

VSI Safety Committee Report
11 August 2006

Between 1 Sept 2005 and 7 Aug 2006, VSI swimmers have been associated with a total of 24 injuries or acute medical events related to a swimming practice or swim meet.

There is continued attention to the presence of two Marshals at every USA Swimming sanctioned meet. Deck Referees and / or Meet Directors have donned Marshal vests just prior to warm-ups, to ensure compliance with the Marshal coverage at meets. There still needs to be more Marshal attention to the warm-ups at the start end, when the swimmers transition from the general to the specific warm up phases.

There were a significant number of injuries this year where swimmers were running or walking fast on the pool deck and slipped.

The VSI Safety Committee has provided a safety tip for each month. The last three monthly topics included dealing with chest pain, an overview of the Prince William "Water Safety Promotional Day," and strategies to prevent dehydration during a swim meet.

Members of our Safety Committee include Rosie Schiavone (Co-Chair), Angela Howsmon, Larry Wilder, Greg Ryder, Bob Hood, Leslie Ayers (Coach), Al Thompson, and Steve Woolfolk (new member!). Many thanks to the service by our athlete, Ben Hair, who is rotating off the committee as he prepares to go to college in several weeks. We will need another athlete representative for the Safety Committee.

Marshal vests are still available. Contact David Strider if you would like to purchase one or more vests, at dvs7e@virginia.edu; or phone at 434-973-4832.

Respectfully submitted,

David Strider
Chair – VSI Safety Committee