

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**SWIMMING
CHECKLIST OF PROCEDURES**

- A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

- B. Emergency Action Plan is outlined, on file in the Athletic office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____

- C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stop.” Each coach has read and understands.

Sign _____ Date _____
Sign _____ Date _____

- D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.
- E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids.
- F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”
- G. Explain all drills and their purpose (conditioning, improving skills, safety).
- H. Explain that all competitive swimmers must follow and obey all rules and regulations of the swimming pool like any other group. These rules will be explained by the coach.
- I. Swimmers should always be aware of divers during practice and vice versa. Swimmers always have the right of way.
- J. No diving off the starting blocks without proper instruction by the coach.
- K. Only competitive divers will be allowed on or use of the diving board during practice.
- L. Explain what hyperventilation is, and what can be done about it.
- M. All swimmers are advised by the swim coach of the importance of stretching and warming up before participating in a practice session or swimming / diving event.
- N. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.