

## *Olympia School District*

### **SAFETY GUIDELINES**

**Prior to participating, both the student and parent must read carefully and sign.**

### **SWIMMING/DIVING**

When a person is involved in any athletic activity, an injury can occur especially in a very physically demanding sport like swimming/diving. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with swimming/diving. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching, and conditioning.
2. If you wear eyeglasses, contact the coach for proper fitting of safety lenses, appropriate frames that are compatible with swimming/diving. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for swimming.
3. Swim goggles are recommended for all swimmers.
4. Earplugs are recommended especially if the athlete has a prior history of ear infections. Checking with your coach and family physician will clarify if earplugs are mandatory for your event(s).
5. Perform only those skills and techniques as instructed and/or supervised by your coach.
6. Be sure all equipment is fitting properly before each day's activity.
7. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
8. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for swimming/diving.
9. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to the swimming pool &/or diving area, depth of pool and diving area, location of ladders, location of life saving equipment, location of bulkheads and lane markers and safe entrance/egress to/from the aquatic center.
10. Wear outer and under garments appropriate for humidity and temperature.
11. Coaches may recommend wearing swim caps not only for streamlining the body form and keeping hair out of your eyes, but for retaining body heat.
12. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
13. Swimmers should hydrate themselves frequently during practice and meets and follow the coach's direction on hydration prior to and following practices and meets.
14. Notify the coach immediately if injured.
15. Never try to pull an injured swimmer diver from the pool. If you think the swimmer/diver has a neck, head or back injury, support him/her in the water and wait for a trained lifeguard to remove him/her using the appropriate apparatus and procedures.
16. Practice only when your coach is present.
17. No running on swimming pool decks.

18. Never swim alone and never enter the water without a coach or lifeguard ready for you to start your activity.
19. Use only starting blocks approved for your swim event in that particular pool.
20. If multiple swimmers are swimming in one lane, always swim to the right side of the lane.
21. All divers must receive the proper instruction in the sequence of skills needed to perform a particular dive.
22. Divers do not commence a dive without checking the pool for clear water with no obstructions in the landing area.
23. Divers will only commence dives while being actively supervised by their dive coach.
24. Coaches will approve in advance all dives you attempt.
25. At the conclusion of each practice or meet, replace all equipment in the proper storage area and secure all items as directed by your coach or aquatic center administrator.
26. Report to the coach any damage or dangerous condition in the pool, pool area, diving area or locker room.

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The above information has been explained to me and I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the swimming/diving program.

Student Name (print): \_\_\_\_\_

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian