

WYSI HOD
Aug 2025

VALUABLE COUPON ---- I was able to get a 50% off Red Cross Coupon when candidates take the STSC online Course. This is VALUABLE. Here is the COUPON CODE: ORFR010626 . The first 4 characters are Letters and the remaining characters are Numbers.

WYSI - What have we focused on this last year and what is a goal for the foreseeable future?

The goal of the Wyoming Operational Risk has been to get all the clubs/coaches familiar with what Operational Risk is? What topics fall under our department? And where we are on the WYSI Web page as well as where we are on the USA Swimming Web page.

At the March HOD, I explained where the websites are and all the topics that fall under Operational risk. I will list those below for a refresher.

I would like to continue to support for the clubs and coaches. I have received calls with questions on who can check off STSC in water Sessions. I am always here for the clubs and will help out in any way I can. It has come to my attention that WYSI may want to revisit the idea of a WYSI operational Risk Handbook. This is something that we used to have before USA Swimming developed a National Operational Risk Handbook (currently on WSYI webpage). Maybe I can simplify and bring our handbook back. I'll look into this.

I want to thank the clubs for sending in ROO – report of occurrence forms for every accident/incident that happens during practice/meet times. Slip/Trip/Falls amongst the Athletes during practices still seem to be the number one accident type. Leg/Ankle/toes are number one on body injuries.

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Please take time to visit the usa swimming operational risk website.

- USAswimming.org
- Click "About"
- Click "Operational Risk"

Please take time to visit the WYSI operation risk website. Operational Risk has a tab on the main WYSI web page.

- 1) ROO – report of occurrence. Thank you for filling these out for every accident/occurrence that happens during meets and practices.
- 2) Information on Certifications. STSC & CPR/FA questions, STSC in-water checklist, Racing Start Certification for athletes.
- 3) USA Swimming Insurance information & registration.
- 4) Sample Liability Releases
- 5) Meet Marshal Training. Please take this training. I really helps meet refs.
- 6) Additional Resources such as Air quality Webinars Hypoxic Blackout information.

I attended the AOAP Annual Conference (Association of Aquatic Professionals) in Florida in February.

- Hypoxic Blackout is still a hot topic. Many coaches are still using prolonged breath control drills. These are not allowed anymore. Remember, If your athlete is holding their breath longer than

the count of 10, it should be stopped. If you see hyperventilation before swimming, stop the athlete before they even go.

- EAP's – Emergency Action Plans. Do you know what you are going to do in an emergency? Seizure? Blackout? Heart attack? Concussion? Bleeding?
- Pool safety – air, water, decks, drains, equipment.
- Rowdy Gaines – still looks the same.

Remember..... SAFE SWIMMING IS FUN SWIMMING.....