



## **SAFETY ACTION PLAN**

***Locations: Whitney High School and Rocklin High School***

### **During a Facility Emergency if Life Threatening:**

- 1.) Call 9-1-1.
- 2.) Direct swimmers to safety and clear the building using exit gates (or most appropriate area depending on the emergency).
- 3.) Contact RST Director/Head Coach\*. RST Director/Head Coach will notify Board President.
- 4.) Notify all present staff and manager on duty.
- 5.) Fill out emergency reports and hand in to RST Director/Head Coach and Rocklin Swim Team Board President.

### **During a Weather Emergency:**

- 1.) Clear the pool while remaining calm.
- 2.) Direct swimmers to safety using pool gates.
- 3.) Contact Head Coach and other staff for assistance.
- 4.) Maintain sense of calm and control when directing swimmers to safety.
- 5.) Fill out emergency reports and hand into RST Director/Head Coach and Board President.

### **During a Fire and Chemical Emergency:**

- 1.) Once alarm sounds, assess situation and clear the pool. ***If alarm is confirmed proceed to:***
  - a.) During a fire: calmly and efficiently evacuate swimmers to safety.
  - b.) During a chemical emergency: clear pool area and relocate to nearby field or track.
- 2.) Call all emergency personnel.
- 3.) Fill out reports and hand in to RST Director/Head Coach and Board President.

### **During an Emergency Incident:**

- 1.) Assess the danger of the scene. ***If safe proceed to:***
- 2.) Deal with the problem using first aid kit in pool area and calling head coach and notifying lifeguards/coaches on duty.
- 3.) Fill out incident report and turn into RST Director/Head Coach and Board President.

### **If it is a high critical emergency:**

- 1.) Clear the pool.
- 2.) Assess the scene and have bystanders call for further assistance.
- 3.) If no lifeguard is present, the coach enters the water and has bystanders or other swimmers call 9-1-1 using a cell phone.
- 4.) If a swimmer is distressed, coach or lifeguard should assist them to safety and provide them with first aid.
- 5.) If swimmer has drowned or has a spinal injury etc., coach or lifeguard should rescue, bring



- victim to safety, and administer appropriate care.
- 6.) When ambulance arrives have a bystander or the coach meet them in parking lot at main entrance and direct them to pool through the pool gates. Other bystanders provide any information or assistance the emergency personnel need.
  - 7.) If swimmer has drowned have the EMS transport to hospital.
  - 8.) Call victim's family and emergency contacts.
  - 9.) Fill out reports and turn into RST Director/Head Coach and Board President.
  - 10.) Follow up call to check victim's condition.

### **WHS AND RHS 9-1-1 Protocol**

- 1.) Using a cell phone Dial 911.
- 2.) Say to dispatcher "My name is \_\_\_\_\_ and I am a \_\_\_\_\_ coach (instructor, lifeguard, etc.) and am on the pool deck at \_\_\_\_\_ (indicate location as either Whitney High School Pool address 701 Wildcat Blvd, Rocklin, CA, 95765 OR Rocklin High School Pool address 5301 Victory Ln, Rocklin Ca 95765.
- 3.) Explain to the dispatcher the type of emergency and the amount of people that are injured.
- 4.) State how old the victims are and their current conditions.
- 5.) Explain the type of treatment the victim is currently receiving (spinal stability, first aid, CPR).
- 6.) Stay on phone with dispatcher until help arrives-DO NOT HANG UP.

### **Safe Sport Reporting Policy\*:**

- 1.) Depending on severity on allegation call the appropriate authorities:
  - a.) 9-1-1 (cases of child abuse, neglect, etc)
  - b.) Rocklin Police Department: 916-625-5400
  - c.) RST Director: 805-704-4484
- 2.) According to USA Swimming 2022 Rules:

306.1: *Pursuant to federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.*