

## **Virginia Swimming Safety Committee Report April 23, 2007**

Members of the VSI Safety Committee include Rosie Schiavone, Angela Howsmon, Larry Wilder, Greg Ryder, Bob Hood, Rachel Brown (Athlete Rep.), Leslie Ayers (coach), Al Thompson, Steve Woolfolk, and David Strider (Chairperson).

In calendar year 2006, there were 25 reported accidents / acute illnesses that occurred during or around the time of a USA Swimming sponsored event. In the first quarter of 2007 (January 1 – March 31), there have been 6 (six) reported swimming-related accidents in the LSC. Of note, only 12 (38.7%) of these incidents occurred in the water; 15 (48.4%) involved primary injury to the hand / arms; and 9 (29%) resulted in injuries to their knees or legs.

The new USA Swimming rule regarding the increased minimal depth for “teaching racing starts” has been reviewed with the LSC’s coaches and officials.

The Safety Tip of the month has covered these topics since January 2007:

- guidelines for the care of a bleeding laceration / cut
- description of proper footwear around the swim venue
- description of the health risks concerning the prolonged submersion of a swimmer during the first leg of her / his swim
- care of the swimmer with diabetes mellitus

Marshal Roles and Meet Safety procedures have been consistently posted at the VSI B/C, BB/C, A/BB, and Senior Championship venues.

The Safety Committee needs to review and make recommendations for first responders in situations of sudden visitor / family / coach / or athlete collapse. The Marshals and the Lifeguards should know where the emergency exits are and the number (“911”) to call for emergency help. Coaches and life-guards should both be able to operate an automatic external defibrillator for newly found individuals (e.g., spectator, official, another fellow coach) who are unconscious and who do not have a pulse.

The presence of at least two Marshals and their attention to safety issues throughout the meets is reassuring. Most of the Virginia Swimming Short Course meets were adequately covered with two or more Marshals. Marshals have been instructed to pay particular attention to the swimmers during the warm-up periods.

Respectfully submitted,  
David V. Strider, Jr.  
Chairperson- Virginia Swimming Safety Committee