

Running a Safe Meet

ALWAYS
ENTER POOL



Feet First

Presented by Gordon Hair

WELCOME TO OUR

OOOL

NOTICE THERE'S

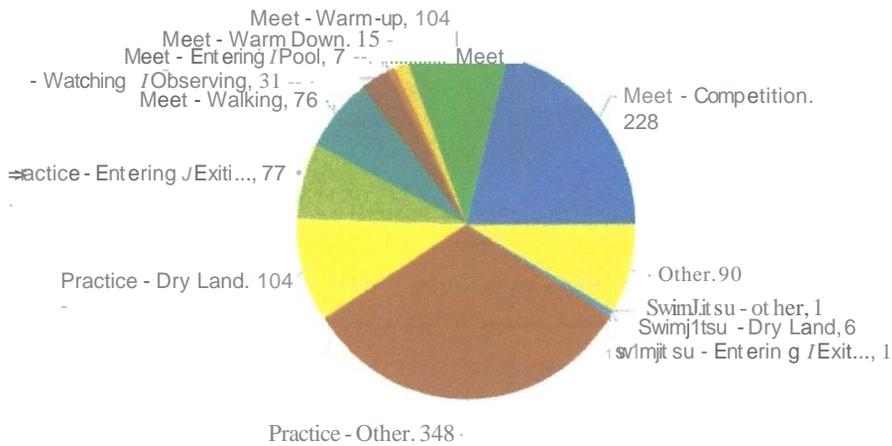
NO P IN IT

LET'S KEEP IT THAT WAY

USA Swimming 2017 YTD Accident Summary

WHEN ACCIDENTS HAPPEN

Activity at Time of Injury



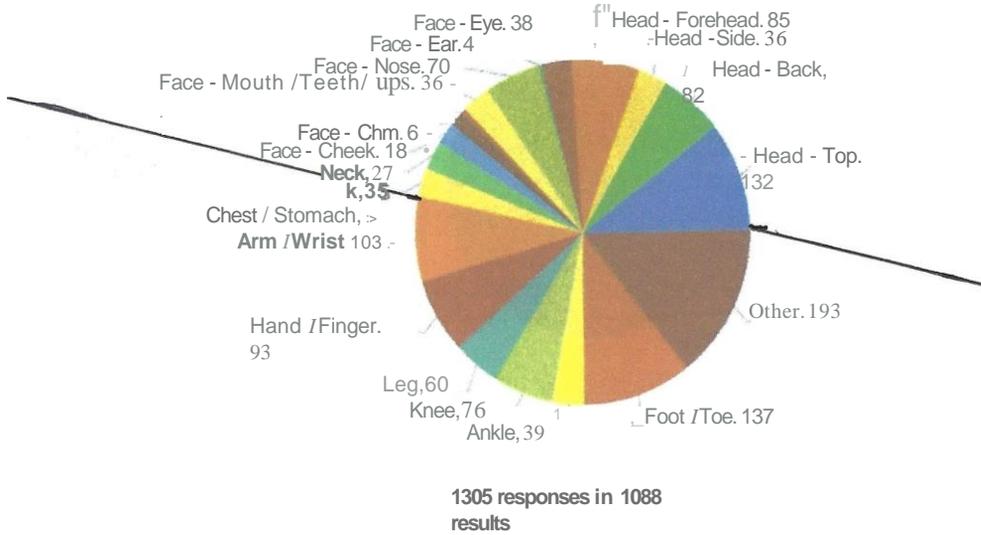
1088 responses in 1088 results

50% Practice

We don't have short meets anymore

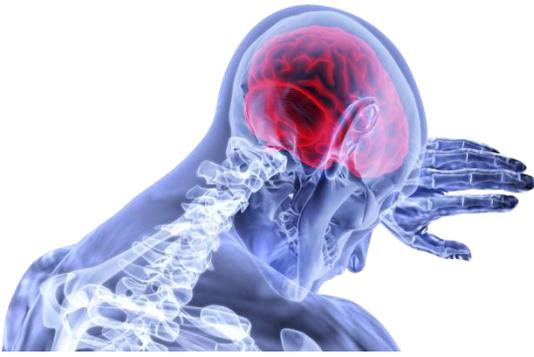
AFFECTED BODY PART

Body Part Injured



50% Head

See something Say something

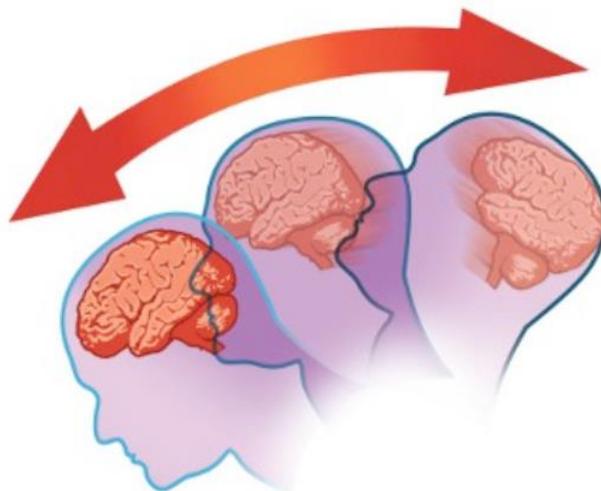


Concussion Definition

Is a Traumatic Brain Injury:

Which results from either a direct or indirect contact to the head or body (e.g. whiplash)

Often results in short-lived changes in normal brain function



Safety first!



www.movingimage.co.uk - Helping Kids Swim

Basic Facts

Swimmers with a suspected concussion should not resume activity on the same day

Concussion treatment should be supervised by a qualified healthcare provider (as defined by various state laws)

Following recommendations of the healthcare provider is important to good recovery

Coaches should communicate with the healthcare provider, athletes, and family - 'The Team Approach'



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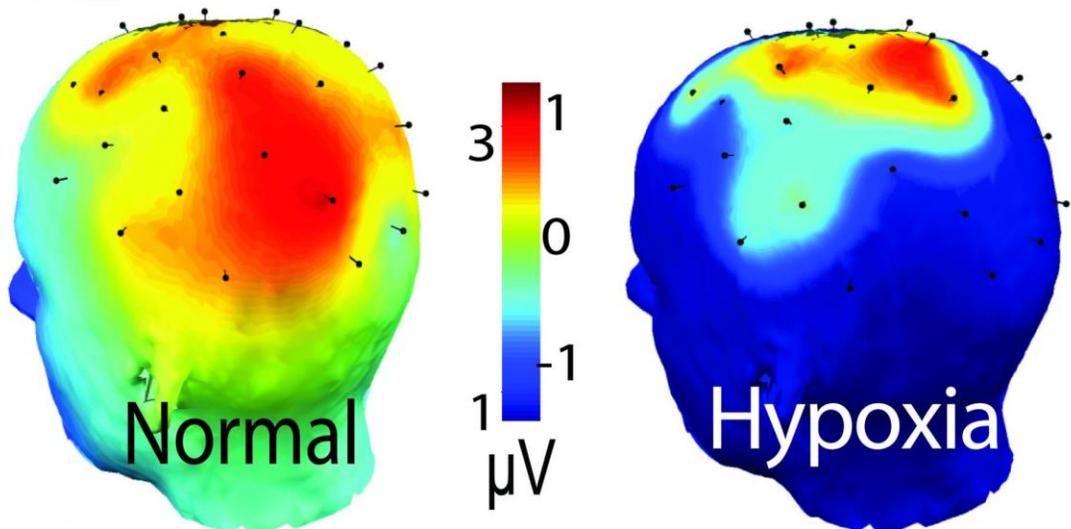


USA Swimming, Inc.
Operational Risk Committee Hypoxic
Training Recommendations
Wednesday, September 21, 2016

If hypoxic training is utilized by coaches in the development of advanced competitive swimmers, it must be conducted only when following appropriate principles and under the direct supervision of an experienced coach. These principles are:

1. Coaches should stress to athletes that they should never ignore the urge to breathe.
2. Hypoxic training should involve progressive overload, in line with the athlete's physical and skill development - for example, beginning with efforts over 5m, 10m, then 15m etc. - as the swimmer develops the appropriate skills and physiological capacity.
3. Coaches should ensure adequate rest between hypoxic efforts to ensure full recovery.
4. Athletes should not hyperventilate (take multiple, deep breaths) prior to any underwater or other hypoxic efforts.
5. Hypoxic training should not involve competitive efforts of maximum duration, or distance covered.

Oxygen is Good for Your Brain, Hypoxia Is Not



(Addante, R.J. et al., 2012, *Neuropsychologia*)

Racing Start Safety Certification Protocol

PROPOSAL

Combined Forward and Backstroke



See Something Say Something

VSI Marshal Job Description and Guidelines

Thank you for serving as a Marshal in this swim meet. USA Swimming and Virginia Swimming, Inc., hold the safety of their swimmers as a top priority at any swim meet. You, as Marshal, are the primary enforcer of safety rules in the swimming pool area. You should report to the Meet Referee or Meet Director any safety concerns that are not quickly resolved by talking to a swimmer, coach, or parent. Your presence on deck, as Marshal, helps the host swim club maintain the protection of USA Swimming insurance within the meet venue for the duration of the meet. Furthermore, your presence on deck will help readily identify any potential or actual safety issues, call attention to the swimmer, parent, or coaching staff who may be engaging in unsafe behavior in the pool area, and minimize the likelihood of an injury during the swim meet.

Marshalls should be chosen in advance, so that guidelines can be Emailed to them in advance.

Be a Parent

See Something Say Something

GENERAL SAFETY GUIDELINES

1. The Meet Director and Meet Referee are responsible for venue safety inspection (see Virginia Swimming Safety page for checklist) and resolution of issues prior to the beginning of the meet.
2. Hazards in locker rooms, on the deck, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
3. Assignment of Marshals shall be the responsibility of the host club/Meet Director. A minimum of two Marshals must be present and on duty at all times. These Marshals shall be at least 18 years old. Lifeguards required by colleges and recreation centers may **NOT** be used in place of Marshals. Marshals shall wear distinctive, bright-colored, identifying shirts/vests (preferably, USA Swimming orange Marshal vests) at all times while on duty.
4. Some areas of the venue may be off limits for the swimmers, parents, and coaches. These areas shall be clearly marked, and such boundaries shall be enforced by the Marshals.
5. Where feasible the Announcer should announce periodic safety reminders throughout the meet (see Virginia Swimming Safety page for examples).
6. Running on the deck is not permitted during the meet or during warm-ups.
7. Horseplay is not permitted anywhere in the venue during the meet or during warm-ups.
8. Shaving is not permitted anywhere in the venue (including locker rooms). Swimmer noncompliance will result in dismissal from the meet.
9. USE of cameras or camera cell phones is prohibited in locker rooms.
10. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
11. A swimmer, coach, or parent may be removed from the deck for interfering with a Marshal in the performance of his/her duties.
12. Any accident/incident, no matter how seemingly insignificant, that occurs at the meet must be reported to the LSC Safety Chair and to USA Swimming using the USA Swimming Report of Occurrence Online Form (see Virginia Swimming Safety page). The Meet Director/Meet Referee is responsible for completing and submitting the form.

BEST PRACTICES FOR AIR AND WATER QUALITY

1. Contract/Bid considerations. Host pools bidding on meets should provide what if any provisions they plan to make in preparation of hosting a meet. Examples: Filtration rate normal and meet day, air exchange rate normal and meet day, water test normal and meet day.
2. Complete USA Swimming Walk-Through Facility Form prior to meet.
3. Shower for all swimmers before entering water. This will be process of education, beginning with adding to meet announcement, signage, and providing education to swimmers, coaches, and parents.
4. Meet size and duration for venue. Examples: Number of swimmers (splashes), time line each session to include warm up and events, number of days fm: meet
5. Breaks for volunteers off deck.