

RAMS SWIM CLUB SAFETY POLICY

PURPOSE

Rams Swim Club (RSC) coaching staff along with the facility staff are important elements in providing safety to the Club's athletes. Aquatic injury prevention is part of our daily operations. RSC and the staff is intensely involved with identifying and reducing conditions that may cause injuries and financial loss.

FACILITY SAFETY CHECKLIST – Southeast Polk CSD

- Decks are clean and free from debris
- Fire extinguishers are current (*under scoreboard and SW exit*)
- Stairs and ladders are sturdy and functional
- Diving blocks are stable and secure
- First Aid kit is complete and accessible (*tacklebox*)
- Pace clocks are free from traffic
- All doors are operational
- Pool chemicals balance is logged daily
- Custodial equipment is safely stored
- Bleachers are free from debris

EMERGENCY PROCEDURES

- Check the scene
- Second coach provides coverage and assumes control of the swimmers
- First responder contacts victim and moves to safety
- First responder checks victims' conditions
- Second coach notifies EMS (*red emergency phone with instructions on deck near pool office*)
- Pool is cleared
- Head Coach is notified if not on sight
- AED is located in the gymnasium on the NE corner wall and upstairs in the cafeteria.
- If the facility needs to be cleared, exit the SW doors and head to the tennis courts.
- Witnesses are interviewed by second coach or a USA Swimming Non-Athlete Member
- Reports completed
 - A-4 Aquatic Incident Report (*school forms located near emergency phone*)
 - USA Swimming Report of Occurrence
- Return to duty, staff discussion afterwards

EMERGENCY PROCEDURES INFORMATION PROVIDED BY SCHOOL DISTRICT

Pool area (*on deck near the pool office*) has a physical phone to **CALL 911** for Pleasant Hill Fire Rescue. **It is in a red box as required by Iowa Public Health.**

The Southeast Polk High School address is (let dispatch know to enter on the West side for pool entrance):

7945 NE University Ave
Pleasant Hill, IA 50327

Pool Office has a School Safety Flip Chart for safety within the school building for reference. Swim coaches will make contact to parents or family members and will secure the area for injured person, crowd control and giving door access to direct the emergency responders.

Signs posted within the pool deck area must be followed for everyone's safety.

Injuries that require backboard, CPR, or emergency personnel must file an incident report and notify one of the following people as soon as possible for safety concerns:

- Southeast Polk High School Athletic Director, Jayson Campbell (515.957.3470)
High School Facility Manager, CPO Licensed Holder, Tyler Phares 515-669-2557

All head, neck, spinal injuries that include unconsciousness, and/or death, near drowning injuries that require immediate medical attention must have a report within one day to Polk County Health Department per Iowa Public Health Code.

Incident report forms are on the pool deck near the pool office, inside of the phone box.

Bomb threats, intruder in the building, fire, hazing and any other safety related concerns for the public and students must have notification to Activities Director or High School Principal as soon as possible.

MSDS sheets are in the chemical room marked with a red binder for review.

Pool has 3 back boards and buoy rings for use in the pool area for emergency needs.

First Aid Kit is in the pool office/admin table. Ice compression pack is in the emergency kit for any emergency needs. Eye wash station is in the chemical room.

If there are more than 30 swimmers in the pool, it is required to have 1-2 lifeguards supervising the swimming, ensuring they are safe and have no physical problems per Iowa Public Health

Code. Copies of their certificates for lifeguard and CPR certificates must be given to the Activities office or High School Facility Manager prior to use. (*USA Swimming membership cards/non-athlete reports.*)

Diving Block and diving board must have orange cones placed on top of those areas if not in use or at the end of using these diving areas as per Iowa Public Health Code.

After school hours or weekends when there is a problem with the building or equipment, there is a sign by the corner of the pool entrance (*near the trophy case*) with phone numbers to call maintenance person who is on-call for help.

Emergency Plans are posted in Swimming Pool office, Pool Chemical Room and Phone Box of Pool area. Student and visitor accident forms are in pool office and phone area.

INCLEMENT WEATHER

In the case of tornado warning, the athletes in attendance must proceed to the appropriate locker room for safety. No athlete is permitted to leave the building unless accompanied/instructed by a parent. Coaches will allow the athletes to resume practice as soon as the warning ends or is cancelled.

In the case of a thunderstorm warning, the coaches on deck may make the decision to continue practice or pull the students from the pool.

When swimming outside, the athletes in attendance will exit the pool and seek shelter at the first sounds of thunder and/or sight of lightning for 30 minutes from the last sound or sight.

COMMUNICATION

We follow the school's lead for weather/emergency communication and schedules.