

## **SWIMMING CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Galion High School swimming team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### **Preparing for practice:**

1. Choose a suit that fits comfortably and dries easily. Wear supportive undergarments to practices and competitions.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. A close-fitting T-shirt put on after showering will also help maintain body heat.
6. Participants should ingest the equivalent of 4-6 glasses of water each day.
7. Swimmers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.
8. No horseplay, rough-housing, hazing or initiations.

### **In the locker room or en route to competition or practice site:**

1. Locker room floors are often slippery.
2. Open locker doors can have sharp edges. Close and lock your locker when away from it.
3. Secure all personal items in your locker.
4. Use soap and shampoo only in the shower area.
5. Be alert to raised thresholds at shower rooms.
6. No horseplay, rough-housing, hazing or initiations.

### **Entry into the pool area for practice or competition at home or away:**

1. Look around the facility; notice –
  1. pool rules posted on the wall
  2. deep and shallow pool depths
  3. location of ladders
  4. location of safety equipment
  5. equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
  6. other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel)
  7. stay off the lifeguard stand at all times
  8. no horseplay, rough-housing, hazing or initiations.
2. NEVER do a pike/scoop/whip or deep dive in the shallow end of the pool – flat shallow racing dives only.
3. Never attempt to dive or jump over the backstroke flags
4. Check the water beneath the diving board if entering from the board.

## **Preparing to Swim:**

Do all stretching exercises on the deck as directed by the coach. Take time to stretch before each swimming practice.

## **Entry into and expectations while in the water:**

1. Look before you enter.
2. No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
3. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
4. Stay off the lane lines at all times.
5. Making contact with the diving board or lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
6. Never hyperventilate during practice or for any race over 50 yards.
7. No horseplay, rough-housing, hazing or initiations.

## **Emergencies**

Because of the nature of swimming, some injuries will occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Be alert. Look around. Get the attention of other people as they may need to help or get out of the water. DO NOT move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  1. Helping with the injured person
  2. Telephoning for additional assistance
  3. Bringing first aid equipment or supplies to the site
  4. Keeping onlookers away
  5. Directing the rescue squad to the accident site