

Safety Chair Meeting June 26-27

Hypoxic Blackout-It can happen in YOUR pool

-Often referred to as “shallow water blackout” – due to prolonged breath holding

-by the time the swimmer blackouts they have no will to take a breath

-Many coaches and parents do not know about this and this needs to change

1. Usually a young swimmer thought to be in good health.

2. Highly intelligent accomplished

3. Male

-Hyperventilation in competitive situations- excessive deep breaths

-depletion of CO2 to dangerous levels

-depletion of CO2 levels does not allow the body to trigger the “breath function/survival mode”

-swimmers will experience burning lungs

-Practiced in excess could cause cerebral hemorrhaging

-Blood flow to the brain slows and could lead to brain damage

-This can happen anytime. Usually after a workout when the brain is deprived of O2

-Reasons for “shallow water blackout”-mostly lack of education/awareness /training of lifeguards and coaches

-USA Swimming is requesting posting signs at your pool informing all swimmers “No extensive breath holding”

-Please watch Bob Bowman PSA video and distribute to club boards to get the word out to the LSC

<https://search.yahoo.com/yhs/search?p=bob+bowman+shallow+water+video&ei=UTF-8&hspart=mozilla&hsimp=yhs-001>

Please watch following video as well:

<https://www.youtube.com/watch?v=SPlxcp-ZiGs>

First Aid Kits

- Meet hosts need to know what 1ST aid they have available
- what is in your kit and is that sufficient?
- Please review the Meet Director checklist on USA swimming and add to checklist: What is available at your facility
- Who is responsible for restocking? What do you do if it is not stocked?
- You need to decide what you need at your facility
- A “team travel kit” for meets is recommended

Team Kit Maintenance

- Inventory checklist – laminated so you can write on
- Keep track of expiration dates for meds and opening dates for multi-use bottles/tubes
- Assign responsibility –Check and restock after meets (latex gloves are the most used)
- Don’t give meds without the parent with you

Coaching Credentials

- If any are expired then they lose their insurance
 - Non USA swimming members have no coverage
- LSC’s should determine if coaches card should be visible or if deck pass can be used as verification of member status
- Can LSC’s offer 3-4 trainings a year for coaches training in order to get certified easier?

Safety Chair – LSC communication techniques

- Review checklist for meet/safety directors on USA swimming
- Safety people NEED TO BE ON DECK the entire meet and check safety equipment on hand (first aid ect)

- Safety director is responsible for the entire facility
- Make sure you know what roles firefighters and EMS personnel will do-some will get into water, some require injured person be moved to shallow water
- North Texas hosts 4 meetings a year with their safety directors -(all teams required to attend 1)
- Meeting dates are Spring HOD, Fall HOD, short course and long course champs
- All new safety information is distributed there
- they enforce the meetings by requiring teams send a representative – if a club does not send their safety representative, they risk being fined or that team loses the opportunity to host a meet
- Make sure to post info on LSC website

Deck Control

- Marshalls need to keep swimmers from stopping on the walls during warmup
- No glass on deck
- Discussion on No glass on deck- Ipads and phone screens are made of glass and are allowed on deck
- Arrange for two adults do walkthroughs of locker rooms
- athletes with disability can have a non-athlete member on deck with them
- cell phones in locker rooms need to be talked about at the team level

We had a discussion about specific space for athletes to change that was separate from spectators and coaches

- Discussion about facilities not able to offer this space
- suggestions swimmers come dressed for practice or meets wearing their suits

Equipment at meets

- no rule about this from USA swimming so it is up to the LSC to determine what can be used in meet warm ups

Risk Management

- report of occurrence should be on file for no longer than 1 year then throw them away
- Fill out regardless of if the facility does so or not
- Request in lease agreements that the parking lot be cleared of snow and ice

Stroke Specific Issue

- Backstroke ledges- handout with USA ruling on what is now accepted
- How many teams are doing start certifications? – all swimmers must be certified

Concussion

- Defined as brain injury caused by jarring of the head
- Brain hits one side of the skull or both sides of the skull
- Occurs from a direct blow to the head, face, neck or elsewhere on the body with an “impulsive force” transmitted to the head
- Usually symptoms last 5-7 days
- Concussions are an illness not just an injury
- symptoms include poor balance, cognition, dysregulated blood pressure and loss of memory
- Athletes should not return to the sport until they can return to school successfully

USA Swimming on Concussions

- Perform a practical evaluation on site of incident
- if the parent doesn't have insurance then Mutual of Omaha will cover \$25,000
- Need a note from the physician that they are ok to return to practice
- Safety Chairs should follow up with the child's coach as they may have to resubmit Report of Occurrence with updated information for USA Swimming
- WARN/INFORM/EDUCATE –fact sheets about concussions should be handed out to parents and athletes

-look at state (Maine) rules in regard to concussions