

As we move forward in this current registration year, I wanted to share with you the progress of the board's strategic plan where our goal is to better serve our athletes, parents, coaches, and officials. With hard work and dedication from our board members we have implemented online processes to not only create checks and balances but to streamline business transactions for our members. We appreciate the constructive feedback from member clubs which enabled us to further hone these good business practices. As part of this strategic plan, we have hired two part-time employees to serve our members in terms of office management and bookkeeping. As our clubs continue to grow over these next few years, these positions will be critical in keeping up with our increased membership.

The board is committed to staying in touch with USA Swimming as they implement new services for our coaches, officials, and athletes. We will be attending the Zone workshops in Denver where we will receive information and updates to bring to our members. We believe communication is crucial for our current members as well as prospective members. Therefore, we are starting to review our website and other forms of communication to identify specific areas we can improve and update. Having said this, we need more volunteers to serve on current committees and provide vital support in other areas such as marketing/communication to support our clubs and grow our sport we love.

Please help us serve our North Texas athletes and support our clubs by volunteering on a committee...we need non-athlete as well as athletes. For those willing to volunteer please send an email to membership@ntswim.org indicating your interest.

As we continue to move forward in supporting our member clubs, we will be sending out a survey asking teams to identify their needs in terms of LSC equipment usage. We have lots of equipment in storage that are antiquated but do have some equipment with current technology. Therefore, we need to understand the needs of teams desiring to use this equipment moving forward. Please be looking for the survey sometime in the near future.



**Finance Vice-Chair Report
House of Delegates Meeting
April 10, 2022**

Finance Vice-Chair Report

Today, we are presenting the 2021 Final Profit and Loss vs Budget for the LSC and a 2022 Year to date Profit and Loss vs Budget to the HOD.

- 2021: As 2021 was a very different year, with a delayed Olympic season and an ongoing pandemic recovery, and a significant return to meets and travel the 2021 revenue results came in near budget and expenses significantly lower.
- 2022: Thus far 2022 has shown additional growth in registration and meet activity as well as a growth in the use of our program service around travel reimbursement and investments in our diversity and inclusion and safe sport programming.

[Attachment: NTSI 2021 Profit and Loss vs HOD Approved Budget - Preliminary.pdf]

[Attachment: NTSI 2022 Profit and Loss vs HOD Approved Budget - YTD.pdf]

Audit Committee Report

The Audit Committee role, as outlined in the bylaws is as follows:

- Conduct a review or audit or recommend an independent auditor to conduct the required annual review or audit of the books of NTSI. If conducted internally, a minimum of three (3) committee members with a sufficient number of athletes to constitute at least 20% of the voting membership, must conduct the review or audit. The Treasurer cannot be a member of the group performing the audit, but can be present to provide clarification, information and answer questions.
- Submit the review or audit and other reports and make recommendations to the Board of Directors with regard thereto.

The Committee performed an internal audit of 2020 Financials on November 6, 2021. Many thanks to our Audit Committee. A full Recommendations Report posted in the HOD supporting documents post meeting. A summary of the outstanding Audit Findings, post 2020 Audit is as follows:

- Three (3) new recommendations were noted for 2020 regarding additional opportunities in the LSC Fines Process, Equipment Rental Process and passing through bank fees related to processing of NSF club payments by the LSC.
- One (1) repeat recommendation was noted for 2020 regarding weaknesses in revenue recognition and reporting regarding Meet Financials.



- One (1) prior recommendation from the 2018 audit was reviewed, re-tested and closed successfully with this audit. This is regarding tracking spend vs budget.

Audit Committee Report (continued)

As we shared in the Fall 2021 HOD, starting with the 2020 year, the LSC has started using a new process for Audit and Review. The new process involves carrying out both an Internal Audit AND an Agreed Upon Procedures (AUP) Review with USA Swimming's recommended firm, using a prearranged checklist and services agreement approved by USA Swimming and now required given the size of our LSC. Plante Moran was engaged for the 2020 AUP Review and has been completed successfully by the USA Swimming Deadline in November 2021. The full AUP Report for the year ended December 31, 2020 will be posted in the HOD supporting documents post meeting.

[Attachment: NTSI Audit Committee Recommendations (2020 Audit).pdf]

[Attachment: NTSI Agreed Upon Procedures Report for the Year Ended 12.31.20 - Final.pdf]



North Texas Swimming, Inc.

Budget vs. Actuals: HOD Approved Budget - 2021 - FY21 P&L (PRELIMINARY)

January - December 2021

	TOTAL			
	ACTUAL	BUDGET	REMAINING	% OF BUDGET
Income				
Donations Received	9,014.81		-9,014.81	
Meet Surcharges	79,995.00	95,000.00	15,005.00	84.21 %
Miscellaneous Income	50.00		-50.00	
Rents - Equipment	1,500.00	5,500.00	4,000.00	27.27 %
Sanction Fees	2,125.00	2,500.00	375.00	85.00 %
TNT - All Star Meet		15,000.00	15,000.00	
TNT - Open Water Meet		30,000.00	30,000.00	
TNT - Zones team	18,707.42	16,000.00	-2,707.42	116.92 %
USA Registration Fees	126,170.12	125,000.00	-1,170.12	100.94 %
Total Income	\$237,562.35	\$289,000.00	\$51,437.65	82.20 %
GROSS PROFIT	\$237,562.35	\$289,000.00	\$51,437.65	82.20 %
Expenses				
Bank Charges	26.00		-26.00	
Coaches' Rep		500.00	500.00	
Contract Labor	31,642.50	30,000.00	-1,642.50	105.48 %
Convention - USAS		12,000.00	12,000.00	
Diversity and Inclusion		4,500.00	4,500.00	
Dues & Subscriptions	50.00	100.00	50.00	50.00 %
Evaluator Fees		2,500.00	2,500.00	
Insurance	1,331.64	1,200.00	-131.64	110.97 %
Meeting Expenses		1,500.00	1,500.00	
Office Expenses		1,000.00	1,000.00	
Employee & Volunteer Expenses	123.42		-123.42	
Employee Recruiting Expenses	231.83		-231.83	
Office Services	330.66		-330.66	
Office Supplies		25.00	25.00	
Postage	32.65		-32.65	
Software & Subscriptions	1,439.60		-1,439.60	
Total Office Expenses	2,158.16	1,025.00	-1,133.16	210.55 %
Other Program Expense		250.00	250.00	
Payment Fees				
PayPal Fees	236.22		-236.22	
QuickBooks Payments Fees	2,800.45		-2,800.45	
Total Payment Fees	3,036.67		-3,036.67	
Payroll Expenses				
Taxes	412.55		-412.55	
Wages	3,986.00		-3,986.00	
Total Payroll Expenses	4,398.55		-4,398.55	
Repair & Maintenance	510.10	2,500.00	1,989.90	20.40 %

	TOTAL			
	ACTUAL	BUDGET	REMAINING	% OF BUDGET
Safe Sport	132.09	1,000.00	867.91	13.21 %
Scholarships Awarded	2,000.00		-2,000.00	
Swim Camps Exp		2,500.00	2,500.00	
Taxes & Licenses	520.00	225.00	-295.00	231.11 %
Telephone & Internet	728.59	1,100.00	371.41	66.24 %
TNT Allstars Meet exp		14,000.00	14,000.00	
TNT Open Water Meet exp		40,000.00	40,000.00	
TNT Zones Team Exp	37,958.89	44,000.00	6,041.11	86.27 %
Training & Supplies - Coaches		5,000.00	5,000.00	
Training & Supplies - Officials	1,105.24	5,000.00	3,894.76	22.10 %
Travel				
Travel - Athlete Reimbursement	55,283.74	115,500.00	60,216.26	47.86 %
Travel - Coach Reimbursement	8,880.64		-8,880.64	
Travel - LSC Officers		4,000.00	4,000.00	
Travel - Meet Official Reimbursement	8,282.14		-8,282.14	
Total Travel	72,446.52	119,500.00	47,053.48	60.62 %
Website	314.48	600.00	285.52	52.41 %
Total Expenses	\$158,359.43	\$289,000.00	\$130,640.57	54.80 %
NET OPERATING INCOME	\$79,202.92	\$0.00	\$ -79,202.92	0.00%
Other Income				
Interest Income	41.17	500.00	458.83	8.23 %
Total Other Income	\$41.17	\$500.00	\$458.83	8.23 %
NET OTHER INCOME	\$41.17	\$500.00	\$458.83	8.23 %
NET INCOME	\$79,244.09	\$500.00	\$ -78,744.09	15,848.82 %



North Texas Swimming, Inc.

Budget vs. Actuals: HOD Approved Budget - 2022 - YTD P&L

January - March, 2022

	TOTAL			
	ACTUAL	BUDGET	REMAINING	% OF BUDGET
Income				
Donations Received		3,000.00	3,000.00	
Meet Surcharges	24,261.00	95,000.00	70,739.00	25.54 %
Miscellaneous Income	200.00		-200.00	
Rents - Equipment		2,500.00	2,500.00	
Sanction Fees	575.00	2,500.00	1,925.00	23.00 %
TNT - All Star Meet		15,000.00	15,000.00	
TNT - Open Water Meet		30,000.00	30,000.00	
TNT - Zones team		19,000.00	19,000.00	
USA Registration Fees	32,285.00	150,000.00	117,715.00	21.52 %
Total Income	\$57,321.00	\$317,000.00	\$259,679.00	18.08 %
GROSS PROFIT	\$57,321.00	\$317,000.00	\$259,679.00	18.08 %
Expenses				
Accounting & Tax Services	3,000.00	3,000.00	0.00	100.00 %
Coaches' Rep		500.00	500.00	
Contract Labor	772.50	5,000.00	4,227.50	15.45 %
Convention - USAS		12,000.00	12,000.00	
Diversity and Inclusion	1,076.00	4,500.00	3,424.00	23.91 %
Dues & Subscriptions	50.00	50.00	0.00	100.00 %
Evaluator Fees	1,942.68	3,200.00	1,257.32	60.71 %
Insurance		1,000.00	1,000.00	
Meeting Expenses		1,500.00	1,500.00	
Office Expenses				
Employee & Volunteer Expenses		2,500.00	2,500.00	
Employee Recruiting Expenses		600.00	600.00	
Office Services		600.00	600.00	
Office Supplies	36.89	240.00	203.11	15.37 %
Postage	97.98	400.00	302.02	24.50 %
Software & Subscriptions	234.67	2,360.00	2,125.33	9.94 %
Total Office Expenses	369.54	6,700.00	6,330.46	5.52 %
Payment Fees				
PayPal Fees	87.12	750.00	662.88	11.62 %
QuickBooks Payments Fees	744.60	2,500.00	1,755.40	29.78 %
Total Payment Fees	831.72	3,250.00	2,418.28	25.59 %
Payroll Expenses				
Taxes	505.79	2,200.00	1,694.21	22.99 %
Wages	6,611.67	34,600.00	27,988.33	19.11 %
Workers Comp	403.62	400.00	-3.62	100.91 %
Total Payroll Expenses	7,521.08	37,200.00	29,678.92	20.22 %
Repair & Maintenance	112.05	1,500.00	1,387.95	7.47 %

	TOTAL			
	ACTUAL	BUDGET	REMAINING	% OF BUDGET
Safe Sport	187.58	1,000.00	812.42	18.76 %
Scholarships Awarded		3,000.00	3,000.00	
Taxes & Licenses	-10.00	250.00	260.00	-4.00 %
Telephone & Internet	42.65	200.00	157.35	21.33 %
TNT Allstars Meet exp		14,000.00	14,000.00	
TNT Open Water Meet exp		40,000.00	40,000.00	
TNT Zones Team Exp		42,750.00	42,750.00	
Training & Supplies - Coaches	0.00	4,000.00	4,000.00	0.00 %
Training & Supplies - Officials	82.40	3,300.00	3,217.60	2.50 %
Travel				
Travel - Athlete Reimbursement	21,156.48	105,000.00	83,843.52	20.15 %
Travel - Coach Reimbursement	739.84	7,500.00	6,760.16	9.86 %
Travel - LSC Officers		7,500.00	7,500.00	
Travel - Meet Official Reimbursement	2,219.52	9,000.00	6,780.48	24.66 %
Total Travel	24,115.84	129,000.00	104,884.16	18.69 %
Total Expenses	\$40,094.04	\$316,900.00	\$276,805.96	12.65 %
NET OPERATING INCOME	\$17,226.96	\$100.00	\$ -17,126.96	17,226.96 %
Other Income				
Interest Income	10.15		-10.15	
Total Other Income	\$10.15	\$0.00	\$ -10.15	0.00%
Other Expenses				
Interest Expense		50.00	50.00	
Miscellaneous Exp		150.00	150.00	
Total Other Expenses	\$0.00	\$200.00	\$200.00	0.00%
NET OTHER INCOME	\$10.15	\$ -200.00	\$ -210.15	-5.08 %
NET INCOME	\$17,237.11	\$ -100.00	\$ -17,337.11	-17,237.11 %

North Texas Swimming LSC Audit Committee Recommendations
Audit Year 2020 (performed on 11/06/2021)

General controls			
Audit Recommendations	Audit	Status	Notes
Equipment Rental: - Process for equipment rental needs strengthening. No evidence of rental agreements exists within the LSC files. - Single performer involved in initiating rental agreement, delivery of equipment and subsequent collection of rental fees. - Recommend the LSC formalize the rental process and account for separation of duties, checks and balances in the equipment rental process.	2020	New Recommendation	Need to evaluate effectiveness and impact of equipment rental program. If continued, the process needs additional control and improvement.
Fines: - Process for the collection of fines ineffective. No evidence of tracking of meet sanctioning and meet financials activity to support assessment of fines was demonstrated. No documented process for or evidence when fines are waived. - LSC should develop a process for assessing fines that depends on events and dates, not the meet director's, registrar's and treasurer's active discovery and intervention. P&P should be followed in all cases, and new P&P should be developed around circumstances around and process for waivers of fines owed.	2020	New Recommendation	Evidence of fines not being applied and collected consistently, either through late activities not resulting in fines and/or fines being waived without documentation.
Meet Financials: - Meet financials reconciliation with payments demonstrated some improvement over the 2019 audit and previous audit recommendations were followed. However, the updated process did result in some inconsistent and/or untimely meet revenue recognition and reporting. - LSC should look into further process improvements to ensure the accuracy, reliability and timeliness of meet revenue recognition and reporting	2019, 2020	Repeat Recommendation	- 2019: Five (5) meet financials forms and payments were found to be miscategorized and were corrected in the 2019 financials. - 2019, 2020: Some meets were coded to incorrect or missing sanctions, but did fully reconcile to ledger entries under different coding. - 2020: One (1) instance of underpayment by \$189, five (5) missing payments incorrectly recorded as deposits to USA Swimming Fees totalling \$2,119
The audit committee recommends items exceeding budget that have been approved by the Board and House of Delegates be listed in a comprehensive document.	2018	Tested - Adequate, with risk	- 2020 Audit: Of the 4 expense categories tested, 3 were under budget and 1 was not budgeted, but expenses were incurred with prior approval (COVID-19 Refunds). Risk exists that a process still does not exist for tracking actuals to budget, so this finding may recur. - 2019 Audit: Of six (6) expense categories tested, four (4) were over budget. Evidence of prior approval was not noted for the 4 tested.

Business process audit areas			
Audit Recommendations	Audit	Status	Notes
NSF fees incurred from depositing club bad checks not charged back to clubs. Should develop a process for passing through any club-caused LSC bank fees back to the clubs.	2020	New Recommendation	Consider leveraging the new invoice process for passing through NSF fees when incurred.
Travel Expenses: - Publish an updated, self-contained expense form (versus having a expense form and a formulas document separately) indicating the policies and LSC reimbursement levels for each competition year, or leverage an equivalent electronic submission process. - Controls for expense categories should be explicitly called out to the member filling out the expense form, in addition to being checked at the time of payment. - Recommend in future all non-athlete and officer expenses be approved by a designated board member prior to payment and separation of duties exists in all cases	2019	Not Tested - Deferred	2019 recommendations were released after the end of 2020 and Limited travel occurred in 2020, thus travel expenses were not a core focus of the 2020 Audit.
Pare down the Meet Financials Summary form to be just the amounts required to fill. Teams are completing the forms inconsistently and incorrectly.	2019	Not Tested - Deferred	2019 recommendations were released after the end of 2020, thus improvements cannot be tested until 2021 Audit.
Tax exempt status should be used when renting rooms for meetings or events	2018	Not Tested - Deferred	No meeting or event room rental to retest in 2020.
A comprehensive list of sanctions should be used and cross-referenced with the deposit date of check and receipt of Financial Summary, Fines, etc.	2018	Tested - Adequate	Paperwork was present and correct, cross-referencing complete but did not fully reconcile with original contents of General Ledger. This process allowed inconsistencies to be found and corrected for 2019 as a result of the 2019 Audit.
Revamp of the process of reconciling registration fees and the subsequent transactions from USA Swimming.	2018	Not Tested - Deferred	LSC should pursue a more electronic process with USAS given the limitations of the current paper process
All expense reimbursement forms should be signed by the appropriate member or officer to indicate approval and authorization of the expense.	2013-2017	Tested - Adequate	2019, 2020 Audits - Of the forms sampled most evidenced member, officer or swimmer/coach approval
The Team Entry Fee report should be attached to the NT Meet Financial Report in order to prove the amount of meet surcharge due.	2013-2017	Tested - Adequate	2019, 2020 Audits - All sampled meets demonstrated a completed Team Entry Fee report
Team in the LSC must provide a copy of the batch summary report with each batch submission of registrations. The Registrar should provide the Treasurer the batch summary report with each deposit of registration fees. In the event a team is using a credit balance, the Registrar should note the credit amount on the batch copy.	2013-2017	Not Tested - Deferred	Deferred in lieu of 2018 recommendation
A Registration Financial Summary form is available on the website and for teams using Team Unify, the software allows you to print a Cost Table. The Cost Table summarizes the registration fees for the batch.	2013-2017	Not Tested - Deferred	Deferred in lieu of 2018 recommendation



NORTH TEXAS SWIMMING OFFICIALS REPORT

April 10, 2022

Kenneth Y. Chung



Why: Officiating core values – supporting our athletes

How:

- Safety
- Maintaining integrity of the rules
- Courtesy
- Efficiency

What do officials do: We provide opportunities for swimmers to learn and grow



NORTH TEXAS SWIMMING OFFICIAL COMMITTEE – WHAT WE HAVE ACCOMPLISHED SINCE NOV 2020

- Updated the apprentice training card to make the expectation upfront and transparent to facilitate recruiting and training of new officials and advancements. Meet referee training card has just been finished.
- Continue our North Texas Officials Development and Succession planning program
 - Maintain a pipeline of officials interested in advancement
 - Review the pipeline at monthly Officials committee meeting



TRAINING & EDUCATION

- Since Oct HOD meeting, organized 6 new officials' clinics, 2 Admin clinic, and 1 Deck Referee clinic.
- Since Oct HOD meeting, certified 9 Stroke & Turn judges; 5 Admin Official; 3 Chief Judges; 8 Starter; 3 Deck Referee.
- Development and succession tracking: 8 in process of completing the training requirements for Meet Referee, Deck Referee, Starter and Chief Judge positions.
- Since June 2020, we have 118 swim parents who attended the clinic but have not registered.



LOOKING FORWARD

- A lot of mentoring activities going on. Be a mentor and recruiter, multiply the talents and skills ($4 \times 4 = 16$; $4 + 4 = 8$)
- Increase our number of officials while maintaining the high quality of officiating
- Continue to support our officials to support our athletes

QUESTIONS?

SAFE SPORT



House of Delegates Meeting – April 10, 2022
Lydia Chase, Safe Sport Chair

Safe Sport Updates

Starting 1/1/22, the following individuals must be non-athlete members of USA Swimming and take required training:

- Adult employees of USA Swimming, Local Swimming Committees (LSCs) and member clubs;
- Adults serving on the board of directors of USA Swimming, LSCs and member clubs;
- Individuals in a position of oversight over the operations of a member club;
- Adults with an ownership interest in a member club;
- Referees, starters, administrative officials, chief judges, stroke and turn judges, meet marshals; and
- Other volunteers who interact directly and frequently with or have authority over athletes (as defined in the SafeSport Code for the Olympic and Paralympic Movement) as a regular part of their duties.

Renewals

- Safe Sport certification must be renewed every 2 years
- Teams will receive an email 2 months prior to renewal
- Many changes have been made to the program since inception
- To review renewal requirements, visit on NTswim.org Safe Sport tab [here](#)

7 clubs have completed SSRP (28%)

COPS*

MARS*

Metroplex Aquatics*

O2*

RACE*

STAR*

TFA

*Clubs that were certified in 2020 are required to renew their certification this year.

8 clubs have **started** SSRP (32%)

ATAC
COR*
DM
FitnWise
LAC*
MAC*
NTN*
Prosper Aquatics

*50% moved closer to Safe Sport certification since 10/2021

Remaining clubs have **NOT yet started** SSRP
(60% of NT teams)

Safe Sport Plans for 2022

- Encourage all teams to complete Safe Sport certification by the end of the year!
- Update NTswim.org Safe Sport page featuring Safe Sport certified team logos (completed) and future social media
- Continue monthly email communications
- Provide Safe Sport materials at meets (contact Safe Sport Chair if interested)
- Provide training opportunities (contact Safe Sport Chair if interested):
 - USA Swimming on-going monthly training, see schedule on NTswim.org Safe Sport page at [Safe Sport Zoom Training Opportunities](#)
 - Host team specific Zoom trainings
 - Offer training during meet warm-ups for parents of swimmers in meets

Questions?

Lydia Chase, Safe Sport Chair
lydia.chase@ntswim.org

13.1 AMENDMENTS: These Policies and Procedures may be amended at any meeting of the ~~House of Delegates~~Board of Directors by a one-half (50%) vote of the members present and voting. At least ~~thirty~~fourteen (~~30~~14) days electronic notice shall be given to every member of the ~~House Board~~ of any proposed amendment. Any amendment not submitted or proposed in time to give ~~thirty~~fourteen (~~30~~14) days electronic notice to the ~~House Board~~ may only be adopted ~~only~~ by three-fourths (75%) vote of the House of Delegates present and voting.

DRAFT

**SECTION X
TRAVEL FUNDS**

10.1 TRAVEL POLICIES

Summary

The LSC will budget for travel as part of the annual budgeting process. Travel reimbursement for Athletes, Coaches, and Officials is intended to mitigate the cost of travel not to fully reimburse actual costs. Members designated to travel by the LSC will be fully reimbursed subject to the definitions outlined in this policy. Travel is subject to limitations as listed in the sections for each category of travel. The use of travel funds throughout this policy is subject to budget availability.

NORTH TEXAS SWIMMING, Inc. POLICIES AND PROCEDURES MANUAL

10.2 TRAVEL POLICY DEFINITIONS AND APPLICABILITY

Term	Definition	Applies to
Double Occupancy	Lodging expense at 50% of the amount specified in United States Government Publication 1542 for a given location plus 15% allowance for taxes , for the purpose of determining reimbursement presuming shared accomodations.	Athletes Coaches Officials
Eligible Competition	National Championship Meets, Olympic Trials and Futures Meets in accordance with Article 207 and 204.10 of the USA Swimming Rules and Regulations as well as the NSCA Championship Meet.	Athletes Coaches Officials
Full Reimbursement	Full reimbursement calculated at 100% of total expenses. LSC travel reimbursement calculated using this method is for the purpose of fully offsetting covered expenses.	Outreach Athletes Other Members Designated by the LSC
Ground Transportation	Transportation while in a location traveling on LSC business. Ground transportation may be reimbursed for shared ride, taxi/app, rental car or personal car mileage.	Other Members Designated by the LSC
Net Reimbursement	Partial reimbursement calculated at a rate of 80% of total expenses. LSC travel reimbursement calculated using this method is for the purpose of defraying covered expenses.	Athletes Coaches Officials
Per Diem	A pre-established daily rate based on United States Government Per Diem Rates published in Publication 1542 for each location, for the purpose of determining reimbursement of Meals and Incidental expenses. Athletes attending training, conventions, USAS Business Meetings, or other events representing the LSC as a designate, may request an advance of their expected Per Diem in cash prior to travel. Each request for an advance will be reviewed and approved by the General Chair and the Finance Chair.	All
Receipts and Documentation	Those seeking reimbursement from the LSC for travel must submit a receipt for all the following, when claimed: airfare, lodging, ground transportation, rental cars and fuel as applicable to substantiate that each expense type occurred. It is not necessary to submit additional documentation to substantiate payment of the Per Diem	All

NORTH TEXAS SWIMMING, Inc. POLICIES AND PROCEDURES MANUAL

Term	Definition	Applies to
Single Occupancy	Lodging expense at 100% of the amount specified in United States Government Publication 1542 for a given location plus 15% allowance for taxes, for the purpose of determining reimbursement presuming dedicated accommodations.	Other Members Designated by the LSC
USAS Business Meeting	Annual business meeting for delegates of the LSC and certain elected officers (formerly known as USA Swimming Convention).	All

10.3 ATHLETE TRAVEL REIMBURSEMENTS

Summary

It is the policy of North Texas Swimming, Inc. to provide travel reimbursement funds to defray the costs for transportation, lodging, meals & incidental expenses incurred by athletes for their participation in Eligible Competition (*see 10.2 Travel Policy Definitions and Applicability*).

The NTSI Finance Committee will use a Net Reimbursement (*see 10.2 Travel Policy Definitions and Applicability*) method for each type of expense outlined in this section unless otherwise noted. The Finance Committee shall communicate the applicable net reimbursement amounts for the following year by the end of the current year. Reimbursement will be provided for incurred expenses subject to the policies and requirements shown below excluding any travel related expenses paid with loyalty points.

Any athlete registered for the current and previous swim year as an Outreach Athlete may instead receive Full Reimbursement (*see 10.2 Travel Policy Definitions and Applicability*) amounts for incurred expenses subject to the policies and requirements shown below.

10.3.1 COVERED EXPENSES

The following expenses will be covered for athletes participating in Eligible Competition and meeting the eligibility requirements outlined in this policy:

Meals and Incidentals: North Texas Swimming, Inc. will use Per Diem (*see 10.2 Travel Policy Definitions and Applicability*) reimbursement of Meals and Incidentals. The per diem will be based upon the number of days up to two days prior to the swimmer's first event up until a day after the swimmer's last event. Per Diem will be paid using the actual travel dates submitted on the application for reimbursement in accordance with this policy.

Lodging: North Texas Swimming, Inc. will use the Double Occupancy (*see 10.2 Travel Policy Definitions and Applicability*) lodging rate for reimbursement of lodging expenses. Lodging nights will be based upon the number of nights up to two days prior to the swimmer's first event up until a day after the swimmer's last event.

Travel: Travel to Eligible Competition will be reimbursed using one of the following methods:

Mileage: NTSI will use the current mileage reimbursement rates established by the IRS each year. NTSI will calculate the roundtrip mileage from Dallas city center to the city center of the host city and the mileage reimbursement request will be limited to one claim per family. Mileage will be paid at Full Reimbursement.

Airfare cost: NTSI will determine the airfare cost to be reimbursed based on the location of the Eligible Competition using GSA Rates.

Rental Vehicle: NTSI will reimburse a standard rental vehicle or equivalent along with applicable fees, taxes and gasoline for a number of day's rental corresponding to the number of days used for reimbursement of per diem expenses.

NTSI recommends utilizing the lowest cost option for travel.

10.3.2 ELIGIBILITY REQUIREMENTS

To be eligible for NTSI travel reimbursement funds, the athlete must compete in the Eligible Competition registered with NTSI and meet one of the following criteria:

- The athlete has been continuously registered with North Texas Swimming, Inc. for the 12 months prior to the start of the Eligible Competition
- The athlete has been registered with NTSI in four registration years including and after their thirteenth birthday.

Additionally, all athletes must:

Compete in individual or relay events and have traveled or incurred expenses related to travel to that Eligible Competition. NTSI requirement is that the athlete compete in all the events registered unless unable to do so because of circumstances beyond their control. In the event the athlete does not compete at the meet, the reimbursement will be evaluated on a case by case basis.

10.3.3 ADDITIONAL REQUIREMENTS

An athlete may be reimbursed up to two (2) Eligible Competitions per season. In USA Olympic Trial years, athletes that compete in Olympic Trials may be reimbursed for Olympic Trials plus one additional Eligible Competition. Athlete must attest to the fact they have not received reimbursement from other sources.

Athletes or their parents must submit a travel reimbursement application within 30 days of the conclusion of the Eligible Competition. The form must be completed fully in accordance with the form instructions and must be accompanied by Receipts and Documentation (*see 10.2 Travel Policy Definitions and Applicability*).

10.4 COACH TRAVEL REIMBURSEMENTS

Summary

It is the policy of North Texas Swimming, Inc. to provide travel reimbursement funds to defray the costs for transportation, lodging, meals & incidental expenses incurred by coaches who have athletes participating in Eligible Competition (*see 10.2 Travel Policy Definitions and Applicability*).

Reimbursement for coaches is limited to one (1) per team per Eligible Competition. Unless the LSC is previously instructed by the club prior to the first day of the meet, reimbursement will be issued to the first applicant to submit the proper documentation.

The NTSi Finance Committee will use a Net Reimbursement (*see 10.2 Travel Policy Definitions and Restrictions*) method for each type of expense outlined in this section unless otherwise noted. The Finance Committee shall communicate the applicable reimbursements amounts for the following year by the end of the current year. Reimbursement will be provided for incurred expenses subject to the policies shown below excluding any travel related expenses paid with loyalty points.

10.4.1 COVERED EXPENSES

The following expenses will be covered for coaches traveling to coach athletes participating in Eligible Competition and meeting the eligibility requirements outlined in this policy:

Meals and Incidentals: North Texas Swimming, Inc. will use Per Diem (*see 10.2 Travel Policy Definitions and Applicability*) reimbursement of Meals and Incidentals. The per diem will be based upon the number of days up to two days prior to the team's first event up until a day after the team's last event. Per Diem will be paid using the actual travel dates submitted on the application for reimbursement in accordance with this policy.

Lodging: North Texas Swimming, Inc. will use the Double Occupancy (*see 10.2 Travel Policy Definitions and Applicability*) lodging rate for reimbursement of lodging expenses. Lodging nights will be based upon the number of nights up to two (2) days prior to the team's first event up until one (1) day after the team's last event.

Travel: Travel to Eligible Competition will be reimbursed using one of the following methods:

Mileage: NTSI will use the current mileage reimbursement rates established by the IRS each year. NTSI will calculate the roundtrip mileage from Dallas city center to the city center of the host city and the mileage reimbursement request will be limited to one (1) claim per vehicle used (in the case of sharing a car). Mileage will be paid at Full Reimbursement.

Airfare cost: NTSI will determine the airfare cost to be reimbursed based on the location of the Eligible Competition using GSA Rates.

Rental Vehicle: NTSi will reimburse a standard rental vehicle or equivalent along with applicable fees, taxes and fuel for a number of day's rental corresponding to the number of days used for reimbursement of per diem expenses.

NTSi recommends utilizing the lowest cost option for travel.

10.4.2 ELIGIBILITY REQUIREMENTS

To be eligible for NTSI travel reimbursement funds, the coach's club must have one or more athletes compete in an Eligible Competition.

Additionally, athlete(s) under the direction of the coach must:

Compete in individual or relay events and have traveled or incurred expenses related to travel to that Eligible Competition. NTSI requirement is that the athlete(s) under the direction of the coach compete in all the events registered unless unable to do so because of circumstances beyond their control. In the event the athlete(s) do not compete at the meet, the coach reimbursement will be evaluated on a case by case basis.

10.4.3 ADDITIONAL REQUIREMENTS

A given team may be reimbursed up to a total of two (2) Eligible Competitions per season: a maximum of two (2) total individual coach reimbursements per season, per club. In USA Olympic Trial years, teams that have athletes compete in Olympic Trials may be reimbursed for Olympic Trials plus one additional national meet, Coaches must attest to the fact they have not received reimbursement from other sources.

Coaches must submit a travel reimbursement form within thirty (30) days of the conclusion of the Eligible Competition. The form must be completed fully in accordance with the form instructions and must be accompanied by Receipts and Documentation (*see 10.2 Travel Policy Definitions and Applicability*).

10.5 OFFICIALS TRAVEL REIMBURSEMENTS

Summary

It is the policy of North Texas Swimming, Inc. to provide travel reimbursement funds to defray the costs for transportation, lodging, meals & incidental expenses incurred by Officials who work a given Eligible Competition (*see 10.2 Travel Policy Definitions and Applicability*).

Reimbursement for Officials is limited to two (2) Eligible Competitions per calendar year per official. Officials must receive prior written approval of the Officials Chair to be eligible for reimbursement. Officials must also work all sessions of the Eligible Competition to be eligible for reimbursement.

The NTSI Finance Committee will use a Net Reimbursement (*see 10.2 Travel Policy Definitions and Applicability*) method for each type of expense outlined in this section unless otherwise noted. The Finance Committee shall communicate the applicable net reimbursement amounts for the following year by the end of the current year. Reimbursement will be provided for incurred expenses subject to the policies and requirements shown below excluding any travel related expenses paid with loyalty points.

10.5.1 COVERED EXPENSES

The following expenses will be covered for coaches traveling to coach athletes participating in Eligible Competition and meeting the eligibility requirements outlined in this policy:

Meals and Incidentals: North Texas Swimming, Inc. will use Per Diem (*see 10.2 Travel Policy Definitions and Applicability*) reimbursement of Meals and Incidentals. The per diem will be based upon the number of days up to one (1) day prior to the start of the Eligible Competition up until one (1) day after the conclusion of the Eligible Competition. Per Diem will be paid using the actual travel dates submitted on the application for reimbursement in accordance with this policy.

Lodging: North Texas Swimming, Inc. will use the Double Occupancy (*see 10.2 Travel Policy Definitions and Applicability*) lodging rate for reimbursement of lodging expenses. Lodging nights will be based upon the number of nights up to one (1) day prior to the start of the Eligible Competition up until one (1) day after the conclusion of the Eligible Competition.

Travel: Travel to Eligible Competition will be reimbursed using one of the following methods:

Mileage: NTSI will use the current mileage reimbursement rates established by the IRS each year. NTSI will calculate the roundtrip mileage from Dallas city center to the city center of the host city and the mileage reimbursement request will be limited to one (1) claim per vehicle used (in the case of sharing a car). Mileage will be paid at Full Reimbursement.

Airfare cost: NTSI will determine the airfare cost to be reimbursed based on the location of the Eligible Competition using GSA Rates.

Rental Vehicle: NTSi will reimburse a standard rental vehicle or equivalent along with applicable fees, taxes and fuel for a number of day's rental corresponding to the number of days used for reimbursement of per diem expenses.

NTSi recommends utilizing the lowest cost option for travel.

10.5.2 ELIGIBILITY REQUIREMENTS

To be eligible for NTSI travel reimbursement funds, the Official must be attached to North Texas Swimming for the current and previous swim year and must have received prior written approval from the Officials Chair for the Eligible Competition.

Additionally, officials must have traveled or incurred expenses related to travel to that Eligible Competition. The NTSI requirement to be eligible for reimbursement is that the official work all sessions of the Eligible Competition unless unable to do so because of circumstances beyond their control. In the event the official does not work at the meet, the reimbursement will be evaluated on a case by case basis.

10.5.3 ADDITIONAL REQUIREMENTS

An official may be reimbursed for up to two (2) Eligible Competitions per calendar year with prior written approval from the Officials Chair. Officials must also attest to the fact they have not received any reimbursement from other sources for the Eligible Competition.

Officials must submit a travel reimbursement form within thirty (30) days of the conclusion of the Eligible Competition. The form must be completed fully in accordance with the form instructions and must be accompanied by Receipts and Documentation (*see 10.2 Travel Policy Definitions and Applicability*).

10.6 REIMBURSEMENT OF OTHER MEMBERS DESIGNATED BY THE LSC

Summary

It is the policy of North Texas Swimming, Inc. to provide travel reimbursement funds to fully offset expenses for transportation, lodging, meals & incidental expenses incurred by other members when designated by the LSC and traveling to designated events. Any member traveling to a designated event, as a training attendee, attending in a named position to the USAS Business Meeting (*see 10.2 Travel Policy Definitions and Applicability*), as an Officials National Evaluator to an NT sanctioned Officials Qualifying Meet or other designations as nominated by the General Chair and approved by the Board of Directors shall be reimbursed as set forth in this policy section.

The NTSI Finance Committee will use a Full Reimbursement (*see 10.2 Travel Policy Definitions and Applicability*) method for each type of expense outlined in this section. The Finance Committee shall communicate the applicable Full Reimbursement amounts for the following year by the end of the current year. Reimbursement will be provided for incurred expenses subject to the policies shown below excluding any travel related expenses paid with loyalty points.

10.6.1 10.6.1 COVERED EXPENSES

The following expenses will be covered for other members designed traveling and meeting the eligibility requirements outlined in this policy:

Meals and Incidentals: North Texas Swimming, Inc. will use Per Diem (*see 10.2 Travel Policy Definitions and Applicability*) reimbursement of Meals and Incidentals. The per diem will be based upon the number of days traveling up to one (1) day prior to the start of the designated event up until one (1) day after the conclusion of the event. Per Diem will be paid using the actual travel dates submitted on the application for reimbursement in accordance with this policy.

Lodging: North Texas Swimming, Inc. will use the Single Occupancy (*see 10.2 Travel Policy Definitions and Applicability*) lodging rate for reimbursement of lodging expenses. Lodging nights will be based upon the number of days traveled minus one.

Travel: Travel to a designated event will be reimbursed using one of the following methods:

Mileage: NTSI will use the current mileage reimbursement rates established by the IRS each year. NTSI will calculate the roundtrip mileage from Dallas city center to the city center of the host city and the mileage reimbursement request will be limited to one (1) claim per vehicle used (in the case of sharing a car).

Airfare cost: NTSI will determine the airfare cost to be reimbursed based on the location of the Eligible Competition using GSA Rates.

Rental Vehicle: NTSi will reimburse a standard rental vehicle or equivalent along with applicable fees, taxes and fuel for a number of day's rental corresponding to the number of days used for reimbursement of per diem expenses.

Ground Transportation (*see 10.2 Travel Policy Definitions and Applicability*): North Texas Swimming, Inc. allows ground transportation expenses on any of the days traveled.

NTSi recommends utilizing the lowest cost option for travel.

10.6.2 ELIGIBILITY REQUIREMENTS

To be eligible for NTSI travel reimbursement funds, the member must be attached to North Texas Swimming for the current year, unless they are an Officials National Evaluator or other designee as nominated by the General Chair and approved by the Board of Directors.

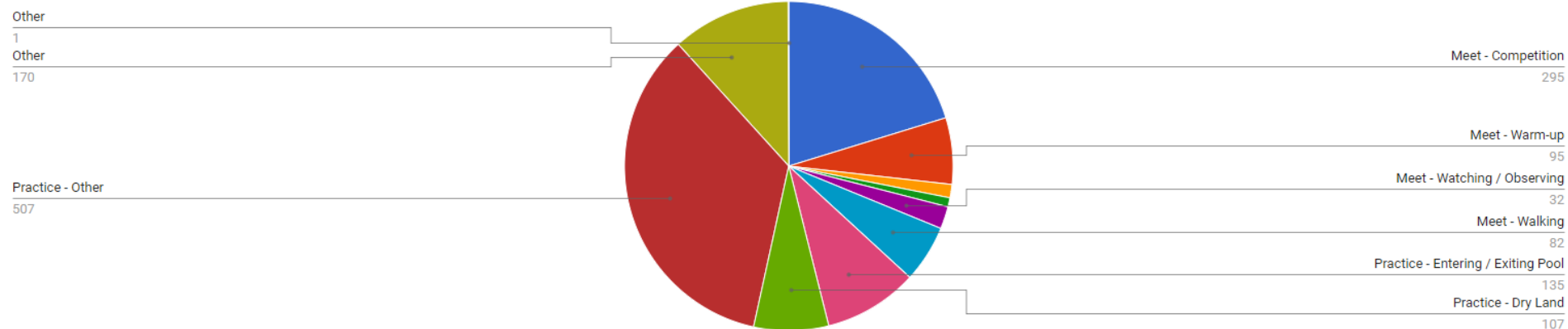
Additionally, members must have traveled or incurred expenses related to travel to that designated event. The NTSI requirement to be eligible for reimbursement is that the member fully attend the designated event unless unable to do so because of circumstances beyond their control. In the event the member does not attend the designated event, the reimbursement will be evaluated on a case by case basis.

10.6.3 ADDITIONAL REQUIREMENTS

Members must also attest to the fact they have not received any reimbursement from other sources for the designated event.

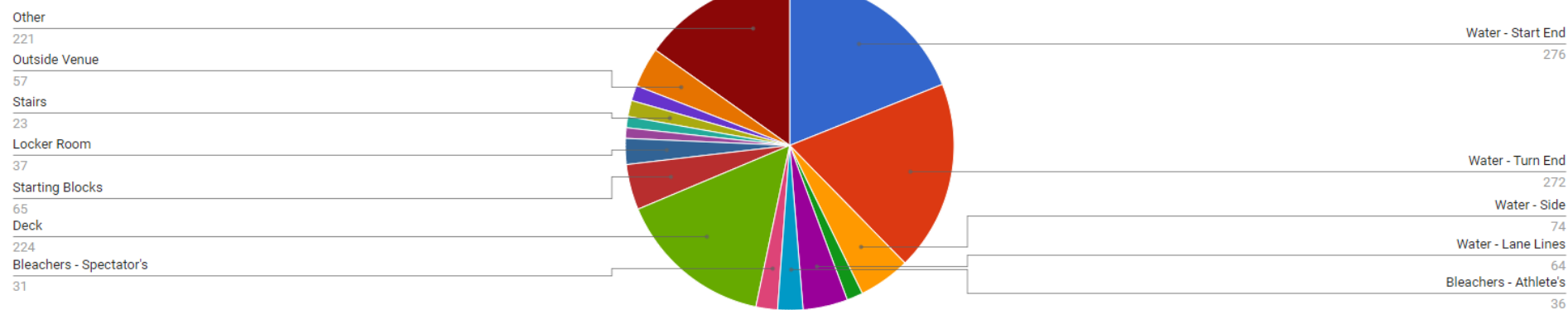
Members must submit a travel reimbursement form within 30 days of the conclusion of the Designated Event. The form must be completed fully in accordance with the form instructions and must be accompanied by Receipts and Documentation (*see 10.2 Travel Policy Definitions and Applicability*).

Activity at Time of Injury



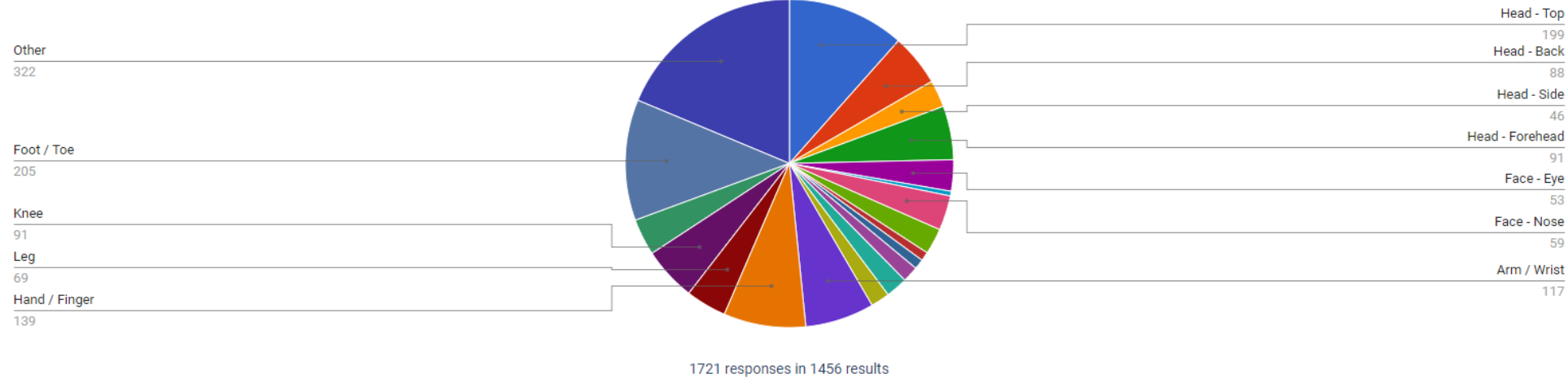
1456 responses in 1456 results

Where Accident Occurred

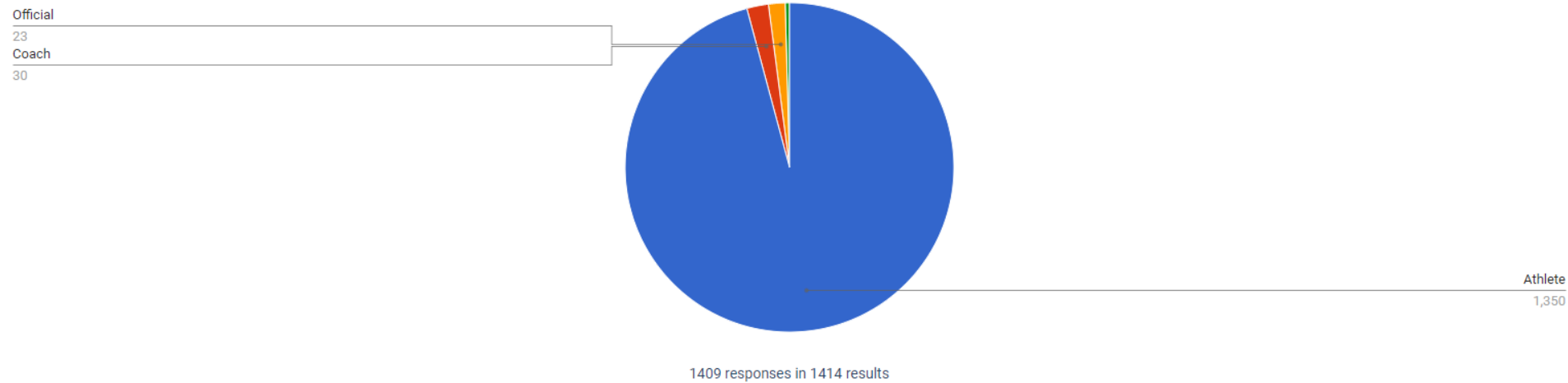


1456 responses in 1456 results

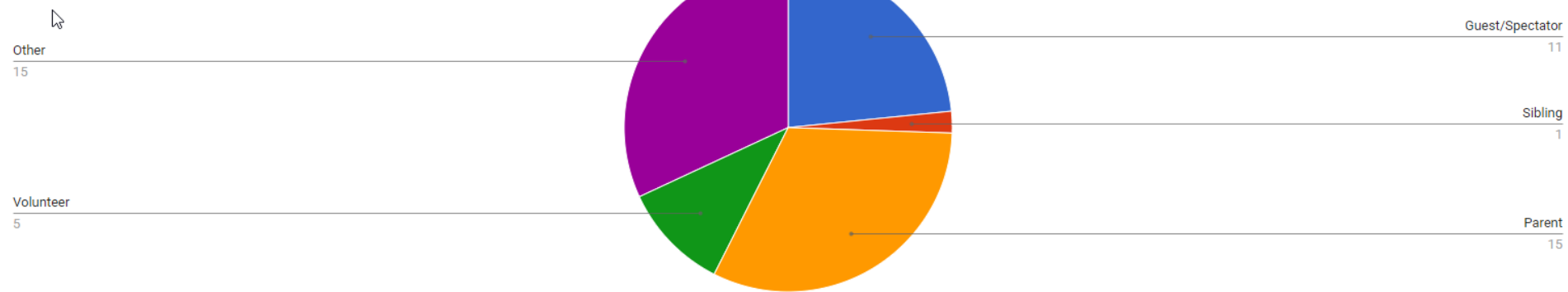
Body Part Injured



Membership Type



Non-Member Type



47 responses in 362 results

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	AK - Alaska Swimming	Practice - Other	Water - Lane Lines	Breast stroke, kicked her right baby toe into lane line. Continued swimming and finished practice.	Swim coach on deck gave her a bandage and an ice pack after practice.
Male	AM - Allegheny Mtn Swimming	Practice - Other	Deck	hit back of head on metal bar which was part of lane rope reel	athlete was close to losing consciousness and was turning blue. He did not fully lose consciousness.
Female	AM - Allegheny Mtn Swimming	Meet - Warm-up	Other Water - pool	Swimmer developed shortness of breath and nausea while in the water for warm-up for distance event near end of afternoon session.	Swimmer developed shortness of breath and nausea while in the water for warm-up for distance event near end of afternoon session. Swimmer scratched the distance event and left the facility. Swimmer had to seek emergency medical treatment for severe wheezing in the evening.
Female	AM - Allegheny Mtn Swimming	Practice - Entering / Exiting Pool	Water - Start End	during practice, athlete was climbing out of the pool and one of her teammates was on the other side of the block. She misjudged her spacing and hit her head splitting it open requiring 3 staples.	
Female	AM - Allegheny Mtn Swimming	Practice - Other	Other Water - middle of pool	Hand or foot hitting head while swimming	
Female	AR - Arkansas Swimming	Meet - Competition	Other turn end bulkhead	The swimmer approached the turn end during a long course meet in a 200m free style heat race (13:48). The swimmer exited the pool onto the bulkhead and laid back (13:49). I immediately approached her and asked if she was ok. The swimmer did not respond but was breathing. As I assessed the situation, the swimmer began shaking w/ eyes closed. I then called for a medical dr. that I had been talking with nearby. 2 other spectator physicians and a nurse also came to the swimmer's aid (in less than 1 min.) while I located her coach and contacted emergency responders. The physicians and nurse covered the swimmer and turned her on her side in the event it might have been an epileptic seizure. The swimmer's vitals were taken and she was cared for until the first responders arrived. The swimmer's coach made contact with her parents and remained in contact with them throughout the situation.	The swimmer appeared to drift in and out of consciousness while given medical attention prior to the arrival of fire fighters and EMT's. The swimmer did not receive any physical injuries because she got herself out of the pool and laid down before she lost consciousness. The hard surface of the bulkhead where the swimmer laid down is softened by a rubber mat.
Female	AZ - Arizona Swimming	Meet - Walking	Deck	Stepped down off north platform onto side of left foot	Left foot.
Male	AZ - Arizona Swimming	Practice - Entering / Exiting Pool	Water - Start End	Athletes were entering the pool and both athletes were on either side of the swimming block (on the deck). When entering, both athletes jumped in at the same time (from either sides of the pool deck surrounding block) and struck each other. Athlete was hit in the head. He did not notify coaches on deck at the time of incident. He was asked by athlete who struck him if "he was okay" and he responded with "yes, i'm fine". All athletes finished the rest of the 45 minutes of practice. Coaches were not notified until days later by parents.	No Coaches were notified until days later by athlete's parents. It was confirmed by both the injured athlete and his family as well as the team that there was no malicious intent and it was an accident. It was also noted by athlete's family that he did not notify any athletes and or coaches of his feelings or injury at the time because "he did not want to be a wimp in front of others".
Male	AZ - Arizona Swimming	Meet - Competition	Water - Turn End	During the 100 Freestyle swimmer ran into the bulkhead face first, causing a large laceration on his forehead.	Swimmer suffered a large cut on his forehead. A 1-2" cut was sustained. Because of the location on the forehead there was a large amount of blood. Parents were not on site at the meet. Parents were called and came to the site. As a precaution paramedics were called. After checking his vitals, they released him to be taken to urgent care by his parents.
Female	AZ - Arizona Swimming	Practice - Other	Water - Lane Lines	Athlete 1 and Athlete 2 were sharing a lane Athlete 2 forgot to stay on her side	
Male	AZ - Arizona Swimming	Meet - Competition	Water - Turn End	Swimmer ran into wall on turn end.	During race swimmers goggles filled with water and he misjudged the wall and ran into it.
Male	BD - Border Swimming	Practice - Other	Water - Lane Lines		
Female	BD - Border Swimming	Meet - Competition	Starting Blocks	Before the accident there was a false start and the test was repeated, the swimmer was nervous and hesitated in the start, causing a bad entry	The diagnosis of the injury is not finished yet; X-rays were taken and the arm is immobilized;
Male	BD - Border Swimming	Meet - Competition	Water - Start End	While finishing his race, the injured party jammed his hand into the wall and felt a popping sensation in his elbow.	After the incident, the injured party could not extend his left arm and was feeling pain in his elbow.
Female	CA - So. California Swimming	Meet - Warm-up	Water - Start End	After warm ups was done the swimmer came out of the pool and cut her finger and knee on a broken tile.	Right finger and right leg below knee were cut.
Male	CA - So. California Swimming	Practice - Other	Water - Start End	swimmer was finishing backstroke into the wall for a back to breast turn. didnt see flags and then struck wall with head.	swimmer said head hurt even after some time out of water. seemed a little out of it as well as the time of the strike to head.
Male	CA - So. California Swimming	Other At the end of a race	Water - Start End	Trouble breathing after the race.	City of El Segundo Paramedic/Fire called and attended to.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	CA - So. California Swimming	Other in water at end of swim	Water - Start End	Event 124, heat 5 lane 2 (Age 13-14 100 Back Stroke)	The athlete came into the wall at the finish of the 100 back stroke--his arm went up into the gutter and he stopped with his head hitting the wall. The athlete was immediately brought to the Admin Table by coaches. Ice was applied to the back of the head. The athlete was assessed by two officials: Ron Harmon - Assistant Chief Judge, and also a Paramedic and Veronica Harmon, Co-Admin Official and also a Speech Language Pathologist and Certified Brain Injury Specialist. The athlete had delayed responses (his baseline per mom and coach) and had persistent dizziness (he felt like he was spinning). He remained oriented and alert, pupils were equal and reactive and he was tracking in all four fields. Per Official and Coach Discretion, the Athlete was scratched from the remaining of his events for the day. Mom and athlete were encouraged to follow up at local ER, and were advised to immediately go to ER or call 911 if dizziness persisted or if the athlete had increased symptoms or had any changes in cognitive functioning. A handout on concussion was provided to the parent.
Male	CA - So. California Swimming	Practice - Other	Water - Turn End	Hit is hand on the wall	Hit his hand on the wall. Taken to hospital by his mother.
Female	CA - So. California Swimming	Practice - Other	Water - Start End	Athlete hit her head against the wall swimming backstroke during the warm up. I did not witness this happen, and the athlete completed the rest of the workout before going home. Symptoms developed later on that day at home.	Following the workout, the athlete went home and developed a headache. Parents contacted me and said that she hit her head at the start of practice then had symptoms come on throughout the day at home. I explained to family to monitor for additional concussion symptoms and to hold her out of workouts. Her headache still lingered on after resting, and family scheduled Dr appoint for 11.3.21. Dr on 11.3 diagnosed the athlete with concussion and set follow up with a neurologist for further evaluation.
Female	CA - So. California Swimming	Meet - Warm-up	Water - Start End	Kicked in nose and then head strike.	
Male	CA - So. California Swimming	Practice - Other	Outside Venue	At the end of our open water workout, athlete and teammates were playing on a series of inflatable rafts. The rafts are part of the city of long beach and are supervised by the city lifeguards. Here is a link to a picture of the floats: https://www.presstelegram.com/2021/06/15/bay-shore-avenue-closes-to-accommodate-summer-crowds/ Athlete and his teammates were playing on the rafts after our workout. The Lifeguards were closing the "park", we called the kids into the beach, athlete was the last one left in the water, specifically playing on the Saturn like raft, he tried to jump off the raft and slipped off awkwardly into the water. He was clearly in pain in the water, holding his knee. Two of the swimmers got back into the water to help him out. The lifeguards provided an ice pack quickly for athlete's knee as he rested on the beach with his knee in a neutral position. Athlete's brother Ian got in touch with their mother to drive over from her spot in the parking lot to pick him up and head to the doctor's office. Athlete was carried to his car by coaches and left with his mother.	Athlete had in a reasonable amount of pain in his knee. He has dislocated his knee a few times in the past but obviously I do(did) not know what the issue was on the day, other than the fact that he was not able to walk on his own without pain. He kept his leg in a general neutral position and put no weight on it once he felt the pain in the water.
Male	CA - So. California Swimming	Practice - Other	Water - Turn End	Swimmer ran into the wall with head while swimming backstroke.	Swimmer was seen but ER Dr, CT scan was ordered and no injury was noted. Swimmer followed up with pediatrician, she referred swimmer to neurologist, due to ongoing symptoms of post concussive syndrome & orthopedist due to pain in back. Pediatrician wanted a second opinion prior to clearing swimmer to return to activity.
Female	CA - So. California Swimming	Meet - Competition	Deck	After relay, swimmer went to the bleachers. She put on her sandal/slide and found blood in her shoe. Cut between toes.	
Female	CA - So. California Swimming	Other Cooling down end of practice in pool	Water - Turn End	They were cooling down. One swimmer was coming out of turn. The other swimmer was on wrong side. The swimmer coming out hit head on other swimmers shoulder	The family was notified. The took athlete to get checked for concussion. The care provided held out of any more activity on July 14/2021. Physician note cleared athlete to return on July 15/2021
Male	CA - So. California Swimming	Practice - Entering / Exiting Pool	Water - Turn End		
Female	CA - So. California Swimming	Meet - Competition	Water - Start End		SWIMMER HIT HER HEAD ON THE FINISH OF BACKSTROKE
Male	CA - So. California Swimming	Practice - Dry Land	Deck	Athlete was drinking water from his water bottle. Another athlete hit the water bottle in an upward motion. This chipped the athlete's tooth.	
Male	CA - So. California Swimming	Practice - Entering / Exiting Pool	Deck	Ran into corner of pool cover reel	
Female	CA - So. California Swimming	Meet - Competition	Water - Start End	Swimmer ran her head into wall on finis. Also jammed hand into wall.	Possible concussion & Finger Hand Injury. Mom took daughter to Doctor for further evaluation.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	CA - So. California Swimming	Practice - Other	Water - Start End	Swimmer was practicing turns from the middle of the pool and swimming in to the start end for a turn. After turn swimmer stopped on start end and had swollen lips. Swimmer exited the pool at the start end and was taken to the lifeguard station to receive care.	45 minutes into practice swimmer came to wall with swelling of the lips. Swimmer exited the water and stated that they were having difficulty breathing. Notified lifeguards and EMS was called. Swimmer was taken by EMS to local hospital for treatment for an allergic reaction.
Female	CA - So. California Swimming	Practice - Dry Land	Gym	Athlete was pushed off a pull up bar by a teammate and landed on her wrist.	Fractured growth plate in her wrist
Male	CA - So. California Swimming	Practice - Other	Water - Start End	While doing the 1 arm backstroke, he hit the backside of his head on the wall.	
Female	CA - So. California Swimming	Practice - Dry Land	Outside Venue	Group was playing frisbee in the park and she slipped on the grass and tried to brace herself with her ankle and sprained her ankle.	
Female	CA - So. California Swimming	Practice - Other	Water - Turn End	The accident occurred 15 minutes after warm up. I did not witness the accident but I immediately addressed the athlete when I noticed they were distressed. The swimmer performed a 25 swimming backstroke and before leaving for the next 25 I noticed they were in the corner of lane holding their goggles and nose. The goggles were broken around the nose piece and there was blood coming from a small laceration on their nose. I asked what happened and if she was hit in the head and they did not know. I asked a swimmer in the same lane and they did not know what happened either. There were only two swimmers total in that lane. The swimmers in the next lane over did not witness the accident either. After attending the athlete to make sure they were okay, I notified the lifeguard in the closet tower and they called another guard to come check on the athlete. The lifeguard walked with the athlete to their office to give care.	
Female	CA - So. California Swimming	Practice - Entering / Exiting Pool	Water - Start End	Swimmer was entering (dove) into the water. equipment broke and swimmer has cut on shoulder/back.	asked swimmer to go to urgent care, but parents decided not to. swimmer was given care at the site. wore gloves and cleaned the cut and placed a clean gauze on top of cut. parents mentioned the home treatment was clean the cut and placed antibiotics on the cut.
Female	CA - So. California Swimming	Other	Other	No accident reported except notice of COVID-19 Positive test result	
Male	CC - Central California Swimming	Practice - Dry Land	Gym	Injured swimmer ran into a teammate in an agility drill and badly dislocated his kneecap.	Received advanced care and may have a torn ligament in his knee as well.
Male	CC - Central California Swimming	Meet - Competition	Deck	Athlete fainted after exertion during competition.	Athlete fainted on pool deck after competition. Lifeguards and medical professionals from competing teams at site attended to the athlete and suggested further medical examination from local Urgent Care/ER
Male	CO - Colorado Swimming	Meet - Competition	Water - Turn End	The athlete received a laceration to the back of his right heel during the 1st turn of 100yd backstroke. After completing the race, the athlete was escorted by his coach to the front desk where an assessment was made by the lifeguard and a recommendation issued for further care. The athlete's parent was consulted and onsite first aid was rendered by the parent in the presence of the lifeguard.	Right foot/heel. ER care rendered - stitches
Male	CO - Colorado Swimming	Practice - Dry Land	Other City property	The athlete had forgotten his swimsuit and was given a dryland workout to complete in the weight room. The coach was going to check in periodically. The athlete and a teammate decided to go run outside of the building without the knowledge of the coach. The incident happened while running outside.	Possible sprain, fracture, and/or dislocation near left and right wrists. Unable for lifeguarding staff and coaching staff to determine.
Male	CO - Colorado Swimming	Practice - Dry Land	Outside Venue	Tuesday night (9/21) @5:15pm after Dryland finished while the athletes were heading in to swim we were told (because we didn't see it) that another swimmer jokingly pushed athlete and athlete fell onto his shoulder. He heard a "pop" and pain. Our dryland coach was picking up cones and saw athlete crouched down and the other swimmer told the dryland coach what happened. Shep did not mean to hurt him and he felt terrible. We called athlete's mom and she came and picked him up. We had athlete stay where he was and tried to keep him warm till his mom came to take him to Children's Hospital Colorado. As of today, I have not heard what came of the visit to Children's Hospital, but I heard through the grapevine that he broke his collar bone.	
Female	CO - Colorado Swimming	Meet - Warm Down	Other Water - middle of pool	Was kicked on the top of the head by another swimmer during warm-ups. Was removed from the rest of the competition and taken to ER to be evaluated (and diagnosed) for a concussion.	
Female	CO - Colorado Swimming	Meet - Competition	Deck	Swimmer first noticed a stinging on her left foot and some blood in the water when entering the warm-up/down lane. Immediately exited the water and came to her coaches table. A lifeguard administered first aid reducing the blood loss; wrapped the foot in gauze and tape. Swimmer was transported by chair to parent's car. Went to Urgent Care where 4 stitches were used to close the cut. Swimmer out of the water for 7-10 days.	

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	CO - Colorado Swimming	Meet - Competition	Other Behind blocks upon completion of event	swimmer exited pool having intense right quadrant abdominal pain, shortness of breath without chest pain, hyperventilation. Following 2 incidents of near passing out, it was determined that swimmer would not be able to exit pool deck on her own and parent was advised to call ambulance for transport.	
Male	CO - Colorado Swimming	Practice - Dry Land	Deck	Athlete was doing push ups near the water edge, feet slipped into the water and hit his head on the deck	Athlete was temporarily unconscious. On site concussion test, and doctor concussion test did not indicate any sign of concussion. Athlete was coherent immediately after becoming conscious
Male	CO - Colorado Swimming	Practice - Entering / Exiting Pool	Other Doorway entering pool	Door to enter pool went over big toe on his left foot. Took toenail off, left hanging and bloody. Swimmer was nauseous from pain. Swimmers mom picked up and took to urgent care.	Door to enter pool went over big toe on his left foot. Took toenail off, left hanging and bloody. Swimmer was nauseous from pain. Swimmers mom picked up and took to urgent care.
Female	CT - Connecticut Swimming	Meet - Competition	Deck	A visiting team unintentionally dropped a metal water bottle off of the mezzanine which landed on the head of the injured party	2-3 inch laceration on the top of the injured party's head. Evaluated for a concussion at the Tully Center in Stamford and was told to go to the ER in Stamford Hospital
Female	CT - Connecticut Swimming	Practice - Entering / Exiting Pool	Water - Turn End	As exiting the pool at the shallow end of the pool. She was lifting herself up on her elbows to get out of the pool at the end of practice.	Athlete's elbow popped out and popped right back in. During that process, she torn ligament on her elbow (per medical examination).
Male	FG - Florida Gold Coast Swimming	Practice - Entering / Exiting Pool	Hallway	Swimmer opened the door to the pool to leave and ran over his smallest toe with the door. Removed a large chunk of skin. The swimmer was treated by lifeguards and recommended to see a dr.	
Male	FG - Florida Gold Coast Swimming	Meet - Warm-up	Water - Side	During a swim meet warm up, the swimmer collided with another swimmer that was swimming on the wrong side of the lane line. The swimmer had a small laceration under his eye, bleeding was stopped and ice was applied. The swimmer had a headache and left the facility with parents.	
Female	FG - Florida Gold Coast Swimming	Meet - Competition	Other OW/OCEAN	Athlete was competing in LSC Open Water Championship Meet. During her race she swallowed water due to rough ocean conditions and began to choke. Athlete recovered from choking but experienced some panic. Athlete remain conscious the entire time and was able to exit race course on her own	swimmer ingested ocean water and experienced anxiety as a result of the scare
Female	FG - Florida Gold Coast Swimming	Other Practice - Game	Water - Turn End	We were playing a Game of Water Polo/Gutter Ball. At the end of the game, Sophia made an aggressive move reaching for the ball and dislocated her right shoulder	
Female	FG - Florida Gold Coast Swimming	Practice - Dry Land	Outside Venue	Athlete was running and tripped. She tried to catch herself and landed on her right wrist.	
Male	FG - Florida Gold Coast Swimming	Practice - Other	Water - Start End	While working on Open Turns during swim practice, athlete placed his right hand on a broken tile that was located on the lip (top of) of the pool gutter which sliced his middle finger on his right hand.	Mother came and took him to Urgent Care. The cut required stitches.
Female	FG - Florida Gold Coast Swimming	Practice - Dry Land	Deck	Team was doing dryland exercises on the concrete pool deck. Athlete was doing "bear crawling." She went to stand up and tripped, falling forward onto her right hand and rolling.	The knuckles are fractured. Not a clean break, more like a crack. Athlete is seeing a Orthopedic Hand Specialist. They did put her in a cast on the right hand, wrist, arm.
Female	FG - Florida Gold Coast Swimming	Practice - Other	Water - Lane Lines	This morning at swim practice, at about 6:30 AM athlete accidentally pulled in one of our power towers (tall metal tower with buckets) and it fell on top of her making contact with her head. There was minimal bleeding. She remained conscious and did not say there were other issues other than her head was hurting. The dad swims in our masters program and was there to escort her back to her car. I advised them to go to the doctor as a follow up. Athlete does not attend school here but is a member of the aquatic club. Our safety procedure asks athletes to do a test before they use the power tower which she did not do this morning. I will make sure to continually remind athletes about how to safely use the power towers.	
Male	FL - Florida Swimming	Meet - Walking	Bleachers - Athlete's	Info came from swimmers coach. Swimmer was walking down the steps of the bleachers and slipped. As he fell, he put out his hands to catch himself and injured his wrist.	Info came from swimmers coach. Swimmer was walking down the steps of the bleachers and slipped. As he fell, he put out his hands to catch himself and injured his wrist.
Female	FL - Florida Swimming	Practice - Other	Water - Turn End	Athlete struck her right hand against side/gutter of the pool during a turn. She informed the coach and resumed practice. Parent informed the Swim Office of incident November 13, 2021. Athlete experiencing numbness in right hand and arm. sought medical attention at Emergency Room.	Athlete struck her right hand against side/gutter of the pool during a turn. She informed the coach and resumed practice. Parent informed the Swim Office of incident November 13, 2021. Athlete experiencing numbness in right hand and arm. sought medical attention at Emergency Room.
Male	FL - Florida Swimming	Other DRYLAND RUNNING	Outside Venue	Was running and tripped landing face first on the concrete sidewalk. Chipped both upper front teeth.	
Male	FL - Florida Swimming	Practice - Entering / Exiting Pool	Deck	Dislocated left knee stepping down approximately 8 inches from curb surrounding pool to the pool deck. Fire/Rescue was called and she was transported to local ER.	Injury to left knee. No other injuries observed or reported.
Female	FL - Florida Swimming	Practice - Entering / Exiting Pool	Starting Blocks	swimmer slipper from the front of the blocks as they were climbing onto the block, resulting in a fall into the pool, creating an abrasion on one knee and a sprain of the other knee.	swimmer was taken to be evaluated and at initial eval was diagnosed with a sprain.
Female	FL - Florida Swimming	Meet - Entering / Pool	Water - Bottom	Athlete was performing a forward start during controlled warm up and struck the bottom of the pool. She chipped the two front teeth.	

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	FL - Florida Swimming	Practice - Other	Deck	Athlete was walking on the deck, she turned to see where some of the other swimmers were, and she walked full force into the pole that holds the flags when she turned around. She hit her face against the pole.	She was cared for by her mother immediately after the accident occurred. Her parents took her to the ER where she received 16 stitches in her forehead. It is a vertical incision.
				competition, hosted at the North Shore Aquatic Center in St. Petersburg, FL on the weekend of March 4 -7, 2021. My son, of the Swim Florida swim team, out of Fort Myers, FL, was the child involved. My 14 yr old son has been competing since age nine and is a great swimmer and competitor. He is also asthmatic and has allergies. He is under the care of an allergist and receives immunotherapy for allergies, as well as treatment for his asthma. His symptoms have always been manageable and under control for the most part. To make a long story short, early in the weekend Declan started to have breathing problems. Saturday he had breathing problems coupled with nausea. The problems got continually worse until finally on Sunday afternoon, he started to complain of a tremendous amount of pressure on his lungs/chest, not like typical asthma symptoms. He started to panic and was feeling light headed. I took him to the ER Urgent Care and they took chest X-rays. His lungs were fine on the images, but he continued to have pain, inflammation and trouble breathing that did not respond to his normal asthma medications. Unexplainable. He had to scratch his last 2 final events because of his lung issues. Very disappointing! It wasn't until Monday morning that it dawned on me, the only thing that was different at this meet, than any other we've ever attended. It was either Friday or Saturday morning that I noticed the volunteers that oversee the restroom stalls spraying a chemical solution called Quat-14 into the bathrooms every so often. The solution container was hooked up to some sort of mini-blower. The residual scent in the bathrooms was overpoweringly strong. I was very concerned about this, being an asthmatic myself, and tried to hold my breath and exit the bathroom as fast as possible. I thought the athletes were using a separate facility. After questioning Declan, he informed me that the athletes were using	
Male	FL - Florida Swimming	Other Meet using restroom facilities	Other restroom facilities		Exacerbated asthma & Sinus swelling
Female	FL - Florida Swimming	Practice - Entering / Exiting Pool	Other bathroom	cut her glute on a toilet paper dispenser.	12 stitches
Male	FL - Florida Swimming	Meet - Warm-up	Water - Turn End	SWIMMER MAKING TURN AT END OF POOL AND JAMMED FINGER	
Male	FL - Florida Swimming	Practice - Dry Land	Deck	Swimmer missed a ball thrown to them and struck head on column supporting raised bleachers.	Swimmer was removed from practice with report of not feeling 'right' after hit to the head.
Male	FL - Florida Swimming	Practice - Dry Land	Deck	Athlete fell during dryland and injured his ankle.	Hairline fracture of the growth plate on the left ankle
Male	FL - Florida Swimming	Practice - Other	Other Water, during swim	Athlete and another swimmer ran into each other while swimming.	Mild symptoms but swimmer was removed from practice.
Female	GA - Georgia Swimming	Practice - Entering / Exiting Pool	Water - Start End	Athlete dove into the water at an odd angle and hurt her lower back and hip on her left side.	
Female	GA - Georgia Swimming	Other Fell off Starting Block	Starting Blocks	Lost balance and fell, hitting both the block and edge of pool. She was able to place her arms to break the fall but in the process broke a wrist and strained the other.	
Female	GA - Georgia Swimming	Meet - Competition	Water - Start End	Was finishing a race and jammed arm on wall as she finished.	Arm pain. Seems muscle-related. Provided ice and suggested x-ray to rule out a fracture or dislocation.
Male	GA - Georgia Swimming	Other Dorm Time at Training Center	Stairs		Sustained a small cut on his forehead that got a couple of stitches. No other symptoms associated with the cut.
Male	GA - Georgia Swimming	Practice - Dry Land	Other Weight Room	During dryland training athlete was doing pullups on the bar and using a resisting band. The band slipped and hit the athlete in the face and eyes.	
Male	GA - Georgia Swimming	Practice - Other	Water - Turn End	During a game of water polo a swimmer turned and their elbow struck the injured swimmer in the face.	No initial bleeding, swelling or discoloration
Female	GA - Georgia Swimming	Practice - Other	Other water mid pool	Athlete and another swimmer collided mid pool while training.	Athlete initially seemed fine after evaluation but later in the day went to the doctor and was diagnosed with a concussion.
Female	GA - Georgia Swimming	Other	Other		
Female	GA - Georgia Swimming	Other N/A	Other At Swimmers Residence	On 01/01/21, Swimmer was exposed to Covid-19 at her residence. Swimmer was taken by her parent for test and subsequently tested positive on 01/08/21. Swimmers last date of practice was 12/21/20.	Swimmer returned on 01/14/21, with no symptoms during the week prior to return.
Male	GA - Georgia Swimming	Other	Other		
Male	GA - Georgia Swimming	Other	Other Home	Positive for Covid 19	
				While warm-ups were being explained, the athlete and a group of teammates jumped into the pool. The athlete has been reminded numerous times about how to enter to pool safely and that they need to pay very close attention to their coach's instructions, especially when it comes to safety. The athlete later complained of toe pain and continued to swim.	After the athlete's injury occurred, they complained of toe pain but continued to swim. Family took the athlete to a doctor for further evaluation where it was discovered that their toe had a small fracture.
Male	GU - Gulf Swimming	Practice - Entering / Exiting Pool	Water - Start End		
Female	GU - Gulf Swimming	Meet - Competition	Water - Side		
Female	GU - Gulf Swimming	Practice - Dry Land	Other Dryland area	She said she herd a pop when doing squats	
Female	GU - Gulf Swimming	Meet - Warm-up	Water - Start End		
Male	GU - Gulf Swimming	Meet - Competition	Other exiting the pool post race	As athlete exited the pool post his race, he heard a pop in right knee. Then felt pain and was unable to walk	As athlete exited the pool post his race, he heard a pop in right knee. Then felt pain and was unable to walk
Male	GU - Gulf Swimming	Meet - Warm-up	Water - Start End	cut himself flipping on wall	Flip turning on wall and foot slipped into bulkhead step cutting his heel open

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	GU - Gulf Swimming	Practice - Other	Water - Side	At the end of practice our group was doing 25s from a dive. Athlete was swimming butterfly and he took a short stroke into his finish and he hit his mouth on the edge of the pool before his hands could finish at the wall. He chipped his front tooth. He said that he wasn't in any pain. We had him sit out the remaining few minutes of practice and then informed his dad when he came to pick him up from practice.	
Male	GU - Gulf Swimming	Other Team Day	Gym	PEAK Team Day at Pearland Junior High South. The athlete was playing dodgeball when he and another teammate ran into one another. The athletes fell to the gym floor and broke two teeth. It happened approximately at 11:55 AM. We brought the athlete to the bleachers. The athlete was not in any pain. They asked me "will I get my teeth back". The athlete was upset, but not in any pain. We asked if his parents were there, and he said no. It was 30 minutes from the end of the activity, so we waited for the parent to arrive to discuss the situation with them, The athlete was picked up, and no parent came into talk to us. They sent an email, and we called the parent at 1:07 PM to discuss the incident.	
Male	GU - Gulf Swimming	Practice - Other	Water - Turn End	Swimmer was doing a backstroke set and forgot to remember his stroke count into the wall. Upon coming into the wall, he turned over to do a flip turn and hit his head and mouth on the tile wall at the far end of the pool.	Did not see any blood or immediate injury - advised athlete and family to get second opinion to make sure head and mouth were ok after hitting the wall.
Male	GU - Gulf Swimming	Practice - Dry Land	Deck	The swimmers were warming-up for dryland with skipping and the swimmer tripped, the coaches did not see, as there were over 40 swimmers, a teammate went to help him stand up. He stood up and reported he did not feel dizzy but a the hit on the side of the head was visible.	Redness was visible from the hit was visible.
Female	GU - Gulf Swimming	Meet - Watching / Observing	Bleachers - Athlete's	Parent slipped on wet bleachers and hit head and right hand.	Large bruised bump on forehead, small scratches on wrist and two fingers.
Female	GU - Gulf Swimming	Meet - Walking	Outside Venue	After exiting natatorium, parent tripped on sidewalk walking towards parking lot. She thought she had tripped on her daughter's feet, as her daughter was right next to her. She fell on the sidewalk and had abrasions on her right hand and knuckles, and her right knee was sore, but not cut.	Had abrasions on her right hand and knuckles, and her right knee was sore, but not cut.
Male	IA - Iowa Swimming	Practice - Other	Water - Turn End	While swimming Backstroke swimmer and hit heads with another swimmer who pushed off the wall.	While swimming Backstroke swimmer and hit heads with another swimmer who pushed off the wall.
Female	IA - Iowa Swimming	Meet - Competition	Other During Swim	Athlete was going up for a breath during a race and inhaled water, choked on the water and didn't complete the race.	The athlete's parent was called and picked up by mother at 1:45pm. The facility staff required that the athlete do a medical scratch as she has an underlying cardiac condition. The information regarding the heart condition nor the YMCA staff requiring her to scratch was included in the YMCA written report.
Female	IA - Iowa Swimming	Meet - Competition	Water - Side	Athlete scrapped left leg on deck which reopened a prior wound.	Scrape from side of pool deck when exiting pool that took off a prior scab.
Male	IA - Iowa Swimming	Meet - Warm-up	Deck	Athlete collided with another athletes during warm-ups. Athlete had a small cut on the nose that did not bleed.	Small cut no bleeding
Male	IE - Inland Empire Swimming	Other Dryland - Game	Outside Venue	Our team was performing dryland and was playing kickball outside due to both pools being down for maintenance. During the game, the athlete fell down, and when he did his arm went under his leg. After falling, the head coach took him into the pool to grab some ice and to call his parents. His parents quickly arrived and took him to the hospital for X-Rays. They found out when they got the X-Ray that he had fractured his wrist.	
Female	IE - Inland Empire Swimming	Practice - Other	Water - Turn End	Ran into wall on backstroke finish	
Female	IE - Inland Empire Swimming	Practice - Other	Water - Side	end of lane eight of the competition pool, creating a deep laceration on the top front of the right foot. The facility's aquatic manager, as a bystander, arrived first at roughly 9:38, and signaled for help from the primary responder. The primary responder put on rubber gloves while the facility's aquatic manager retrieved the medical bag from the center lifeguard stand. The primary responder applied two layers of gauze and applied pressure, while comforting the injured party; the injured party was asked about how she was feeling. The injured party reported being light-headed. The lightheadedness was suspected to be from heavy breathing due to crying and bleeding, which was heavy but non-life-threatening. Once blood had soaked through the first two layers, another thicker layer was applied; the gauze was then secured with an elastic bandage wrap around the foot. The facility's aquatic manager asked if the primary responder needed medical scissors for the elastic bandage wrap and was told 'yes.' the facility's aquatic manager retrieved the scissors and handed them to the primary responder, who had been putting pressure on the wound while this was occurring. The secondary responder arrived on the scene, and assisted with medical supplies, including holding the elastic bandage wrap on the unused end to assist with cutting the unused excess of the roll. The secondary responder retrieved a wheeled office chair from the kiosk desk at the entrance of the pool to use to transfer the victim to the first aid room in the lifeguard office. At the stairs up to the office the injured party was helped to stand and go up the three steps. A second wheeled computer chair was retrieved to minimize movement to the injured party and injury. The injured party was helped to move to the padded bench in the first aid room. The injured limb was elevated by a foldable metal chair, with a towel under heel of the foot for comfort. The secondary responder performed the secondary assessment, following SAMPLE acronym from Red Cross. The primary responder took off her original pair of gloves to retrieve more gauze, and put on a new pair before continuing care. The primary responder, after the secondary assessment was performed and while monitoring condition, comforted the victim and put another layer of gauze and pressure on the wound. The secondary responder	The injured party struck her foot on the underwater portion of the pool access lift at the start end of lane eight of the competition pool. The resulting injury was a deep laceration on the top front of the foot near the toes.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	IL - Illinois Swimming	Practice - Dry Land	Other Dryland Area	Preforming a Karaoke slide side shuffle and tripped over his feet. Landed on his right wrist. Resulting in a broken wrist.	
				Swimmer was in the women's locker room putting on her fast suit before finals (after warm-ups). Swimmer injured right knee while putting on her suit. From initial view, looks like the swimmer has dislocated her right knee. Swimmer fell at time of the injury due to pain and was unable to move and/or stand after injury. Swimmer did not hit her head during fall. 911 was called and paramedics came to the facility. Swimmer was provided with on-site pain meds via IV and taken to the ER via ambulance. The parents were on site in the parking lot. We were able to contact them directly and they were with the swimmer when paramedics arrived. The parents accompanied her in the ambulance and followed in their own car to the ER.	Swimmer was in the women's locker room putting on her fast suit before finals (after warm-ups). Swimmer injured right knee while putting on her suit. From initial view, looks like the swimmer has dislocated her right knee. Swimmer fell at time of the injury due to pain and was unable to move and/or stand after injury. Swimmer did not hit her head during fall. 911 was called and paramedics came to the facility. Swimmer was provided with on-site pain meds via IV and taken to the ER via ambulance. The parents were on site in the parking lot. We were able to contact them directly and they were with the swimmer when paramedics arrived. The parents accompanied her in the ambulance and followed in their own car to the ER.
Female	IL - Illinois Swimming	Other Putting on fast suit	Locker Room		
Female	IL - Illinois Swimming	Meet - Warm-up	Water - Turn End	Hit her head doing the fly.	
Male	IL - Illinois Swimming	Other MEET - STANDS	Bleachers - Athlete's	HE TRIPPED OVER THE BLEACHERS	RECEIVED STITCHES
				swimmer was walking from the gym/holding area to the pool deck and cut her left foot on the outside of the pinky toe. the cut was a big split and relatively deep.	deep cut on the outside of the pinky toe.
Male	IL - Illinois Swimming	Practice - Other	Deck	Athlete exited the pool in the middle of morning practice to use the restroom. He came back and said his heart is racing and not slowing down.	
Male	IL - Illinois Swimming	Practice - Other	Other In the pool	Athlete was accidentally kicked by another athlete.	
				knocked out his front tooth , prior to practice he is 9, and unsure if he fell off of the rings in the hallway, or tripped on his own? unable to get a definitive answer at time of accident.	
Male	IN - Indiana Swimming	Practice - Entering / Exiting Pool	Hallway		Prior to practice , brandon was in a location he was not designated to be in .
Male	IN - Indiana Swimming	Practice - Other	Water - Start End	He was on the end of the pool, pulled the touchpad off the wall and it fell down and landed on the top of his foot.	Cut was deep enough to probably need stitches.
Female	IN - Indiana Swimming	Practice - Other	Other well	Student was playing a game with teammates and she was struck in the face with another persons elbow	
				Swimmer was swimming backstroke into the wall and hit head after stroke count. For the remainder of the workout, the swimmer never brought up the injury to the coach and the coach was unaware that the swimmer had hit head.	Urgent Care diagnosed swimmer with a mild concussion the Thursday following the incident. Minor headache and stomach aches leading up to her appointment
Female	IN - Indiana Swimming	Practice - Other	Water - Turn End		
Male	IN - Indiana Swimming	Practice - Other	Other Diving Well		
				During the cool down at the end of practice, athlete1 was swimming one way and athlete2 was swimming towards athlete1. Both boys were in the middle of the lane wearing fins as they were swimming freestyle. Athlete2 stated he had water in his goggles that caused him to not see where he was going. Both boys collided at a fast pace. Coach had both boys get out and asked them concussion questions. Athlete2 reported feeling fine. Athlete1 stated that he was dizzy and nauseous. The music hurt his ears and his pupils were moving in and out.	
Male	IN - Indiana Swimming	Practice - Other	Water - Lane Lines		The piece of tooth that was broken off was put into milk. Parents were called immediately and it was recommended that she see a dentist asap.
Female	IN - Indiana Swimming	Practice - Entering / Exiting Pool	Water - Turn End	Athlete was getting out of the pool and hit her tooth on the edge of the pool, chipping her tooth.	
Female	IN - Indiana Swimming	Meet - Watching / Observing	Bleachers - Athlete's	Not sure who ran into her but she was pushed and fell. Hit her head on the bleachers.	Icing applied to the head
Female	IN - Indiana Swimming	Meet - Walking	Deck	athlete stated teammate stepped on her pinky toe on left foot; athlete swam 50 breast stroke event, then reported issue to medical staff; toe was swollen and showed edema; limited motion	
Female	IN - Indiana Swimming	Practice - Other	Water - Turn End	Athlete hit her head on the wall.	Athlete complained of a headache and feeling like she was going to pass out. She also said that she had a tingling sensation in her arms and legs .
Male	IN - Indiana Swimming	Practice - Other	Water - Turn End	Hit back of head on wall finishing to the wall.	Pain after hitting head but pain progressively decreased.
Male	KY - Kentucky Swimming	Practice - Other	Water - Turn End	Team Member threw hand paddle and hit athlete in the back of the head/top of neck	
Male	LA - Louisiana Swimming	Practice - Dry Land	Outside Venue	Inward knee collapse on jump.	Two pieces of broken bone requiring surgery.
Female	LA - Louisiana Swimming	Practice - Dry Land	Outside Venue	Jammed finger on med ball chest pass resulted in dislocation of right pinkie.	Jammed finger on med ball chest pass resulted in dislocation of right pinkie.
Female	LE - Lake Erie Swimming	Practice - Other	Water - Turn End	Swimmers were playing sharks and minnows, Athlete tired to bring another swimmer to the surface and that swimmer brought their knees up and hit Athlete in the nose with their knees.	Swimmer was taken to University Hospital ENT, saw surgeon, during exam found that nose was broken.
Male	LE - Lake Erie Swimming	Practice - Dry Land	Other School track	Athlete was finishing a one mile run on our facilities track. During the last 100m, athlete felt his left hip tighten up suddenly. He could no longer put weight onto his left leg.	Athlete went to Akron Children's Hospital when his symptoms did not subside. He was diagnosed with an avulsion fracture of his left hip.
					Athlete hit her hand on the lane line during practice and did not tell the coaches she hit her hand until the next day. Her mother took her into urgent care to have her finger examined.
Female	LE - Lake Erie Swimming	Practice - Other	Water - Lane Lines	Athlete hit her hand on the lane line during practice and injured her finger.	
				Swimmer's foot ran into one of the metal anchors used to attach the pool bubble covering to the deck at the shallow end of the pool. Anchor wedged between two of the swimmer's toes. Swimmer did not return to water after injury.	
Male	MA - Middle Atlantic Swimming	Practice - Entering / Exiting Pool	Deck		

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	MA - Middle Atlantic Swimming	Meet - Walking	Deck	Slipped in front of scorer's table, while turning the corner of the pool from the side to behind the blocks. Place of slip has a slight slope for drainage purposes.	Hit right elbow on pool deck due to bracing from the slip. Felt like the elbow popped out and back in on impact. Went to a walk-in clinic after the session concluded for x-rays and other medical attention. Diagnosis initially was bruises on the shoulder, bruise on the elbow bone, and bruises on the ankles. Arm mobility limited due to fall, and arm in a brace on November 7 at meet, but no broken bones reported on initial assessment. More information could be coming from radiologist, as of November 9.
Female	MA - Middle Atlantic Swimming	Practice - Other	Water - Start End	While doing a flip turn athlete hit her right heel on the gutter. The caused a laceration in her heel.	
Female	MA - Middle Atlantic Swimming	Practice - Entering / Exiting Pool	Deck	Swimmer was exiting deck, foot caught another swimmer's bag and she slipped on wet floor.	
Female	MA - Middle Atlantic Swimming	Meet - Competition	Water - Turn End	Athlete struck the gutter hard with the back of her foot on a backstroke flip turn. It cut her and shaved some skin off.	Athlete struck the gutter hard with the back of her foot on a backstroke flip turn. It cut her and shaved some skin off.
Male	MA - Middle Atlantic Swimming	Practice - Entering / Exiting Pool	Other Deck/Water	While entering the water one of athlete's feet slipped and he rolled his ankle.	Her mother took her to a local urgent care facility where they cleaned and sutured it with 5 stitches.
Male	MD - Maryland Swimming	Practice - Dry Land	Gym	Athlete Performing Karioke Footwork. Stepped wrong on the inside of his foot and knee dislocated.	Athlete Performing Karioke Footwork. Stepped wrong on the inside of his foot and knee dislocated.
Female	MD - Maryland Swimming	Practice - Other	Bleachers - Athlete's	slipped and landed on arm. Bone bruise, no break confirmed by mother and father.	Parents informed. Father drove him to local hospital for further treatment.
Male	MD - Maryland Swimming	Practice - Dry Land	Other Spin Studio	Participating in Spin Class slipped in bike stirup	Appears to be dislocated or fractured
Female	MD - Maryland Swimming	Practice - Other	Water - Start End	Swam a 500 in practice. Finished really hard into the wall with her arm. Had pain in her shoulder.	
Female	MD - Maryland Swimming	Other Collision while swimming freestyle	Water - Lane Lines	Two athletes collided hands while swimming freestyle resulting in one athlete breaking hand	Athlete did not notify coach of injury until after they had been to the doctor. This incident was unknown to anyone until after the fact. Coach notified athlete they need to disclose any collision/ potential injury to adult immediately- athlete verbalized comprehension. Because no one knew about the injury there were no witnesses.
Male	ME - Maine Swimming	Other positive Covid-19 test	Other notification of positive Covid-19 test		
Male	MI - Michigan Swimming	Practice - Other	Other Pool Office	Coach was putting equipment away in a low, locking cabinet. As he was reaching into the cabinet, he hit the top, back side of his head hard on the magnetic latch.	Coach was diagnosed by his family doctor as to having a mild concussion; the following Monday, 10/11
Male	MI - Michigan Swimming	Practice - Entering / Exiting Pool	Water - Turn End	The swimmer was climbing out of the pool and his hands slipped. He hit his mouth on the pool deck and chipped his front tooth.	
Female	MI - Michigan Swimming	Practice - Other	Water - Side	Was kicked by swimmer in front of her	Pinky Finger is fractured
Male	MI - Michigan Swimming	Other Swimming backstroke into the wall	Water - Turn End	Swimming backstroke into the wall and didn't see the flags, hit head pretty hard on the wall.	Went to see a doctor and was diagnosed with a mild concussion
Female	MI - Michigan Swimming	Meet - Competition	Water - Turn End	Swimmer was competing in a 200 Free. After the event, the swimmer said her knee was hurting.	
Female	MN - Minnesota Swimming	Meet - Warm-up	Water - Start End	Fell getting out of pool and hit foot	Had lots of swelling and pain on her foot. Parents picked her up and reported that they took her to the doctor and she had a fractured foot.
Female	MN - Minnesota Swimming	Meet - Warm-up	Stairs	lost footing on lower half of stairwell and slipped/fell as talking to swimmers. Fell on back and slid down a few stairs. Ended up with a cut right elbow that resulted in 2 stitches and bruising.	2 stiches on arm near elbow
Female	MN - Minnesota Swimming	Practice - Other	Water - Turn End	Athlete was doing an open turn and hit her mouth on the metal gutter when sinking back under for her push off.	
Male	MN - Minnesota Swimming	Practice - Other	Deck	Was walking the flags down the pool and slipped and fell on his shoulder and it the side of head	slip and fall
Male	MN - Minnesota Swimming	Meet - Competition	Water - Turn End		
Female	MN - Minnesota Swimming	Practice - Entering / Exiting Pool	Other lane line storage pits	slipped on deck and fell into lane line pit while removing lane lines from pool.	
Male	MN - Minnesota Swimming	Practice - Entering / Exiting Pool	Water - Start End	He dove in the pool and held his stream line but his shoulder did some weird stuff. He has a disease that his joints can be super flexible and things pop out. He described it as he was holding his stream line but his shoulder rotated around and hit his hip	
Male	MN - Minnesota Swimming	Meet - Walking	Stairs		Athlete slipped on the bleachers and fell onto his back. His head whipped back, butt did not hit anything. Complains of nevo aches and head ache
Female	MN - Minnesota Swimming	Practice - Other	Water - Turn End		
Male	MR - Metropolitan Swimming	Practice - Other	Water - Start End	Athlete was waiting at the wall and hit his mouth on the side of the pool.	

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	MR - Metropolitan Swimming	Practice - Other	Water - Lane Lines	Athlete was hit in the face by another swimmer's arm from the butterfly recovery. Athlete came up for a breath at the same time the other swimmers are swung forward. Athlete was hit in the goggle, which caused a cut above the eye and below on the cheek. She also felt dizzy after the accident.	Athlete had one laceration under her eye on the cheek and one cut on her eyelid. There was also some swelling and bruising. Immediately after the incident, she was dazed and dizzy. She received approximately 12-14 sutures.
Female	MR - Metropolitan Swimming	Practice - Entering / Exiting Pool	Starting Blocks	The swimmer was getting out of the water and accidentally bumped her head on the corner of the starting blocks. We took the swimmer into the lifeguard office. The lifeguards gave her an ice pack and filled out her information. I called her parents to inform them and have them come to the facility. The swimmer informed me she did feel dizzy and we advised the parents to seek advanced medical care such as a doctor or urgent care. The following day, I followed up with the parents via email and requested clearance from a doctor before returning back to practice.	
Female	MR - Metropolitan Swimming	Meet - Competition	Deck	Hole in iron drain on pool deck	
Female	MR - Metropolitan Swimming	Meet - Competition	Deck	Swimmers foot came into contact with space between 2 pieces of grating on the deck used for drainage. Swimmer cut her foot requiring 8 stitches	Swimmers foot came into contact with space between 2 pieces of grating on the deck used for drainage. Swimmer cut her foot requiring 8 stitches
Female	MR - Metropolitan Swimming	Practice - Other	Water - Start End	Athlete said she bumped her head on the wall. We sat her out and gave her an ice pack. The ice pack was checked and good to use. After several minutes the athlete turned to me and said she thinks the bag is starting to leak, I check it, it ripped at the top seam. I disposed of the ice pack. Then washed her hands and face with clean water and then had her drink water in case any contents accidentally were swallowed. I called her mother to inform her what happened and to seek advanced medical care/poison control if the athlete complained at all regarding any burning/irritation.	Originally the athlete bumped her head on the wall. After several mins of icing her head the ice bag broke and she complained of it getting on her hands and her eyes hurting. When she left she said her head wasn't bothering her anymore and her eyes weren't irritating her anymore.
Male	MS - Mississippi Swimming	Practice - Dry Land	Gym	Athlete broke leg while jumping rope during dryland practice.	
Female	MS - Mississippi Swimming	Practice - Other	Water - Start End	Power tower belt was tangled. Swimmer pushed off wall and the gear did not turn - forcing the power tower into the water. The power tower struck the swimmer in the head.	
Female	MS - Mississippi Swimming	Practice - Other	Water - Turn End		
Female	MV - Missouri Valley Swimming	Meet - Competition	Starting Blocks	Swimmer exited pool after swim and was helped to the podium where she began to passout. 3 officials who are medical doctors immediately attended to the individual while responding facility staff called EMS and guided them in while the doctors monitored vitals. She was taken by ambulance by EMS following their evaluation.	
Female	MV - Missouri Valley Swimming	Meet - Warm-up	Water - Side	While swimming 200 warm up, swimmer hit the zip-line platform with her hand. Fingers are swollen and painful to bend. Right hand index and middle finger affected.	
Female	MV - Missouri Valley Swimming	Other Meet tear down	Other fence surrounding pool	Volunteer was taking down lighting as part of meet clean-up and cutting device slipped and cut L posterior thumb.	Cut was fairly deep and bleeding, so wound care was issued onsite and he followed up at local hospital for stitches.
Female	MV - Missouri Valley Swimming	Meet - Watching / Observing	Deck	Tripped on the door threshold of equipment shed while setting up the pool deck.	
Female	MW - Midwestern Swimming	Practice - Other	Other In the pool while swimming	Athlete was swimming warm up when her knee began to hurt. She experienced pain while kicking and pushing off the wall. She was given ice and her mother was called.	none
Male	MW - Midwestern Swimming	Practice - Entering / Exiting Pool	Water - Side	Swimmers were jumping in next to each other and collided underwater. Injured swimmer hit swimmer #2's shoulder with their eye	
Female	NC - North Carolina Swimming	Practice - Dry Land	Gym	fell from a pull-up bar during dryland and landed with her right foot on a plate that was propped up on a clip	fracture through the base of the fifth metatarsal
Female	NC - North Carolina Swimming	Meet - Competition	Water - Start End	athlete swam 200 Fly & stopped 1/2 through event due to breathing difficulties. Could have inhaled some water in struggle to breath, but asthma seemed to be the main issue. Seemed to be a bit cyanotic, but recovered once oxygen was administered by lifeguard/EMT who was present. She was kept still & covered to keep her warm until the ambulance arrived. Mother was present on pool deck, along with her coach. Aquatics staff handled situation with abundance of caution. Meet was delayed until athlete was picked up by ambulance and taken to hospital for evaluation.	athlete described symptoms to Deck Ref as having difficulty breathing, possibly inhaling water, being dizzy and experiencing some visual impairment. Someone shared that the athlete has experienced some asthma recently, although that has not been confirmed with the athlete.
Female	NC - North Carolina Swimming	Practice - Other	Deck	The swimmer stated they had started to feel light headed and that their heart rate had escalated. After having swimmer sit out of the water they started to have full body cramps and was in pain. The YMCA called an ambulance for the athlete and the paramedics came and took her.	The athlete had full body cramps as well as a panic attack.
Female	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	Head on collision with another swimmer during a freestyle swim due to a failure to circle swim.	Removed from practice and checked out.
Male	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	Head on collision with another athlete during a freestyle swim due to failure to circle swim.	Removed from pool due to possibility of a concussion.
Female	NC - North Carolina Swimming	Practice - Other	Water - Turn End	The swimmer was kicked in the head. Coach advised going to urgent care, the swimmer has made a doctor's appointment.	The swimmer was kicked in the head
Female	NC - North Carolina Swimming	Practice - Other	Water - Turn End	Swimmer forgot stroke count while swimming backstroke and hit her head on the wall.	Swimmer had no symptoms, but concussion protocol was followed.
Male	NC - North Carolina Swimming	Meet - Warm-up	Water - Start End	Athlete hit hand on wall when swimming into the wall during event warm-up	Athlete struck hand against wall during warm-up. Hand immediately began swelling and was painful. Athlete was sent to Ortho Urgent Care.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	NC - North Carolina Swimming	Practice - Entering / Exiting Pool	Water - Start End	Swimmer struck against bottom of pool diving off of the blocks. The swimmer was diving in 5 foot water and hit his nose on the bottom of the pool.	Swimmer had a small cut on his nose as well as dizziness. Swimmer was pulled from practice per concussion protocol.
Female	NC - North Carolina Swimming	Practice - Other	Water - Start End	Swimmer forgot stroke count and hit the top of their head on the wall. Swimmer was removed from practice per concussion protocol.	Swimmer complained of headache. Swimmer has since returned to practice after being cleared by doctor with no evidence of a concussion.
Male	NC - North Carolina Swimming	Practice - Other	Water - Side	Was hit in the goggles by a ball while playing water polo.	Cut on both upper and lower eye lips as well as swelling
Female	NC - North Carolina Swimming	Meet - Watching / Observing	Bleachers - Athlete's	Slipped walking up bleacher seats. Bumped upper right arm on bleachers and dislocated right shoulder. On site ice by staff. Taken to urgent care next day, x-rayed, diagnosed, wrapped/sling and drugs prescribed.	Injured party reached back for support after slipping while walking up bleacher seats and as a result dislocated right shoulder.
Female	NC - North Carolina Swimming	Practice - Other	Water - Lane Lines	Athlete swam up into an athlete in front of her. Two athletes were doing dolphin kicks in streamline on their back. Injured athlete was kicked in the head by athlete in front after swimming over feet of the other athlete. Athlete removed herself from the water and told coach what had happened. Concussion protocol was then followed.	Athlete complained of a headache and said that she was kicked in the back of the head.
Female	NC - North Carolina Swimming	Practice - Other	Bleachers - Spectator's	The swimmer was walking in the bleacher area and ran into the metal piece of the bleacher. She had a deep cut in between her toes which required 4 stitches.	N/A
Male	NC - North Carolina Swimming	Meet - Competition	Other Water - Finish end	At completion of event, the swimmer struck the pool wall and heard/felt his left arm crack.	At completion of event, the swimmer struck the pool wall and heard/felt his left arm crack.
Male	NC - North Carolina Swimming	Other Post-practice	Locker Room	Athlete ran into locker room, lost balance or tripped and ran into the doorway of the locker room.	Athlete received a cut approximately 1-inch in length and 2-3cm in width on his forehead due to contact with the doorway.
Female	NC - North Carolina Swimming	Practice - Other	Water - Turn End	Swimmer swam headfirst into the wall at the end of a 25 freestyle.	Swimmer complained of headache and was removed from water per concussion protocol.
Female	NC - North Carolina Swimming	Practice - Other	Water - Turn End	Athlete hit her head on the wall doing backstroke.	
Male	NC - North Carolina Swimming	Practice - Other	Water - Turn End	Swimmer swam freestyle headfirst into the wall and was removed from practice per concussion protocol.	Swimmer had a headache but no other visible symptoms. Concussion protocol was followed.
Male	NC - North Carolina Swimming	Practice - Other	Water - Start End	Athlete was streamline kicking into the wall that had a gutter hole and hit head on the wall.	Athlete's head hurts
Male	NC - North Carolina Swimming	Practice - Other	Water - Turn End	Swimmer forgot stroke count and hit head on wall.	Swimmer complained of a headache and head pain. Swimmer was removed from practice per concussion protocol.
Male	NC - North Carolina Swimming	Meet - Warm-up	Other program pool	got hit in the face by another swimmer while swimming	
Female	NC - North Carolina Swimming	Meet - Competition	Water - Turn End	Athlete was swimming 200 backstroke and pulled or strained her right side on turn 5.	Strained, sprained or pulled something on the right side torso area below the arm.
Female	NC - North Carolina Swimming	Practice - Other	Water - Start End	swimmer was swimming backstroke and bumped head against wall, resulting in a possible concussion.	
Female	ND - North Dakota Swimming	Practice - Other	Water - Turn End	Hit her head diving into the pool in 5 ft of water and cut her forehead	
Female	NE - New England Swimming	Practice - Entering / Exiting Pool	Water - Turn End	At the conclusion of practice, the athlete banged their face against the metal gutter when pulling up and out of the pool resulting in a chipped tooth.	Front upper tooth chipped.
Male	NE - New England Swimming	Meet - Competition	Water - Start End	Swimmer struck head during the execution of his turn.	
Female	NE - New England Swimming	Meet - Competition	Deck	Swimmer unintentionally took the wrong medication before attending today's session. She experienced shortness of breath and elevated heart rate and blood pressure post race. A physician evaluated her on the deck and advised we call for an ambulance. Swimmer's parent arrived just prior to the ambulance and accompanied her in the ambulance.	
Male	NE - New England Swimming	Practice - Other	Starting Blocks	Athlete fell off the blocks and hit his back.	
Female	NE - New England Swimming	Other Team activity	Other Outdoor basketball court	Fell on while playing basketball	
Female	NE - New England Swimming	Meet - Competition	Starting Blocks	hit diving board when diving in for race	
Female	NE - New England Swimming	Practice - Dry Land	Outside Venue	Athlete injured her foot/ankle while playing soccer	Athlete received ice approximately 10 minutes after injury. Her parents were contacted and met us back at the pool. Her father offered oral pain meds to chloe.
Male	NE - New England Swimming	Practice - Other	Locker Room	Currently we are sharing a pool with another team. The other team were all in the boy's locker room taking their pre-practice shower when a CLIP Swimmer came in and used the bathroom.	No true injury was sustained. Child used a bathroom at the same time opposite sex children were also present in the area. No exposure occurred, but proper distancing was not maintained.
Male	NI - Niagara Swimming	Practice - Entering / Exiting Pool	Water - Turn End	Jumped into the shallow end of the pool and hit his heels on the bottom.	Jumped into the shallow end of the pool and hit heels on bottom. When he got out he said his heels hurt. Injured Party's father is an EMT so he was taken to get X-rays.
Male	NI - Niagara Swimming	Meet - Walking	Bleachers - Spectator's	Athlete stubbed his toe on the lip of the drain tile on the pool deck cutting his toe.	
Female	NI - Niagara Swimming	Practice - Other	Other water middle of lane	two swimmers bumped heads while passing in lane. Isla experienced pain and had a bump and redness. Other swimmer had nothing.	small bump on forehead, small red spot
Male	NJ - New Jersey Swimming	Meet - Watching / Observing	Bleachers - Athlete's	Swimmer slipped on bleachers and foot struck crossbar of bleachers.	Swimmer had bruising on inner left foot.
Female	NJ - New Jersey Swimming	Practice - Other	Water - Turn End	Swimmer hit her head against the wall during a backstroke flip turn	Dizziness and Nauseous
Male	NJ - New Jersey Swimming	Practice - Dry Land	Team Area	Athlete Described Not Feeling Quite Right after workout, Whereupon asked if need to go home, Athlete indicated that he was ok and proceeded to go to dryland. In Dryland Area second Coach ask him to wait to one side. He was asked to call parents and go to the doctor	Athlete indicated that not feeling right
Male	NJ - New Jersey Swimming	Meet - Competition	Water - Turn End	Hit thumb on wall during 50 yard backstroke while during turn	
Male	NM - New Mexico Swimming	Practice - Dry Land	Gym		

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	NM - New Mexico Swimming	Practice - Dry Land	Gym	While doing dryland/box jumps, athlete decided to try and jump on a higher box after rest of team had moved on to another exercise (without a spotter or supervision). Athlete landed on front of box and box tipped over causing athlete to fall and brace with her right arm. Athletes were told not 10 minutes prior not to do anything not told to them by coach and not to deviate from the group.	As athlete braces with her arm was told by other swimmers that witnessed incident that she may have hyper extended her elbow
Male	NM - New Mexico Swimming	Practice - Entering / Exiting Pool	Hallway	Tripped on leg of bleachers going out of facility in back hallway	
Female	NM - New Mexico Swimming	Practice - Entering / Exiting Pool	Water - Start End	Swimmer was entering pool upon start of practice and bent/bumped her left foot/pinky toe on the edge of the pool/gutter area. She complained during practice it was bothering her, but she was able to complete the entire practice.	Swimmer sought medical care the day immediately following the incident. She also had xrays taken. She learned her left pinky toe is fractured.
Male	NT - North Texas Swimming	Meet - Warm-up	Water - Start End	During our first session of warm ups. Swimmers were going off blocks for starts and athlete1 jump in and collided with athlete2. Athlete1's left eye has a deep gash and we advised swimmer to be taken to the hospital. The second swimmer athlete2's mother . We also advise summer to go to the hospital or care know to evaluate for a possible concussion.	athlete1 left eye gash athlete2 possible concussion
Female	NT - North Texas Swimming	Practice - Other	Water - Bottom	During dive start practice, swimmer dove too shallow and struck the bottom of the pool. Swimmer exited pool by herself, but complained of head and backaches, and slight dizziness. Parent contacted and swimmer taken to urgent care as a precaution.	Swimmer had no visible injury, but was complaining of head and back aches. Father was contacted and took her to urgent care as a precaution. Report from mother later was good with no serious injury found.
Male	NT - North Texas Swimming	Practice - Dry Land	Stairs	The swimmer was coming down the stairs and hit in the middle of his foot near the heel and slipped down the stairs 3 steps. He was able to grab the railing, but heard a popping sound in his ankle as he when down.	
Female	NT - North Texas Swimming	Practice - Entering / Exiting Pool	Other Entrance Area/a doorway	Interior door struck against swimmers right foot causing an opening towards the smallest toe.	Opening/cut near the smallest toe of the right foot.
Female	NT - North Texas Swimming	Meet - Walking	Deck	Fast walking - tripped on bench by back office - stubbed ring toe on right foot	
Male	NT - North Texas Swimming	Practice - Other	Water - Start End	blister on foot from previous injury	wrapped with sterio pad
Female	OH - Ohio Swimming	Meet - Warm-up	Deck	Swimmer got out of the pool from warm up and slipped on the deck.	
Female	OH - Ohio Swimming	Meet - Competition	Bleachers - Athlete's	Heavy and fast breathing. signs hyperventilation symptoms	
Female	OH - Ohio Swimming	Practice - Other	Water - Turn End	while swimming butterfly, during the pull felt an intense pain in the left shoulder. Got to the wall and exited the pool. severe pain and could not move arm.	while swimming butterfly, during the pull felt an intense pain in the left shoulder. Got to the wall and exited the pool. severe pain and could not move arm.
Female	OH - Ohio Swimming	Meet - Competition	Bleachers - Athlete's	ATHLETE FELL ON OUTSTRETCHED HAND WHILE ON BLEACHERS	
Female	OH - Ohio Swimming	Practice - Other	Water - Turn End		Back of right hand was cut
Female	OH - Ohio Swimming	Meet - Entering / Pool	Water - Start End	Caught foot on gutter of pool while exiting.	Sprained or broken ankle, left foot, turning black & blue.
Male	OK - Oklahoma Swimming	Meet - Competition	Bleachers - Athlete's	Another swimmer with a mental disability had a panic attack. Threw a metal water bottle and struck the Juan in the side of the head accidentally.	
Female	OR - Oregon Swimming	Meet - Competition	Water - Lane Lines	Caught arm in lane line. Shoulder popped and is bruising & swelling.	Athlete was given ice by meet staff, and was subsequently transported to the hospital by her parent to have her shoulder looked at.
Female	OR - Oregon Swimming	Other Unknown	Outside Venue	unknown patron escorted athlete into the lobby of the facility, from the parking area, injury to the back of the head. Mother found, coach notified, bleeding from back of the head. Parent transported to ER. No witnesses.	
Male	OR - Oregon Swimming	Practice - Other	Water - Start End	Hit this chin on the edge of the pool while attempting to go underwater.	Deep wound
Male	OR - Oregon Swimming	Practice - Other	Locker Room	Athlete bent over while changing and when he stood up he gashed his head on a coat hook used for hanging bags.	
Female	OZ - Ozark Swimming	Practice - Entering / Exiting Pool	Water - Start End	While working on starts, the athlete was swimming into the wall. Another athlete started a dive and entered the water right in front of the swimming athlete. The athletes made contact. The swimming athlete hit the hip of the diving athlete with her head. Following the incident, both athletes looked well and indicated that they weren't injured. The struck athlete had no signs of a concussion. 2 days later, the mother took her to the doctor for consultation.	
Female	OZ - Ozark Swimming	Practice - Other	Water - Turn End	Goggles had filled with water and came to close to wall while completing an open turn. Elbow struck against wall.	At the time of the incident on 4/29 she thought the only issue was a scraped elbow. Stayed out of the water for a bit, but got back in and completed the rest of practice. Had pain in her shoulder on Friday 4/30 and had an x-ray taken on Saturday 5/1 showing a grade 1 separation.
Female	PC - Pacific Swimming	Practice - Dry Land	Outside Venue	After finishing dry land, athlete was hit by lacrosse ball from a nearby lacrosse practice. Athlete was hit on the forearm, bruising her and causing an indent on the middle of forearm. The next day, parents took her for an X-Ray for any fractures.	Middle of forearm had an indent and bruising the size of a lacrosse ball.
Female	PC - Pacific Swimming	Practice - Other	Water - Lane Lines	The swimmer was swimming a butterfly set when her shoulder seems to have simply dislocated. She did not indicate that she hit or came into contact with another swimmer, the wall, or the lane line but that it just "popped out".	
Female	PC - Pacific Swimming	Practice - Entering / Exiting Pool	Deck	Swimmer was walking on deck near the deep end of the swimming pool and cut her 4th toe on right foot on a tile.	1.5 cm slice on side of 4th toe on right foot
Male	PC - Pacific Swimming	Meet - Warm-up	Water - Start End	after swimmer completed race as he was climbing out of pool, got fingers caught in plastic gutter grate and then had full force of body fall on hand.	fingers jammed

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Male	PC - Pacific Swimming	Practice - Other	Water - Turn End	Swimmer stopped on the wall 30 minutes into practice to catch his breath (5:15pm). He stayed there for 2-3 minutes before the coach asked for a thumbs up/down if he was ok. He could not respond. Coach had him get out of the pool to see if that would help. Coach called parent at 5:20pm. Parent arrived within 5 minutes of being called (5:25pm) Coach determined swimmer was getting worse and called 911 (5:35pm). Fire truck arrived at 5:45pm. Ambulance arrived at 5:50pm. No CPR, auxiliary oxygen or care was administered by coach OR EMTs. Swimmer remained conscious the whole time, but was shaky. Swimmer was taken to the hospital because he was still feeling chest tightness.	Swimmer stopped on the wall due to shortness of breath. It did not get better upon his getting out of the pool. No history of asthma reported to coaching staff. Parent reported swimmer is not on medications. EMTs decided more advanced care was needed and took swimmer, by ambulance, to the hospital with parent.
Female	PC - Pacific Swimming	Practice - Other	Water - Side	Hit chin on wall and split chin open	
Male	PC - Pacific Swimming	Practice - Other	Water - Turn End	smashed face on wall attempting a turn (goggles hit the wall and caused a gash under his eye) and a bump on his head.	
Male	PC - Pacific Swimming	Other Exiting facility	Other exit gate	When exiting pool, another swimmer shut the pool gate. The gate struck athlete in the leg (cut and went to urgent care)	
Female	PC - Pacific Swimming	Practice - Entering / Exiting Pool	Water - Bottom	The swimmer was jumping into the pool during practice and landed wrong on the bottom and hurt her foot.	
Female	PC - Pacific Swimming	Meet - Warm-up	Water - Start End	Chipped front tooth when diving during warm up	
Male	PC - Pacific Swimming	Practice - Other	Water - Start End	Ran into wall while doing a backstroke drill	Pain for 10 min, some dizziness when flip turning
Female	PC - Pacific Swimming	Practice - Other	Water - Turn End	Two swimmers were racing on either side of the lane when athlete struck one of the swimmers on the top of the head. When she exited the pool she complained of pain at the contact site and dizziness. She was given an ice pack and left with her father (guardian) with instructions to the father to observe her over the next 24 hrs for any signs of worsening symptoms.	complained of dizziness and pain at impact site
Male	PC - Pacific Swimming	Practice - Other	Other dryland	fell on hand/wrist while running backwards on grass.	bruising on hand and wrist of right hand
Female	PC - Pacific Swimming	Practice - Other	Water - Lane Lines	Hit hand/fingers on Lane line while swimming.	Not sure of the extent (broken or sprained)
Male	PC - Pacific Swimming	Meet - Warm-up	Water - Turn End	Athlete's nose started bleeding after he was hit on the face by another swimmer while doing a flip turn in the warmup pool.	Athlete's father scratched finals to get athlete checked. He later texted that athlete is ok and only needed ice.
Male	PC - Pacific Swimming	Practice - Entering / Exiting Pool	Water - Side	While getting out of the pool the athletes hand slipped, and he fell hitting his chin on the side of the deck.	Scrape on bottom of chin, slight bleeding.
Male	PC - Pacific Swimming	Practice - Other	Other Water issue		Itchy arms immediately after entering water. Had swimmer shower off in staff bathroom. Swimmer returned to water and thought shower fixed skin irritation. Itchy rash appeared after practicing (30 mintue swim). Showered at home after practice and still had a rash under arms.
Male	PC - Pacific Swimming	Practice - Other	Other Water issue	Was not informed of injury until email sent by parent on 1/21/2021	Athlete left practice and immediately told parent that his legs were itchy and his face felt swollen.
Male	PN - Pacific Northwest Swimming	Other Waiting before practice	Outside Venue	Athlete was running around outside before practice and tripped landing on his left hand/wrist. parents were contacted right away, but no answer. We called 911 to get an aid car but the parents called back and wanted to take him to the hospital themselves.	He had cuts along his right leg and elbow, and his left arm right above the wrist appeared to be dislocated or broken.
Male	PN - Pacific Northwest Swimming	Meet - Competition	Water - Start End	Swimmer completed 100 free final swim; remained in water due to cramp;	Swimmer completed 100 free final swim; remained in water due to cramp; moved to sitting position on side of pool for about 10 minutes; during assisted exit of facility, partially lost consciousness and was moved back inside to horizontal position on bench; paramedics called; left facility on stretcher to hospital via ambulance.
Male	PN - Pacific Northwest Swimming	Meet - Warm Down	Water - Turn End		
Male	PV - Potomac Valley Swimming	Practice - Other	Water - Side	While practicing, another athlete and athlete1 smacked hands, resulting in a fracture in his left hand.	spiral fracture (clean break) of the left hand (the main bone down from the left index finger). Most likely headed for surgery sometime next week and pins/screws. The Walter Reed hand specialists will review Monday and determine next steps, and see us on Tuesday morning. If surgery needed, they want to do asap
Male	PV - Potomac Valley Swimming	Meet - Entering / Pool	Starting Blocks	Swimmer hit his head on wooden board on diving platform when exiting the pool after his swim. Head guard recommended calling EMS but swimmer and swimmer's father refused. Father said he would drive swimmer to Urgent Care.	Swimmer was dizzy and had a headache. Facility provided ice packs.
Male	SC - South Carolina Swimming	Practice - Dry Land	Other soccer field	Athlete fell and broke his wrist outside running on the field.	Colles Fracture of the wrist
Male	SC - South Carolina Swimming	Meet - Walking	Deck	He was waking and slipped abs feel straight on his back	Experienced back pain when moving head
Male	SC - South Carolina Swimming	Practice - Other	Water - Side	During a kick set the swimmer was accidentally kicked in the hand by a teammate, causing an injury to his thumb.	The swimmer notified the coach of the injury at the time. The swimmer was given ice and eventually returned to practice, kicking the rest of the day. He had pain and limited mobility in the thumb but wanted to return to practice. The thumb has continued to bother him and he is now seeking medical attention.
Female	SC - South Carolina Swimming	Practice - Other	Other On deck - cord assist with another swimmer	For speed assist with the group. The cord slipped out of her hands and popped up, hitting her in the eye. The eye was immediately bruised and swollen.	
Male	SD - South Dakota Swimming	Practice - Other	Water - Start End	Swimmer's head struck against gutter on backstroke finish.	
Female	SD - South Dakota Swimming	Meet - Walking	Locker Room	Locker room door struck the top of swimmers big toe, separating front of toenail from nail bed.	Child was not bothered much. She reported a little pain at the top of her toe, but with no complaint or tears. Parents fine too.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	SD - South Dakota Swimming	Meet - Warm-up	Water - Lane Lines		
Female	SE - Southeastern Swimming	Practice - Entering / Exiting Pool	Water - Start End	Athlete was exiting the swimming pool for instruction and slipped and hit her head and ear on the top step of the block. she has a cut on the inside of the ear that was bleeding. Bleeding has stopped but mom was advise to send to get looked at by a doctor.	
Female	SE - Southeastern Swimming	Other Officiating meet	Deck	Walking on pool deck, slipped and reached toward ground to break fall. unable to actively lift arm following incident.	
Male	SE - Southeastern Swimming	Meet - Warm-up	Water - Side	slipped at pool edge getting in.	Hit back on gutter.
Female	SE - Southeastern Swimming	Practice - Other	Deck	Athlete was having a hard time breathing. She said she was going to pass out. While starting to sit down, she did go unconscious and fell on the pool deck. She hit face first and seized for 10 seconds before regaining consciousness. I had an assistant call 911 and another coach call athlete's mom while I helped get her sitting up and comfortable after regaining consciousness.	Athlete had some blood coming from her mouth, nose, and forehead.
Male	SI - San Diego-Imperial Swimming	Other NA	Other NA	Coach has been off deck since last Monday due to his spouse having symptoms. She got her results last week, he was tested this past Sunday. Coach's results were reported today 1/12. We have notified his pod of swimmers that they must all quarantine until testing negative. There were no direct interactions with swimmers.	
Female	SI - San Diego-Imperial Swimming	Other NA	Other NA	Swimmer's mom had symptoms 12/23, swimmers (siblings) were in quarantine from 12/24 due to family symptoms. Both swimmers tested positive on 12/29. They have not returned to pool yet. The lane sharing swimmers for each positive child were in quarantine and tested negative. The lane sharing swimmers have returned to swim. No further issues	
Male	SI - San Diego-Imperial Swimming	Other NA	Other NA	Swimmer's mom had symptoms 12/23, swimmers (siblings) were in quarantine from 12/24 due to family symptoms. Both swimmers tested positive on 12/29. They have not returned to pool yet. The lane sharing swimmers for each positive child were in quarantine and tested negative. The lane sharing swimmers returned to swim. No further issues	
Female	SI - San Diego-Imperial Swimming	Other	Other	Athlete's father had positive covid test on 12/31/2020 and athlete tested positive on January 1, 2021	
Male	SN - Sierra Nevada Swimming	Practice - Other	Other Water middle of the lane middle of the pool	Collision with two athletes. Hit collar bone/shoulder on both swimmers. Athlete 1 was bleeding and his collar bone hurt very badly	
Female	SN - Sierra Nevada Swimming	Practice - Other	Outside Venue		
Female	SN - Sierra Nevada Swimming	Practice - Other	Water - Turn End	Athlete was swimming back from the wall, she hit her head to one of swimmer's shoulder.	
Male	SN - Sierra Nevada Swimming	Practice - Other	Starting Blocks		
Female	SN - Sierra Nevada Swimming	Other parking lot	Other parking lot	twisted knee while running and then fell	
Female	SR - Snake River Swimming	Practice - Entering / Exiting Pool	Water - Start End	Athlete was doing a racing start from the starting blocks. She held onto the block without letting go while her body was moving forward. She was trying to hold and not go due to the starting command not being given yet.	It was a buckle fracture. A fiberglass cast was put on so she can resume swimming 3/16
Male	SR - Snake River Swimming	Practice - Dry Land	Outside Venue	The athlete reported he fell/tripped landing on his right wrist.	At the time of the injury, there was no marked swelling or redness. After approx. 15 mins. parent was called. Approx. 30min after the injury parent arrived on-site and bruising at the injury site started to appear.
Male	ST - South Texas Swimming	Other Diving	Water - Start End	Athlete had just done a start where he belly flopped. He did not hit the bottom of the pool, the block, or the lane line and said he felt fine and did one more start. After getting out of the pool from the second start he said he was having trouble breathing and his head hurt. He sat down and then went to get a drink of water. He started feeling dizzy and laid down on the bleachers. EMS was then called and athlete was taken to nearby hospital.	Experienced blurry vision and dizziness.
Female	ST - South Texas Swimming	Other Team Picnic	Outside Venue	The injured party either fell or was pushed off of a playground due to the actions of another athlete.	Injured party hit the ground at the playground on the injured party's side.
Female	ST - South Texas Swimming	Practice - Other	Deck	Swimmer felt lightheaded in water, got out of the pool, then passed out backwards, hit head	When approached, she answered questions, coach called parent. Mother drove her to the Dr.
				Running. Twisted ankle while running. Fell to ground.	
				Right foot is only injury seen. (Swelling). Right foot is only injury verbalized by athlete.	Athlete was cared by mother. Cloth ice pack from walgreens was given. Athlete under mothers care ices and elevated foot.
Male	ST - South Texas Swimming	Practice - Dry Land	Outside Venue	No crying. No screaming. Pain level : 5	
Male	ST - South Texas Swimming	Meet - Competition	Water - Start End	Hyper-extended at finish	
Male	ST - South Texas Swimming	Meet - Warm-up	Water - Start End	While the athlete was elevating and moving toward extension of the Left arm while swimming Freestyle, he struck the head of the swimmer in the oncoming direction. The swimmer who was struck in the head displayed minor signs of discomfort.	
Male	UT - Utah Swimming	Other swimming in a lane with other athletes during workout	Water - Lane Lines	Athlete was swimming freestyle in our main set, and hit his hand and thumb against another swimmer's hand in the lane while circle swimming. He suffered a dislocated thumb with an avulsion fracture of his thumb on his right hand. He exited the pool on his own and came right to me. The Lifeguards immediately called EMS. They came, made a diagnosis and said a doctor was needed to reduce the dislocation. Mom came and took him to see the doctor. The diagnosis was dislocation of, and avulsion fracture of the right thumb.	Athlete was swimming freestyle in our main set, and hit his hand and thumb against another swimmer's hand in the lane while circle swimming. He suffered a dislocated right thumb with an avulsion fracture of the same thumb on his right hand.

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	UT - Utah Swimming	Meet - Competition	Starting Blocks	After the starter said "take your mark," the swimmers had come down, but upon noticing some movement, the starter said, "Stand up." Athlete flinched when the starter said, "Stand up," and rolled off the blocks while keeping ahold of the front of the blocks trying to stop the role. She ended up hitting her head on the blocks because she held on and did not let go to let herself fall into the water. Athlete let go and got herself out of the water, but because she hit her head was unable to finish her race.	Her mother took her to the doctor and athlete was diagnosed with a minor concussion and a slight neck sprain. It was recommended that she get some physical therapy for her neck strain.
Male	UT - Utah Swimming	Practice - Entering / Exiting Pool	Water - Start End	Swimmer's goggles filled with water while swimming butterfly. Swimmer couldn't see wall and hit head on the end of the wall.	
Female	UT - Utah Swimming	Practice - Other	Other Dive Tank	Athlete was doing a flip off of the 3-meter board and she over-rotated and landed on the water on her back.	Very red back, and later mild but constant headaches, throbbing.
Male	UT - Utah Swimming	Practice - Entering / Exiting Pool	Water - Side	Dove from the side and hit the diving board	
Male	UT - Utah Swimming	Meet - Competition	Water - Turn End	Cut finger on the wall during turn. Athlete said it was on the touch pad where the cord connected into the pad	Cut finger
Male	UT - Utah Swimming	Practice - Other	Water - Turn End	Athlete was about to flip into the wall when the person in front of him did a dolphin kick and struck him in the head with his foot.	
Male	VA - Virginia Swimming	Practice - Other	Deck	While pulling pool covers swimmer pulled cover holder over foot. The breaks of the covers are slightly elevated. While moving and swimmer misplaced his foot and scraped the break going up the foot.	Cut runs up the center/top of foot
Female	VA - Virginia Swimming	Practice - Dry Land	Hallway	While exchanging hand weights from the shelf storage, Athlete was looking for 8lb weights. Either from not returning a 5 lb weight properly, or because a YMCA member had previously returned a weight improperly, in either case a 5lb weight fell approximately 6 to 15 inches and struck athlete just behind the hairline. The concussion protocol was used, and no obvious signs of a concussion were demonstrated. Athlete went to the locker room, returning shortly after ready to continue. We were in the process of wrapping up, and all the swimmers went to the locker room. Another swimmer gave athlete her phone to look at pictures per Athlete's request, but she proceeded to run around the locker room with the other swimmer's phone. Ultimately, it was returned. After initially appearing on deck to swim, with no obvious signs of lingering pain, or distress, athlete went to talk with one of the lifeguards. Upon her return to the starting area, she complained of pain and confusion. Her father was contacted, the lifeguard provided an ice pack and made an incident report. Dad was provided the details of the incident via text and verbally upon arrival and took athlete to the emergency room.	Potential concussion symptoms. Athlete was reported by her mother as being her normal self at the hospital.
Female	VA - Virginia Swimming	Practice - Dry Land	Gym	Athlete was racking a barbell and the left side was not fully secure when she released it. The barbell dropped on the back of her shoulder. She did not feel any pain at this point. She then went to do another exercise (walkouts) and felt a significant amount of pain in her left shoulder. Her shoulder then gave out. She is unsure about whether it was the barbell falling on her shoulder or the walkout exercise that caused the injury.	Athlete has since been seen by a chiropractor and orthopedic doctor. She has gotten an x ray and there is no structural damage; however they believe she dislocated her shoulder temporarily and is still feeling effects from that. She will be going to physical therapy.
Male	VA - Virginia Swimming	Practice - Other	Water - Start End	Athlete was in the water when another swimmer dropped his goggles from the block, resulting in a chipped tooth.	Bottom tooth chipped in half
Female	VA - Virginia Swimming	Meet - Competition	Water - Start End	Athlete struck her right elbow against the edge of pool at the finish of the 50-yard freestyle and subsequently experienced some light-headedness while being attended to on the deck.	Athlete was experiencing considerable pain after hitting her elbow and hyper-extending it. Coaches, lifeguards, and athlete's mother all attended to her on deck after she was helped out of the pool. Symptoms of light-headedness that subsequently developed believed to be result of long day of activity with insufficient hydration and nourishment. Athlete left facility under her own power in company of her mother with intention of getting elbow checked out by physician.
Male	VA - Virginia Swimming	Practice - Entering / Exiting Pool	Water - Turn End	Swimmer landed on top of Brandon.	Small cuts around the eye, and dizziness.
Female	VA - Virginia Swimming	Meet - Competition	Water - Start End	Athlete was racing the 100 BR LCM and felt her right shoulder shift during the breaststroke near the end of the race. She moved her shoulder, felt another movement shift, and was able to get to the wall. She exited the pool on her own and sought care.	Following the race, the athlete was seen by medical. She was scheduled to attempt to race the following day, and scratched the rest of the races due to shoulder pain.
Male	VA - Virginia Swimming	Practice - Other	Water - Lane Lines	The injured swimmer and another swimmer struck each other while performing a drill during swim practice. Above referenced swimmer complained of a bump on the head.	After the swimmers struck one another, both swimmers stopped and I immediately began addressing the situation. The above referenced swimmer started to cry, hence he was asked to get out of the pool for further individualized observation. Asking questions and going through routine concussion protocol as he mentioned he bumped his head. I did not recognize any concussion symptoms, but since the father was on-site we alerted him. Swimmer & parent left practice for the day. Parent later reported that the swimmer experienced blurry vision.
Male	VA - Virginia Swimming	Practice - Entering / Exiting Pool	Water - Turn End	Another swimmer ran into the athlete and kept swimming. The athlete's goggles broke on impact and cut under his eye.	Small cut under eye/eye bag area
Male	VA - Virginia Swimming	Meet - Competition	Water - Start End	CUT FINGER	NASTY CUT
Male	VA - Virginia Swimming	Practice - Entering / Exiting Pool	Water - Start End	The athlete felt a strain in his shoulder upon entering the water from a dive	

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
Female	VA - Virginia Swimming	Practice - Other	Deck	Swimmer got out of pool during practice and sat on deck. swimmer was dizzy, could not walk or stand without assistance. Laid swimmer on back and called mom. Swimmer said she had 2 Monster energy drinks before practice. Observed swimmer for 30 minutes. O2 sat was >95% HR was 112-127bpm during the 30 minutes. Staff assisted swimmer to mom's car. Mom said she would take swimmer to urgent care.	
Male	VA - Virginia Swimming	Practice - Other	Water - Turn End	Athlete was doing backstroke flipturn and forgot his stroke count. When he turned over to initiate the flip, he smacked his forehead on the wall	concussion protocol started. Swimmer must be cleared before returning to practice
Female	VA - Virginia Swimming	Practice - Other	Water - Turn End		
Female	VA - Virginia Swimming	Practice - Entering / Exiting Pool	Starting Blocks	Swimmer reported the block moving underneath her and twisting her knee	Swimmer said she felt pain in her knee at the time. Swimmer spoke to her parents about the event and attended an additional practice with her high school afterwards. The swimmer experienced some swelling as reported by her parent the next day.
Male	VA - Virginia Swimming	Practice - Other	Water - Turn End	Athlete was racing backstroke and missed his stroke count. Hit his head on the wall as he tried to stop himself.	Athlete mentioned some brief dizziness followed by a headache. Iced the top of the athlete's head and had him sit and relax. No other symptoms reported.
Male	VA - Virginia Swimming	Meet - Competition	Water - Start End	Bruised left hand when it jammed on timing pad, backstroke to breaststroke transition (100 IM)	
Male	VA - Virginia Swimming	Other No accident Reported - Notice of Covid 19 Positive test result	Other n/a		All personnel removed from the site in accordance with local guidelines.
Male	VA - Virginia Swimming	Practice - Other	Water - Turn End	Another swimmer's leg struck athlete in the back of the head. He began to complain of a headache and nausea.	Complained of nausea and headache.
Female	WI - Wisconsin Swimming	Meet - Competition	Water - Turn End	On 9-21-21 swimmer was performing the breast stroke during competition and she felt pain in her right knee. She completed the race and pulled herself out of the pool. She collapsed after getting out and other swimmers helped her to the benches. Ice was applied by swimmers and her knee was swelling. The swimmer's Mother took her to the locker room and removed her suit. She felt dizzy/nausea and they put her on a cart to get to their car and drove her to the hospital. Swimmer's coach also followed them to the hospital. Emergency room personnel attended to her, gave her pain meds and she received an X-RAY and contrast dye CT scan. They gave her a knee brace and crutches to use. Both were negative and they were instructed to see an Orthopedic specialist. On 9-22-21 they went to an urgent care Orthopedic Associates of Wisconsin and they said it may be a dislocated knee and an MRI is scheduled for 9-26-21. Swimmer did not return to the meet and is currently not practicing either.	See "additional details of accident"
Male	WI - Wisconsin Swimming	Meet - Competition	Deck	Athlete pulled a door open and it went over his foot. He pulled his foot out and it cut it severely. Direct pressure was applied, elevation and called 911. He was transported to UW Hospital with his Mom and brother	Quite a lot of bleeding and it may have been possible to see a toe bone from the cut
Female	WI - Wisconsin Swimming	Practice - Other	Water - Turn End	We were not aware that the injury may have occurred at practice until her fractures were confirmed in February and a second hand party notified us, saying the family believed buckets to be the cause of the injury. They saw a doctor in October and started PT but the pain persisted. Went back in December and did an X-Ray. Nothing Found. February 2nd did another X-Ray and found 2 stress fractures. CT scan on February 10th. Confirmed fractures. Knowing there were stress fractures and the possibility of the incident occurring at practice in September we reached out to the family on February 16th to receive details. No response until March 2nd. Date of the filing of this report.	Was not aware that injury was a fracture until February and it occurred at this practice until confirmation from swimmers parent via email March 2nd
Female	WI - Wisconsin Swimming	Other pre-practice, drylands staging	Hallway	Injured swimmer was being given "piggyback ride" by another older swimmer. Third swimmer grabbed leg of injured swimmer throwing older swimmer off balance, and injured swimmer's head contacted window frame as older swimmer tried to regain control.	
Male	WI - Wisconsin Swimming	Practice - Other	Water - Turn End	Swimmer swallowed water while approaching the wall for a turn. When the swimmers swallowed water, it caused him to panic and hit his head against the wall as a result. The swimmer was dizzy and moved to dry land where he was unable to move or feel his hands or feet. Paramedics arrived and took care of the injured swimmer, eventually transporting him to the hospital for further care.	Unknown if the swimmer has a concussion after the incident. Swimmer was short of breath and unable to feel or move hands or feet. Swimmer did not lose consciousness but lacked the ability to move or carry a conversation.
Male	WI - Wisconsin Swimming	Practice - Entering / Exiting Pool	Water - Side	Teammate accidentally struck head with foot while exiting pool	
Male	WI - Wisconsin Swimming	Practice - Other	Other In water, while swimming	The swimmer informed the coach of a "popping feeling" in his shoulder while swimming breaststroke during practice.	Swimmer complained of pain in his shoulder while swimming. He continued practice only kicking. He returned to practice on Monday, October 18th, 2021. After trying to perform arm strokes during warm-up, he cited pain in his shoulder and finished practice only kicking.
Male	WI - Wisconsin Swimming	Practice - Other	Water - Start End	Swimmer bumped his head on wall during back finish	Nausea, head ache, felt dizzy
Female	WI - Wisconsin Swimming	Practice - Dry Land	Gym	The athlete was doing box jumps on the appropriate foam boxes. But, the boxes were not securely stacked using the Velcro strips. This athlete fell off the top after a jump and braced herself with her hands, this resulted in a sprained wrist.	
Female	WI - Wisconsin Swimming	Practice - Other	Water - Turn End	We were doing an effort 100 backstroke. The flags were being taken down and the swimmer was unaware that the flags were not going to be there. One of the other swimmers attempted to stop the athlete but she hit her head on the wall, straight on. She was given ice and I talked with her mother before she left.	The athlete showed the signs and symptoms of a concussion. She was visibly distraught and had some head pain.
Female	WI - Wisconsin Swimming	Practice - Dry Land	Water - Turn End	Swimming toward wall and struck back of head against wall.	

Gender	LSC	Activity at Time of Injury	Where Accident Occurred	Additional Details of Accident	Additional Details of Injury
				Athlete had been complaining about neck pain while swimming. This did not appear to be an acute injury, rather his neck had been getting more sore and tight over time. He thinks body weight dips may have caused the initial soreness/pain. After cutting back on his swimming and working on his breathing technique, the pain persisted. Therefore, As his coach I recommended he see a medical professional, and now he is out of the pool in physical therapy on his doctor's recommendation.	It was not an acute injury so the exact date/time and nature of the injury are unknown. Athlete thinks his neck pain was caused by body weight dips.
Male	WI - Wisconsin Swimming	Practice - Dry Land	Gym		
Female	WI - Wisconsin Swimming	Practice - Other	Water - Start End	Athlete collided with a teammate.	
Female	WI - Wisconsin Swimming	Practice - Dry Land	Other Hotel Dryland	The athlete fell playing dryland game.	Light swelling around the knee.
Female	WY - Wyoming Swimming	Practice - Other	Locker Room	Slipped on the shower floor and hit her chin on the floor.	About a 1/2 inch cut on the bottom of her chin.

***All championship meet dates (including 'Other') should be considered tentative until final dates have been set**

Month	Weekend	Holidays	2023 LSC Calendar	2023 LSC Bids	Other(*some dates are not scheduled)		
January	31-1		Closed to Competition				
	7-8		(2) Divisional A/BB Meets				
	14-15	MLK	(6) Divisional B/C Meets				
	21-22		Closed to Competition		UIL District Meets		
	28-29		Open		UIL District Meets		
February	4-5		Closed to Competition		UIL Regional Meets		
	11-12		(6) Divisional BB/B/C & Senior SC Champs		Tapps State Meet		
	18-19		North Texas Age-Group "A" Champs		UIL State Meet		
	25-26		Open				
March	4-5		(6) Divisional BB/B/C		*TAGS/*Sectionals?		
	11-12		Open				
	18-19		Open				
	25-26		Open				
April	1-2		Closed to Competition				
	8-9	Easter	Closed to Competition				
	15-16		Open		HOD Meeting		
	22-23		Open				
	29-30		Open				
May	6-7	Mother's	Closed to Competition				
	13-14		(2) Divisional A/BB & Senior Meet LC #1				
	20-21		(6) Divisional B/C Meets				
	27-28	Memorial	Closed to Competition				
June	3-4		(2) Divisional A/BB & Senior Meet LC #2		SMU Senior Circuit		
	10-11		(6) Divisional B/C Meets				
	17-18	Father's	A Meet (Bill Nixon Scholarship Meet)				
	24-25		Open		Senior Circuit (College Station)		
July	1-2	4-Jul	Closed to Competition				
	8-9		North Texas Age-Group "A" Champs		Sectionals		
	15-16		(6) Divisional B/C Meets				
	22-23		North Texas Senior LC Champs		*TAGS		

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	29-30		Open		Nationals/*Futures (site TBD)		
August	5-6		Open		Junior Nationals (TBA)		
	12-13		Closed to Competition				
	19-20		Closed to Competition				
	26-27		Open				
September	2-3	Labor	Open				
	9-10		Open				
	16-17		Open				
	23-24		Open		USAS Convention		
October	30-1		(2) Divisional A/BB Meets & Senior SC #1				
	7-8		Closed to Competition		HOD Meeting		
	14-15		(6) Divisional B/C Meets				
	21-22		Open				
	28-29		Open				
November	4-5		(2) Divisional A/BB Meets & Senior SC #2				
	11-12		(6) Divisional B/C Meets				
	18-19		Open		High School TISCA Meets		
	25-26	Thanks.	Closed to Competition				
December	2-3		(2) Divisional A Meets & Senior SC #3		Winter Nationals		
	9-10		(6) Divisional BB/B/C Meets		Winter Juniors		
	16-17		Open				
	23-24	Christmas	Closed to Competition				
January	30-31						
Notes							
The 2023 Calendar will go into effect 1-1-2023							
COLOR CHARTS:							
BLUE - A & A/BB Meets							
GREEN- BB/B/C & B/C Meets							
PURPLE- SENIOR Meets							
RED- OPEN Meets							

***All championship meet dates (including 'Other') should be considered tentative until final dates have been set**

2-Division A & A/BB Meets							
<i>Division - 1</i>		<i>Division - 2</i>		A - Facilities (50 M Stretch)			
TFA		LAC			Flower Mound	The Colony	
MTRO-NE		DM			Mansfield	Arlington	
RACE		NTN			Rockwall	Garland	
COPS		MTRO-FW			Keller	Northwest	
COR		MAC			Southlake	Frisco	
PAC		MARS					
STAR		O2			B - Facilities (50M)		
ATAC		LIFE			TFA		
BOSS		WEST			SMU		
TRAC		FNW			Wilkerson		
A+		AAC			LOOS		
IRON							
				C - Facilities (25Y/M)			
4-Division BB/B/C & B/C Meets					Allen		
<i>Division - 1</i>		<i>Division - 2</i>	<i>Division - 3</i>	<i>Division - 4</i>	Grapevine		
MTRO-NE		LAC	COPS	MARS	Greenhill		
TFA		NTN	RACE	MAC	Nolan Catholic		
STAR		WEST	TRAC	AAC	Rowlinson		
PAC		FNW	ATAC	LIFE	Duncanville		
IRON		O2	DM	MTRO-FW	Prosper		
A+			COR				
BOSS							



11.2.6

Outreach athlete membership is available at a cost of \$5.00 to any athlete registering with North Texas Swimming, Inc. (NTSi) In order to be eligible for an outreach membership the athlete must provide verification to NTSi, annually, that he/she or their family is eligible for the one or more of the following:

- Medicaid
- CHIP
- SNAP (Supplemental Nutritional Assistance Program)
- Texas Childcare Assistance
- Women, Infants and Children Program (WIC)
- TANF (Temporary Assistance for Needy Families)
- Tax Return Showing Family income at or below the state poverty level (or 200% of the Federal Poverty Level)
- Texas Comprehensive Energy Assistance Program (CEAP)

Documentation of eligibility must be current at the time of application and not expire within 60 days.