

Safety Action Plan

Waynesboro YMCA SMAC swim team

Adopted 9/30/08

Introduction

One of the most important things we can do as a swim club is to provide a safe environment for our athletes to compete, train, and socialize. Safety is everyone's business and should be everyone's concern, but there is a Club Safety Coordinator named whose job is to remain focused on providing the safest environment we can. This plan was developed by SMAC's Safety Coordinator, David Bihl, in cooperation with the Head Coach, SMAC Boosters Board of Directors, Meet Directors and Swimathon coordinators. If you have any comments or suggestions for improving our Safety Action Plan, please bring them to the Safety Coordinator's attention.

Types of Safety Concerns

USA Swimming provides insurance coverage for incidents occurring at USA Swimming practices and competitions. These incidents are reported to Virginia Swimming's Safety Coordinator when they occur – even if they do not require an insurance claim to be filed. Whenever there is any safety incident related in any way to SMAC's activities, please contact SMAC's Safety Coordinator. Incidents reported to Virginia Swimming in 2007 included:

<u>Nature of Incident</u>	<u>When the Incident Occurred</u>	<u>Where the Incident Occurred</u>
Leg/Foot (27%)	Meet / Competition (57%)	In Water (40%)
Torso (3%)	Meet / Warmup (14%)	On Blocks (4%)
Knee (4%)	Meet / Warmdown (1%)	Hallway (3%)
Head/Neck (19%)	Practice / Water (24%)	Locker Room (5%)
Internal (4%)	Practice / Dryland (8%)	Deck (27%)
Hand/Arm (20%)	Other (2%)	Stairs (1%)
Shoulder (3%)		Bleachers (6%)
ENT/Mouth (8%)		Outside Venue (10%)
Other (12%)		Gym (2%)
		Other (2%)

SMAC has had safety incidents as well:

- Slips on the deck, off the blocks, in the locker room, and in the hallway of the Y
- Injured shoulder
- Jumping (feet first entry) onto a lane line
- Bee stings at the outdoor 50 meter pool
- Stubbed toes from the benches at the outdoor pool
- Voyeurs/potential Voyeurs at Commonwealth Games
- Vomit into the pool from a competitor

General Safety Procedure

Most of the time when SMAC is having an activity it will involve water and there will be one or more lifeguards and one or more coaches present. Whenever you see someone who needs help or is hurt, immediately let both the lifeguard on duty and one of the SMAC coaches know there is a problem. Then, render whatever assistance you are able until one or both of those two individuals arrive. They are specially trained in first aid and CPR and will be able to render assistance. If it's appropriate to call 911 for medical or police help, someone should call from a cell phone and stay on the line with the 911 operator until emergency personnel arrive. Several of our senior-age swimmers are lifeguards and may be able to assist if they are nearby.

Specific Location Safety Procedures:

- A. SMAC's hosted swim meets or any other USA Swimming / YMCA meet:
- There will always be at least two Marshalls located in the competition area. Their sole responsibility is safety of athletes and spectators. They will be wearing orange vests. If you have any concerns, ask one of them for help.
 - Marshalls have the authority to remove, with the concurrence of the Referee, any athlete or spectator for violations of safety rules, so they have real authority.
 - Recently, there have been more incidents occurring because of "roughhousing" outside of the venue at swim meets. Marshalls have authority over this type of safety concern as well. If you see it, say something to a Marshall – even if you said something to the offender already.
- B. Waynesboro YMCA pool, locker rooms, and other areas:
- There is an Automatic External Defibrillator (AED) located on the pool level in front of the child care rooms. Go out the pool door and it's 25 feet down the hallway on the left. It's well marked.
 - There will always be a service desk attendee and potentially other Y employees on site when the building is open. They may also be able to be helpful in the event of an emergency.
 - The Y follows the National Lightning Safety Institute's Indoor/Outdoor Swimming Pool Safety guidelines. You'll find them posted immediately inside the entrance door to the pool. Pool activities will be suspended when there is a thunderstorm with a (Lightning) Flash to (Thunder) Bang interval of 30 or less.
- C. War Memorial Pool at Ridgeview Park:
- Currently, there is no AED at War Memorial Park pool.
 - The Pool Manager is in charge of safety at all times. When they give a safety instruction, it must be followed. If you can't find the pool manager (there will always be one onsite), any lifeguard will be able to locate the manager for you.
 - War Memorial Pool doesn't follow the National Lightning Safety Institute's pool guidelines. Their lightning policy is more conservative than the Lightning Safety Institute's, but unevenly applied. Regardless, we want to clear the pool immediately at a Flash-to-Bang count of 30 or less and remain cleared until 30 minutes after the last audible thunder Bang.
 - At Commonwealth Games (800 swimmers), we have had some incidents with spectators gaping at swimmers and making them feel uncomfortable. If any spectators are concerning you, tell the Meet Director, Pool Manager, or (last resort) Meet Referee. If in doubt, call the police.

D. Dry SMAC activities:

- If there is a problem, tell a SMAC Coach immediately. If there is no SMAC Coach at the event (bowling party, for example), tell the parent organizer or any member of SMAC Boosters Executive Committee (President, Vice President, Secretary, Treasurer).

Remember, tell SMAC's Safety Coordinator about any incident that occurs related to the SMAC team or its swimmers!

If we know what's happened in the past, we can do a better job of preventing accidents (and responding more effectively) in the future.