiner University Campus Recreation makes every effort to provide the best quality equipment, information, and instruction, but we cannot assume liability for personal injuries, damaged equipment, or lost equipment.

Before your outing, we require you take a BOATING ORIENTATION, SWIM TEST, and to sign an EQUIPMENT RENTAL AND LIABILITY RELEASE WAIVER. A release form that has been signed in advance by a parent or guardian is required for each minor traveling with others.

To download our BOATING ORIENTATION program guidelines and the EQUIPMENT RENTAL AND LIABILITY RELEASE WAIVER so that you can read, click the bold print.

Water related recreational activities have inherent risks, dangers, and hazards; expose participants to strenuous conditions; and place participants in isolated settings. Assess your physical capabilities accordingly and if you are unsure, check with your doctor.

The ability to swim is an important skill, but don’t overestimate your swimming ability. We urge you to wear your Personal Flotation Device (PFD) at all times.

- Schreiner University reserves the right to refuse participation when subjects are not dressed properly for kayaking conditions.

- Schreiner University Campus Recreation rental kayaking is suitable for all skill levels. If subject is under 18 years of age, they must be accompanied by an adult or legal guardian. Our standards for determining suitable conditions are elevated for trips including children.

- Any subject who appears intoxicated or under the influence of illegal or controlled substances will not be allowed to rent or participate. Schreiner University strongly discourages the use of alcohol while on the water.
**PROPER CLOTHING**

Plan on getting wet -- especially your feet!

- Cotton is great in the summer, because it helps keep you cool and provides some sun protection, but it does not dry quickly and is not suitable for cool, wet conditions. Inclement summer weather calls for light layers of polypropylene or other wicking synthetic tops and bottoms. A water/wind proof shell should also be readily available. Spring and fall demand heavier pile or fleece in combination with paddling jackets and pants. Don't forget the warm hat. When water and air temperatures together total less than 100°, wetsuits or specialized protective clothing are required. A hat for sun protection of eyes and skin is also handy.

- Preferred footwear includes old sneakers, sandals, or water shoes. Your footwear should be securely fastened to your feet, so that shoreline mud or any swim does not grab and take them. No flip-flops, loafers, or bare feet -- broken glass and other sharp objects are always a threat. Spring and fall paddlers should consider wool or fleece socks, or neoprene booties. Never wear oversized boots in the boats. Bring dry clothes, foot ware, and jackets for overnight trips and for the ride home.