

Blanchet Catholic School

Swimming Cautionary Statement

The following recommendations have been designed specifically for the Blanchet Catholic School swimming team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Choose a suit which fits comfortably and dries easily. When choosing your fit, snug and supportive is better--swimsuits do stretch out.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice. Competitive style goggles, rather than recreational-style goggles with foam or weak rubber seals, will give you the greatest protection and comfort.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. A close-fitting T-shirt put on after showering will also help maintain body heat.
6. Participants should ingest the equivalent of 4-6 glasses of water each day. All athletes should bring their own water bottles
7. Swimmers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval to the coach prior to participation in any practice session.
8. No horseplay, rough-housing, hazing or initiations.
9. Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each swimming practice.

IN THE LOCKER ROOM

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal belongings in your assigned locker or bring them to the pool deck.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds in shower rooms.
6. Refrain from rapid movements, horseplay, and rough-housing in the locker/shower areas.
7. Identify incidents of foot or other skin infections to coach (es) immediately.
8. No horseplay, rough-housing, hazing or initiations.
9. No foul language.

CAUTIONS SPECIFIC TO SWIMMING

1. Look around the facility for notices:
 - a. Pool rules posted on the wall.
 - b. Deep and shallow pool depths.

- c. Location of ladders.
 - d. Location of safety equipment
 - e. Equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately).
 - f. Other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, physical education equipment).
 - g. Stay off the lifeguard stand at all times
2. Never do a pike/scoop/whip or deep dive in the shallow end of the pool—flat shallow racing dives only.
 3. Never attempt to dive or jump over the backstroke flags.
 4. Check the water beneath the diving board if entering from the board.

ENTRY INTO THE WATER AND SAFETY IN THE WATER:

1. Look before you enter.
2. No diving into the shallow end other than supervised racing dives during practice or pre-meet warmups.
3. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
4. Avoid flip-turn collisions by staying to the right when you swim in and when you push off the wall.
5. Use a counting technique from the flags to the wall in backstroke to avoid a collision with the wall.
6. Stay off the lane lines at all times.
7. Making contact with the diving board lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
8. Never hyperventilate during practice or for any race over 50 yards.

EMERGENCY ACTION PLAN

Because of the nature of swimming, some injuries may occur. All injuries must be called to a coach's attention. Most will be minor and can be managed with basic first aid. However, on occasion the situation may require more intense management.

1. Stop all activities, practice or competition. DO NOT move the victim.
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
 - a. Calling 911 Emergency Care
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping any onlookers away.
 - d. Directing the EMTs to the scene.

Fire or Fire Alarm

- a. Evacuate the building immediately.
- b. Move and remain 150 feet away from the building.
- c. Return to practice/game when advised and cleared to reenter the building.