



YMCA CAMP TOCKWOGH STAFF SWIMWEAR GUIDELINES



INTRODUCTION

The purpose of this document is to serve as an inclusive swimwear guide for all persons employed by YMCA Camp Tockwogh when choosing acceptable swimwear for use during their employment. Staff persons should use their best judgment when choosing swimwear to outfit themselves for the summer and should reach out to the Assistant Camp Director - Waterfront Programs (Brenn McCans) with any questions concerning these guidelines.

While the goal of the guide is meant to be inclusive of all body types, genders, cultures and abilities, it is up to each staff person to apply the guidelines to themselves at their own discretion, taking into consideration the intersectionality of their own identities. As a binary gendered camp, it is expected that counselors assigned to the males villages will wear some form of short (i.e. not bikini/speedo bottoms) when wearing swimwear and that counselors assigned to the female villages will wear some form of top when wearing swimwear.

These guidelines may not be all encompassing and are subject to change at the discretion of the YMCA Camp Tockwogh Director Team on a group or individual basis. Any changes to these guidelines will be communicated to affected staff and will be effective immediately upon communication.

THEGUIDELINES

1. Swimwear should only be worn when necessary for programming.
2. Swimwear should be functional for the task being performed.
3. Swimwear should be secure.
4. Swimwear should be opaque.
5. Swimwear should be comfortable.
6. Swimwear should be free from damage that may challenge its integrity.
7. Swimwear should not pose as a safety concern during emergency response protocols.
8. Swimwear should not depict materials or topics inappropriate for children.
9. Swimwear should make you feel confident and empowered!

EXPLANATION OF GUIDELINES

The following section provides an in depth look at each point and offers suggestions for how staff members can apply each guideline to their swimwear while at camp. Please reach out with any questions to the Assistant Camp Director - Waterfront Programs, Brenn McCans

1

Swimwear should only be worn when necessary for programming



When you're not in a program area that **REQUIRES** a bathing suit, you should not be wearing **ONLY** a bathing suit. Outside the waterfront(s) and pool, you should have your staff shirt on your top half, shoes on your feet and some form of shorts or pants on your bottom half.

DO

Wear swimwear at pool, waterfront(s), while participating in water activities, as part of a costume, while working on waterfront equipment



DO NOT

Wear swimwear in the ad building, in the dining hall, when walking around camp, at the ropes course, etc.



2

Swimwear should be functional for the task being performed.

You should be able to do your job well in whatever swimwear you choose. This might mean that when you're lifeguarding at the pool you prefer to wear something different than when you're sailing because the jobs are different. Remember, what works best for you may not work for someone else – and that's okay! Wear what works for YOU in your role.



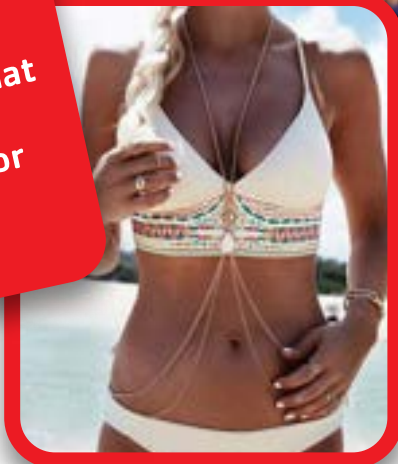
DO

Take into consideration how different features of your swimwear could impact your ability to do your job.



DO NOT

Wear swimwear that makes your job harder or unsafe.



3

Swimwear should be secure.

Once you've got your swimwear on your body, it should stay in place until you take it off. Your swimwear should have features that ensure it doesn't shift out of place, come off or move drastically while in use.



DO

Make sure your swimwear has straps, sleeves, drawstrings, clasps, zippers, buckles or secure ties and that it fits your body.



DO NOT

Wear swimwear that doesn't fit your body, that comes lose or undone while in use or that has unfixed features.

4

Swimwear should be opaque.

Be conscious of how your swimwear responds to being wet. Light colors or thin/unlined fabrics may become see-through when they get wet. You can test this by wetting your swimwear, placing a colorful plastic bottle with writing or graphics on it against the inside of your swimwear and holding it up to a light. If you can see the color, writing or graphics through the material, your suit won't make the cut for camp.



DO

Buy swimwear that is lined with at least a second layer of fabric or made of quality materials.

DO NOT

Buy swimwear that is very close in color to your skin tone or that's unlined.

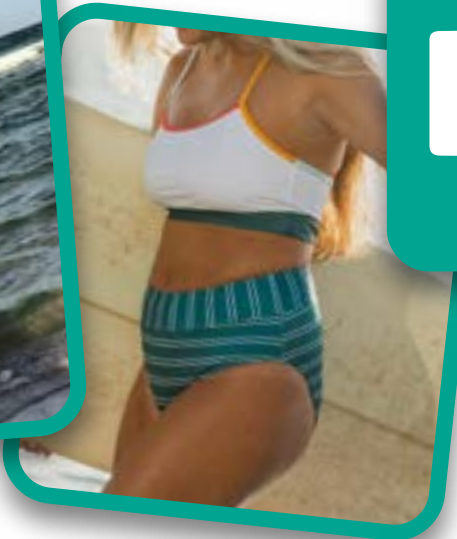


5

Swimwear should be comfortable.



Your swimwear shouldn't cause any physical pain or discomfort. Clothes should fit **YOUR** body – so take the time to find the right swimwear for you! Try different cuts, sizes, styles and brands to fit your needs.



DO

Find swimwear that fits your body and your job.



DO NOT

Wear something just because "everyone else is." We're all different! And that's awesome!



6

Swimwear should be free from damage that may challenge its integrity.

Our job can get messy! If you get a small hole in your swimwear from snagging it on a boat, or spill paint and it stains – don't sweat it! However, if your swimwear no longer adheres to these guidelines as a result of damage or continued use, make sure to properly repair it or retire it for the summer.



DO

Fix small tears so they don't get bigger, wear stained swimwear if you know it's going to be a messy day.

DO NOT

Wear swimwear that has a giant hole on your butt or is missing a closure.



7

Swimwear should not pose as a safety concern during emergency response protocols.

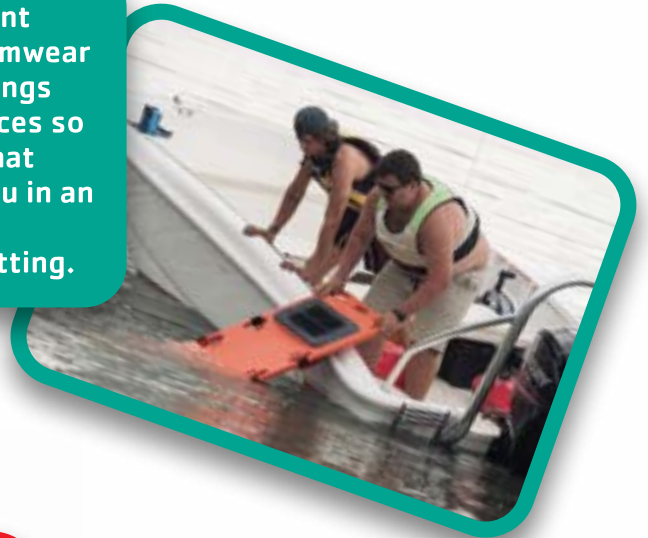


We need to be able to act quickly and safely in the event of an emergency. Your swimwear should not become a reason that you are unable to do so.



DO

Wear different types of swimwear during trainings and in-services so you know what works for you in an emergency response setting.



DO NOT

Wear something that could get wrapped or tangled in emergency equipment.

8

Swimwear should not depict materials or topics inappropriate for children.

As a role model for children, it's up to you to help create a space at camp where they get to experience the fullness of childhood! In doing so, you should not sport graphics, logos of brands or topics that are unfitting for our campers.



DO

Reflect your personality through your clothing and set a good example for campers by displaying topics that are age appropriate for them.



DO NOT

Wear anything that has alcohol/tobacco brand logos, sexually explicit content, references drugs or foul language.

9

Swimwear should make you feel confident and empowered!

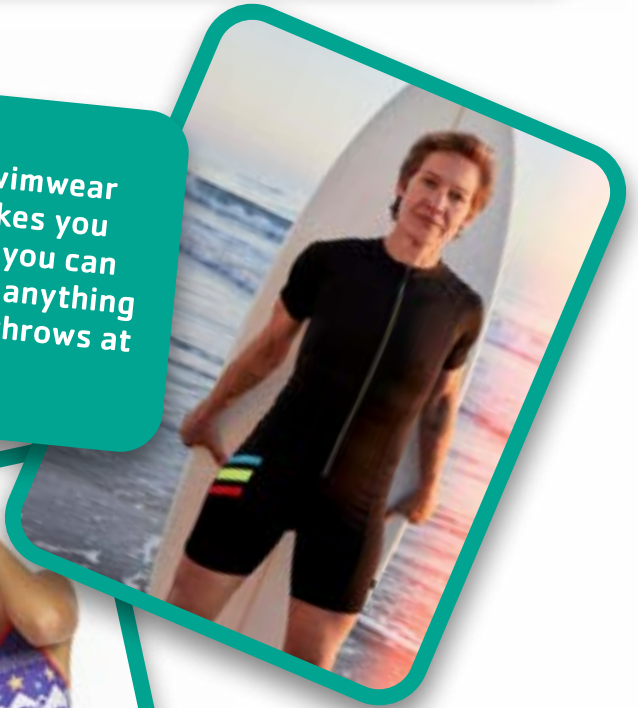


Camp is a place where you can be your most authentic self and let your inner light radiate! Take advantage of the opportunity to try new things in both your job and in how you express yourself.



DO

Wear swimwear that makes you feel like you can conquer anything the day throws at you!



DO NOT

Wear swimwear that limits you or prohibits you from challenging yourself!