

## UCSC Safety Action Plan

As a USA Swimming club, safety is one of our top priorities. This means that our swimming environment is safe, and that we have Club Emergency Procedures in place.

Our main policy is : **Safe and Supervised Swimming translates to minimal emergencies. Everyone is responsible for safety.**

Other aquatic injuries are to be eliminated by:

1. No debris on the decks.
2. No running on deck
3. No climbing or loitering under the bleachers.
4. A current first aid kit is on hand.
5. Emergency doors are unblocked and operational.
6. No horseplay in the locker rooms.
7. Diving blocks are stable and secured.
8. No head first entry at the shallow end of the pool.
9. No electronic devices in the shower areas.
10. No AC power cords on the deck.
11. No swimming without supervision by a USA Swimming Coach Member.

### EMERGENCY PROCEDURES: DROWNING/DISTRESSED SWIMMER

1. 3 Whistles to clear the pool
2. Assess the scene
3. Before Coach enters water, secure a bystander.
4. Secured Bystander to call 911 – Report “ I am at the University City High School indoor pool and we have an Adult/child unconscious victim and we need an ambulance now. We are at 7420 Shaftsbury. Person stays on line and answers rest of questions.
5. Another Bystander will stand outside to flag down the ambulance
6. Coach enters the pool and retrieves victim to safety. CPR and first aid is administered *as necessary*.
7. **Following Incident**, notify Head Coach.
8. Obtain the names and phone numbers of three (3) witnesses.
9. Head Coach or Rescuer fills out the USA Swimming Report of Occurrence. Form must be immediately submitted to organizations listed at bottom of report.