

Operational Risk Report June 2024

Welcome to Summer Swimming.....

1. **Safe Swimming is Fun Swimming.** Here are some reminders to make your summer program a success.
 - Always have Athletes do **Feet First Entries** into the pool.
 - Athletes can only dive if a coach is present at the diving end and supervising.
Teaching Racing Starts <https://www.usaswimming.org/news/2017/02/24/safety-notice-to-member-club-and-coaches-regarding-teaching-racing-starts>
 - **Avoid hypoxic training exercises. One length, One breath, One time !!!!!** Remember, under 12 years, athletes breath faster than adults and need more air. (Rescue breathing is one breath every 3 seconds for a child and 1 breath every 5-6 seconds for an adult).
2. Continue to fill out Occurrence forms for every injury during practices and during meets. <https://www.usaswimming.org/about-usas/top-resources/operational-risk>
3. Meet Directors Handbook and Meet Marshal Training and Checklist <https://www.usaswimming.org/about-usas/top-resources/operational-risk>