



Reading Cygnets Swimming Club Health & Safety Policy

Introduction

When hiring the pool, Reading Cygnets Swimming Club (RCSC) undertakes to agree with the pool operators the arrangements necessary for ensuring the safety of the Club's swimmers at all times. The Club Safety Policy will follow the ASA Safety Guidelines. Such agreement will provide either for the Pool Operator or the Club to provide lifeguard cover.

The detailed Safety Policy that follows relates to the Club's lifeguarding and other responsibilities, and also includes general guidelines and rules for all the Club's 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 either agrees to, or is required to provide lifeguards, suitably qualified personnel will be present on each and every occasion, and in appropriate numbers, as circumstances dictate.

ON ANY OCCASION WHERE THIS CANNOT BE DONE ADEQUATELY, NO ACTIVITIES WILL TAKE PLACE UNLESS AND UNTIL THE POOL OPERATOR CAN SUPPLY A SUITABLY-QUALIFIED PERSON.

For normal Learner and Improver training, with separate coaches, programmed instruction and for set periods with less than the maximum overall pool bather load, the provision of lifeguards will be arranged either by the Club or by the Pool 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 backup support on call. During Inter-Club Galas, Club Championships or other organised competitions, the above supervision will be maintained either by the Club, other attending clubs, or by the pool hirers.

Poolside Alarm

The alarm may be in the form of an electronic sounder or bell. If an alarm is sounded, all RCSC representatives should take instructions from the Team Manager/Lifeguard or any other nominated person from the Committee, until the safe area is reached or the alarm is silenced.

Fire/Emergency Drill

The purpose of this will be to familiarise all the swimmers on how to leave the pool safely and quickly, as follows.

If the whistle is blown sharply three times, or the audible alarm is sounded during a session, this will indicate that a Fire/Emergency Drill is taking place.. Everyone should immediately leave the pool and sit on the side in a calm and orderly manner until instructed in what to do next by a member of the pool staff or coaching team. In the event of being told to leave the pool area swimmers must leave directly by the exit - NOT via the changing area - and assemble at the designated fire alarm assembly area indicated by a member of the pool staff or coaching team.

All swimmers with long hair **MUST** wear swimming hats. This is to ensure swimmers can see where they are going, and also to prevent their hair being caught in the pump inlet and outlet grilles under the water.

Swimmers should not enter the water if they are suffering any of the following conditions:-



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

A swimmer who subsequently develops a medical condition after joining the Club and which may need medication e.g., asthma inhalers, must inform the coaching team so that they are aware of the condition.

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

The Club will draw the attention of all its members to its Safety Policy and will ensure that they are familiar with, and fully understand the emergency procedures. Club lifeguards, where provided, will be issued with Guidelines on 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 may affect their particular duties and responsibilities.

Written Operating Procedures

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

Range of Activities Covered

The activities covered by this Safety Policy include the following:

- Club Training Sessions.
- Club Home Galas
- Club Away Galas
- Open Competitions



Accident/ Incident Reporting and Insurance

The Club must have a valid and up-to-date certificate of insurance, a copy of which will be displayed on the Club notice board at Reading Central Swimming Pool, and a PDF copy will be posted on the website.

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

Updating Policy

The Club will review this document annually or earlier if required by the introduction of new circumstances, requirements by the Pool Operator or changes to current Safety Legislation

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Signed Mr G Dart
Club Chairman

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Signed Mrs S L Seymour
Club Secretary