

Tawa Swimming Club Sessions – Safety Plan

A Session Safety Plan has been developed in recognition of the potential risk and hazards that may be encountered whilst operating out of Tawa Council Pool, Davis Street, Tawa, Wellington and Keith Spry Pool, Frankmoore Avenue, Johnsonville, Wellington. This has been conducted to ensure the health and well being of Tawa Swimming Club coaches and members, recognizing Tawa Swimming Clubs Health and Safety responsibilities. Please read this in conjunction with the Club’s overarching Health and Safety Plan.

Risk	Likelihood	Severity	Control Measures
Drowning	Low	High	<p>New Swimmers</p> <ul style="list-style-type: none"> • Brief them that if they have an issue move to the lane room or side of the pool and hold on to it. • Supervise safe entries and exits <p>Diving</p> <ul style="list-style-type: none"> • Learner divers, explain the depth of the pool and to dive out rather than down. Explain how to use hands to turn up away from the floor. • Keep all participants in view at all times, especially when using platforms • No diving into the swimming pool from the shallow end or side of the pool. • Teacher controls diving by always starting swimmers • Don’t dive from side by wall in outside lane <p>Hypoxic Training (Breath Holding)</p> <ul style="list-style-type: none"> • Coaches tell swimmers that they should never ignore the urge to breathe. • Hypoxic training should involve progressive overload, in line with the athletes physical and skill development – for example beginning with efforts over 5m, 10m, then up to and no more than 15m – as the swimmer develops the appropriate skills and physiological capacity. • Coaches should ensure adequate rest between hypoxic efforts to ensure full recovery • Athletes should not hyperventilate (take multiple, deep breathes) prior to any underwater or other hypoxic effort. • Hypoxic training should not involve competitive efforts of maximum duration or distance covered. • No other activities (not pushing from wall) are permitted when the swimmer holds their breath greater than five seconds.
Injury	Med	Med	<ul style="list-style-type: none"> • Arms down kicking on back – teacher to ensure swimmers do not hit their heads on the wall or collide with other swimmers. • Only use stick to dive over in 2m depth or more. <p>General</p> <ul style="list-style-type: none"> • No sitting on boards, or on lane ropes and support the rules of the pool. • Supervise safe entries and exits. • Educate swimmers that flags are there to warn of the wall approaching. Tell other swimmers to tap swimmers on the head if they are going to hit the wall. • Using flippers – no walking in flippers • Breaststroke – fastest swimmer goes first, be wary of others ensure kids have safe space to swim.
Hypothermia	Low	Med	<ul style="list-style-type: none"> • Do activities that encourage movement

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| | | | <ul style="list-style-type: none">• Remove swimmers with symptoms of hypothermia |
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Definitions

Severity

Low: First Aid provided at pool location
Med: Medical attention required from medical professional off site
High: Fatality