



## **SAFETY PROCEDURES FOR SWIM TRAINING SESSIONS**

- Swimmers should avoid alcohol and food immediately before swimming.
- Diving is only permitted at the deep end of the pool. Only shallow diving should be undertaken as there may be a risk of damage to your hearing by diving to depths greater than 1.5 metres.
- A minimum gap of five seconds is recommended between each swimmer to allow safe turns at each end of the pool. When tumble-turning, swimmers should cross the lane once clear of the swimmer ahead and then turn and push off on the side they are about to swim down. If swimmers sense that the next swimmer is too close behind them, tumble-turns should be avoided.
- Where possible, swimmers should swim in speed order in their lane with any overtaking occurring at either end of the pool. If the next swimmer is catching you, once you reach the end of the pool you should stop and allow them to pass safely.
- Running on the poolside or pushing and ducking other swimmers is not allowed.
- Masters training sessions should only take place when a trained life saver is present.
- The coach should remain on the poolside during the session. The coach and/or trained life savers should remain vigilant at all times.
- The coach or trained life saver should have a mobile telephone available on to the poolside & be aware of the location of any emergency telephone on the poolside.
- In the event of an accident or serious injury to a swimmer, the coach or trained life saver should sound three whistle blasts signalling for all swimmers to get out of the water by the quickest route. The incident should be dealt with as per RLSS guidelines and the emergency services contacted as necessary. Emergency contact numbers for RNSC Masters swimmers are held by the Club Committee and Head Coach.
- In the event of lighting or structural failure or an emission of toxic gases, all swimming should cease immediately and everyone should leave the building by the safest route.
- Any accident or health & safety incident should be reported to the relevant pool management as soon as possible by a nominated member of the RNSC Masters Committee or Head Coach. The Duty mobile at Merchant Taylor's School for use in emergencies is 07710-426780.
- Lack of water clarity should be reported to the relevant pool management and swimming should not be undertaken.
- Should the pool fire alarm sound, all swimmers and coaching staff should leave the building immediately and assemble in the main quad (Merchant Taylor's School) or as directed by the pool staff (John Owen Sports Centre).
- In the event of an outbreak of fire or bomb threat, a coach or swimmer should sound the alarm and everyone should leave the building immediately as indicated above.
- These safety guidelines can be reviewed from time to time and amended as necessary by the RNSC Masters Committee.