

St.Helens Swimming Club

Health & Safety Policy



Introduction

The Club undertakes to agree with pool operators on the arrangements necessary for ensuring the safety of the Club Swimmers at all times when pool hire occurs. The club safety policy will follow the ASA safety guidelines.

Such agreement will provide either for the Pool Operator or the Club itself, to provide for lifeguard cover.

The detailed Safety Policy that follows relates to the Club's life guarding and other responsibilities and also includes general guide lines and rules for all Club swimmers, teachers, coaches, lifeguards and parents who have defined responsibilities and duties which complement and reinforce or aid the Club's basic obligations.

Basic Obligations

When the Club itself either agrees or is required to provide lifeguards, suitably qualified personnel will be present on each and every occasion and in appropriate numbers as circumstances dictate.

WHERE THIS CANNOT BE DONE ADEQUATELY ON ANY OCCASION NO ACTIVITIES WILL TAKE PLACE.

For normal Learner and Improver Classes, with their separate teachers, programmed instruction and for set periods, with less than the maximum overall pool bather load the Club will provide the required lifeguards either itself or as part of the hire facility. Where the agreement is for the Club to have full responsibility, the Club will provide a qualified Coach and lifeguard with qualified back up support on call. During Inter-Club Galas, Club Championships or other organised competitions, the above supervision will be maintained either by the Club, other clubs attending or by the hire facility.

Poolside Alarms, this may be in the form of an electronic sounder or bell, if one of the alarms is sounded. All St.Helens Swimming Club representatives should take all instructions from the host venue lifeguards until the safe area is reached or the alarms are silenced.

Fire / Emergency Drill. The purpose of this will be to get all the swimmers familiar with leaving the pool safely. The following will indicate this. If the whistle is blown sharply three times during a session this will indicate a Fire / Emergency Drill. Everyone should leave the pool in a calm and orderly manner and assemble at the designated fire alarm assembly area indicated by the Head Coach of the session.

All swimmers with long hair **MUST** wear swimming hats. This is so that the swimmer can see where he/she is going and also to prevent hair from being caught in the pump inlet and outlet grills under the water

Swimmers should not enter the water if they have the following:-

- Vomiting.
- Diarrhoea.
- Infectious skin rashes.
- Open wounds.
- Ear infections.

Any swimmers who may have developed a medical condition since joining the Club and may need medication e.g., asthma inhalers, must inform the coaching team so that he/she are aware of the medical condition.

Swimmers should not run on poolside, as the tiles are quite slippery when wet.

The Club will draw attention to all its members to its Safety Policy and will ensure that they are familiar with and understand the emergency procedures.

Club lifeguards, where provided, will be issued with Guidelines on their duties and responsibilities, (as will coaches, teachers and parents) and will be required to check from time-to-time with the pool operators for any changes which affect their functions.

Written Operating Procedures

The Club will ensure that all teaches, coaches, club lifeguards are familiar with the Pool operators written statement or rules setting out the organisation and arrangements for ensuring user's safety in normal and emergency conditions

Range of Activities Covered

The Clubs activities covered by this Safety Policy include the following:

- Club Training Sessions..... Weekday Evening and Weekends.
- Club Home Galas..... For the duration of the Gala.
- Club Away Galas..... For the duration of the Gala where the host Club have not provided adequate arrangements.
- Open Competitions.....The Club expect host clubs/organisations to provide adequate lifeguard facilities.

Accident/ Incident Reporting and Insurance

The Club will ensure a current and valid insurance policy.

The current policy will be displayed on the Clubs notice board at Parr Pools.

All accidents or incidents will require a report verbally immediately following the occurrence and in writing subsequently from those responsible for group or event in progress at the time of such accident/incident. This written report must be submitted to the Club Secretary and the details entered in the Accident Report Book.

Updating Policy

The Club will receive and update this Safety Policy document as and when required by new circumstances, Pool Operator requirements or changes to current safety legislation.