

FAST Safety Action Plan

Emergencies

In the event of an emergency situation at OVAC or the OV Community Center, coaches, parents and swimmers are required to follow all directions of the Facilities staff by taking immediate action.

The Town of Oro Valley takes responsibility that there are lifeguards present and working rescue equipment present for each and every practice and meet.

For emergencies that require us to exit the pool area, please use the north gate to exit the facility in an order fashion. Swimmers should gather whatever clothes or warm weather gear they need before they exit the facility.

For any emergency that requires swimmers to leave early; FAST staff or Board representatives shall ensure all swimmers leave with appropriate adults.

Weather Emergencies

- 1) Town of Oro Valley Staff will make the final call, FAST coaches reserve the right to remove the swimmers from the water early if the conditions seem unsafe.
 - a. Protocol for Lightning is if it is within 5 miles of the pool. They use radar, lightning trackers and sight and sound to determine distance. Pool will close for 30 min each time.
 - i. All swimmers and coaches and parents must leave the facility or head to the classroom if able to.
 - b. Heavy Rain: The pool may be cleared if the lifeguards cannot see the bottom of the pool
 - i. Swimmers, coaches and parents will take shelter till the rain has stopped or practice has been cancelled.

Fire & Chemical Emergencies

- 1) Clear the area and we will be taking swimmers to the parking lot on the west side of the pool.
- 2) Notify the aquatics staff and call 911
- 3) Supervise swimmers and keep everyone calm
- 4) If false alarm, everyone allowed back in facility
- 5) If not a false alarm, swimmers will contact parents to be picked up
- 6) Fill out any reports for USA Swimming if necessary
- 7) Review safety action plan with town and make changes if appropriate

Facility Emergency (not fire or chemical):

- 1) Clear area and take swimmers to park or parking lot
- 2) Notify the Aquatic Staff and call 911
- 3) Contact swimmers parents to pick up swimmers
- 4) Supervise swimmers and keep people calm till parents arrive.
- 5) Fill out any reports for USA Swimming if required
- 6) Review safety action plan and make changes if needed

Incident Emergency

- 1) Coaches and lifeguards will assess the situation and if able to deal with the situation without interruption of the swimmers
- 2) If situation is not safe, we will clear the pool as stated by the Town
 - a. Aquatic Staff will call 911 or designate someone to call 911
 - b. We will supervise the athletes keeping everyone calm
 - c. If incident is long-lasting, contact swimmers' parents to pick up swimmers
- 3) Fill out any reports and file with USA Swimming if required
- 4) Review Safety Action plan and make changes if required

Drowning Emergency

- 1) If Victim is active, notify Lifeguard/aquatic staff or coach
- 2) If victim is passive, notify aquatics staff or coach immediately and call 911
 - a. Clear the pool and send swimmers to the park away from the incident (supervised by a coach)
 - b. Supervise swimmers and keep everyone calm
- 3) Coaches with appropriate medical training should provide Town staff with assistance if requested (for example: CPR/AED)
- 4) Follow all directions of the lifeguard staff and the coaches
- 5) Fill out any necessary reports for town and USA swimming
- 6) Review safety action plan and make changes if appropriate

Medical (Non Drowning) Emergencies

- 1) Notify Lifeguard and aquatics staff
- 2) Clear the pool if needed and send swimmers to the park or parking lot with a coach
- 3) Supervise swimmers to keep people calm
- 4) Coaches with medical training should provide assistance if requested by aquatics staff
- 5) Fill out any reports and send to USA Swimming if required
- 6) Review the safety action plan and make changes if needed

When contacting 911

- 1) Dial 911
- 2) Tell EMS of the emergency with a brief description
- 3) Give the location

Address: 23 W Calle Concordia, Oro Valley, AZ 85704

Phone: (520) 297-7946

- 4) Stay on phone until EMS tells you to hang up.