

SWIM AND DIVE SAFETY GUIDELINES

The following procedures have been developed specifically for the swim and dive team. Because of the intense demands and conditioning required, participants and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Choose a suit that fits comfortably and dries easily.
2. Goggles are highly recommended. They may prevent eye irritation and may protect the eyes from “flying arms” and other swimmers during practice.
3. Earplugs may be helpful in avoiding ear infection. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap (for females or males) can help keep hair out of the eyes and keep body heat from being lost, thus keeping participants warmer during practice.
5. A close fitting T-shirt put on after showering (and even worn during practice) may help keep in body warmth.
6. Prospective participants with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician’s approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.
8. Report all injuries to the coach immediately.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST OR PRACTICE SITE

1. Look around the facility and notice:
 - a. Deep and shallow pool depths
 - b. Location of safety equipment
 - c. Location of ladders
 - d. Pool rules posted on the wall
 - e. Other equipment which may be in the area(tables, chairs, timing equipment)

CAUTIONS SPECIFIC TO SWIM AND DIVE

1. Be alert to changes in deck level – the ledge drops down to the gutter spill, step up to bulkheads, the areas around the drains are uneven.
2. Note objects in the area which extend into the deck space – drinking fountains, chalkboards, lane line rollers, safety equipment, benches and storage bins.
3. Note equipment stored on the deck for use by swimmers – kickboards, pull buoys, and paddles. Use them as needed; return them appropriately.
4. Divers must check the water under the board before any approach and be oriented to the pool depth and configuration before diving.
5. Divers must check all new, more difficult dives with their coach(es).
6. Do stretching exercise on the deck. The coach(es) will provide participants with simple exercise. Take time to stretch before each swim and diving practice.
7. DO NOT horseplay in the pool or diving areas.
8. Look before you enter the water.
9. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane.
10. The coach must approve racing dives from the shallow end.
11. Self-induce hyperventilation is prohibited.

EMERGENCIES

Because of the nature of swimming and diving, some injuries may occur. Most will be minor and can be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement of participants as follows:

1. Stop all practices.
2. Call the coach to manage the situation if the coach is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bring the first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 feet from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

I understand the rules and procedures and the necessity of using the proper techniques while participating in swim and dive activities.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____