

## Safety Action Plan High Tides Swim Club

### Facilities:

Carlson Pool -- 1365 South Grade Rd, Hutchinson MN 55350

Hutchinson Rec Center -- 900 Harrington Street SW, Hutchinson MN 55350

Hutchinson High Tides Swim Club (HTSC) coaches, swimmers, parents and guests are to follow all High Tides rules and regulations when at High Tides practices, meets and events at the Carlson Pool or the Rec Center pool. HTSC swimmers, parents and guests are to follow all USA Swimming rules and regulations when performing activities associated with HTSC. HTSC coaches are to know and enforce all USA Swimming rules and regulations when conducting business for HTSC when on swim practice premise. HTSC coaches, every time upon entering the swim facility, are to note where the emergency equipment is located and where the first aid supplies are kept. The Head Coach and the Board President are the designated spokespersons for HTSC regarding any emergency. All information to the public or team members is to be disseminated through them.

### Emergency Contacts:

Head Coach -R.J. Greseth 320-583-9182

HTSC Board President -Julie Lakovic 320-237-1965 or Emily Reck 507-829-4729

Safety Coordinator -

Closest Hospital/Clinic:

Hutchinson Health Center

1095 HWY 15 South, Hutchinson MN 55350

Clinic -320-234-3290

Hospital -320-234-5000

In the event of an emergency situation at the pool facility, HTSC coaches / staff will take action, including those set forth below, which the coach deems necessary for the protection of the health and safety of HTSC swimmers, staff, and/of the general public. Safe and supervised swimming translates to minimal emergencies. Everyone is responsible for safety.

### Eliminate injuries by:

1. Minimize debris on decks.
2. No running on deck.
3. Current first aid kit on hand.
4. Emergency doors are unblocked and operational.
5. No horseplay in the locker rooms.
6. Diving blocks are stable and secured.
7. No head first entry at the shallow end of the pool.
8. No electronic devices in the shower areas.
9. No swimming without supervision by a USA Swimming Coach.

### Weather Emergency

1. Assess the scene.
2. Clear pool, deck, and/or building if appropriate, and send swimmers and HTSC staff to a safe location according to the weather emergency (for example, to the locker rooms for a tornado or severe lightning).
3. Supervise swimmers and keep everyone calm.
4. Monitor weather situation on radio, mobile phone, etc.
5. Fill out any reports if necessary and send them to USA Swimming if required.
6. Review safety action plan and make changes if appropriate.

**When to call 911** Emergencies that require emergency medical services (EMS). EMS should be called immediately if any of these conditions occur. Dial 911 (see 'When contacting 911').

1. No breathing
2. Heartbeat not detected
3. Head, neck, back injury
4. Chest pains
5. Unconsciousness
6. Sever external or suspected internal bleeding
7. Shock
8. Broken bone
9. Dizziness or faintness over an extended time period
10. Obstructed airway
11. Seizure in the water

### **When Contacting 911**

1. Dial 911
2. Give your name, phone number, what happened, how many people are injured, condition of victim/s, what care is being given.
3. Tell EMS of the emergency with a brief description.
4. Give the location of the facility.
5. Stay on the phone with the EMS personnel until they say it is ok to hang up.
6. Arrange to have someone meet the emergency personnel at entrance to direct them to location of victim.

**Minor Medical Emergency** Examples of incidents of this nature include slipping on poolside, a minor cut, bump or bruise, simple reaching rescue in the water, etc.

1. Deal with the problem/concern without interruption to other swimmers.
2. Stabilize the victim or injury. Listen to patron to find out incident.
3. Offer a solution, address with first aid, ice, stabilization of injury as needed.
4. Fill out necessary reports and send them to USA Swimming if required.
5. Review safety action plan and make changes if appropriate.

### **Fire & Chemical Emergency**

1. Assess the scene.
2. Clear the building and take swimmers and HTSC staff to safe area, example may include the facility parking lot.
3. Call 911 and notify HTSC board
4. Supervise swimmers and keep everyone calm.
5. If false alarm, send everyone back in the building and resume activity.
6. If not false alarm, contact swimmers' parents to pick up swimmers.
7. Fill out any necessary reports and send them to USA Swimming if required.
8. Review safety action plan and make changes if appropriate.

### **Facility Emergency (not fire or chemical)**

1. If life threatening, clear the building, take swimmers and HTSC staff to safety (example -the facility parking lot).
2. Call 911 and notify HTSC board.
3. Contact swimmers' parents to pick up swimmers.
4. Supervise swimmers and keep everyone calm.
5. Fill out and necessary reports and send them to USA Swimming if required.
6. Review safety action plan and make changes if appropriate.

**Major Medical Emergency** -- Examples of incidents of this nature are listed below, 'Emergencies that require EMS'.

1. Assess the scene / situation.
2. Stabilize the victim or injury. Do not move unless victim is in immediate danger.
3. Perform any first aid needed.
4. Call 911 (see 'When Contacting 911' for instructions)
5. Do not leave the victim unattended.
6. Supervise swimmers and keep everyone calm.
7. Contact swimmer's parent if necessary.
8. Fill out any necessary reports and send them to USA Swimming if required.
9. Review safety action plan and make changes if appropriate.

### **Drowning / distressed swimmer Emergency**

1. Assess the scene, secure additional assistance if necessary.
2. Coach / staff enters the pool to perform appropriate rescue & retrieve victim to safety.
3. If victim is active, assist to safety, apply first aid as needed, supervise victim, continue other swimmers normally.
4. If victim is passive, bystander to call 911.
  - a. Clear the pool and send swimmers to a location away from the incident.
  - b. Supervise swimmers and keep everyone calm.
  - c. Coaches / staff with appropriate medical training should provide assistance if needed (for example, First aid, CPR or Rescue Breathing).
  - d. Staff / bystander to meet ambulance and direct to emergency location.
5. Fill out any necessary reports and send them to USA Swimming if required.
6. Review safety action plan and make changes if appropriate.
7. Staff briefing and follow-up counseling if necessary.
8. Review safety action plan and make changes if appropriate.

### **Spinal Management**

1. Assess the scene.
2. Secure additional assistance if necessary.
3. Call 911.
4. Do not move victim unless necessary.
5. Provide in-line stabilization, secure victim on a backboard if necessary.
6. Remove from water.
7. Check ABC's (airway, breathing, circulation) & monitor until EMS arrive.
8. Fill out any necessary reports and send them to USA Swimming if required.
9. Review safety action plan and make changes if appropriate.

### **Follow-up**

Coaches, HTSC board and safety coordinator should be informed of incidents. Safety coordinator will complete incident reports completely and accurately within 72 hours of occurrences to USA Swimming. Safety action plan will be reviewed and made changes to if appropriate. Incidents will be reviewed monthly and annually by HTSC Board of Directors and head coach. Safety Coordinator will provide a summary of all safety incidences from the previous month to the HTSC board. The safety summary report will be reviewed at the HTSC monthly board meeting.