

Virginia Swimming Safety Committee
Report for BOD: Aug. 14, 2005

Between Sept. 1, 2004 and Aug. 1, 2005, there have been **22** reported VSI swimming-related injuries. Classification of these events is as follows:

- respiratory compromise, r/t air quality (1)
- jumping on another swimmer in water (2)
- slipping / falling in bleachers (3)
- moderate shoulder strain (1)
- bee sting (1)
- hit head on bottom of pool (1)
- tripping/falling on deck (6)
- arm cut on pool surface / glass (4)
- hitting head on turn end of pool (1)
- fall in locker room (1)
- child fainted on pool deck (1)

VSI Safety Committee has ordered and has in stock safety vests, for \$10.00 per vest. They are of lightweight material that permits good air circulation.

Marshal coverage at meets appears to have improved overall. There are usually consistently two marshals on deck, both of whom maintain direct visualization of swimmers. If warmdown pool is being used, it is very important for one marshal to cover this pool. During Long Course Senior Championship meets, three marshals were used on deck for most of these sessions, with at times four marshals used for the intra-session warmdown periods.

The VSI Safety Committee has placed two articles on the VSI Web site. One was on Methods to Prevent Dehydration, and the other was on Responses to Swimmer Head Injuries. The next article will focus on “Responding to a Swimmer Complaint about an Adult Spectator Behaving Inappropriately.”

The VSI Safety Committee would like to contribute to the VSI Swimposium’s educational sessions in Sept, 2005. The current 2005 USA Swimming Coaches Safety Curriculum has been posted by USA Swimming. This will be posted on the VSI Web Site. USA Swimming requires coach members to hold current certification cards for “Safety Training for Swim Coaches, “CPR,” and “First Aid.”

The VSI Safety Committee has evaluated the type of warmup entry into the pool. For general warm-ups, in a non-specific (no sprints lane), the swimmer should “enter the pool feet first.” This does not mean a flying leap or a somersault with feet ending up first in the water. Some officials and coaches have recommended that swimmers “slide into the pool” from a seated position, for general warm-ups. The Safety Committee is looking at what other LSCs are doing with regards to warmup entry requirements.

The Safety Loss Control Manual is on the USA Swimming web site, at www.usaswimming.org, then go to “Swim Clubs” then to “Insurance/Risk Management”. The USA Safety Committee has recommended a policy on prohibiting cell phones and video recording devices from the locker rooms during swim meets.

Members of the VSI Safety Committee include Rosie Schiavone (Vice-Chair), Angela Howsmon, Larry Wilder, Greg Ryder, Bob Hood, Ben Hair, Leslie Ayers, Al Thompson, and David Strider (Chair).