

SWIMMING AND DIVING

CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE THE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC SWIMMING AND DIVING

Lake Washington High School

The following procedures have been developed specifically for the swimming and dive team. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Choose a suit that fits comfortably and dries easily.
2. Goggles are highly recommended. They may prevent eye irritation and may protect the eyes from "flying arms" and other swimmers during practice.
3. Earplugs may be helpful in avoiding ear infection. Soft wax earplugs can be molded to fit into the ear to keep water out.
4. A swim cap (for females or males) can help keep hair out of the eyes and deep body heat from being lost, thus keeping you warmer during practice.
5. A close fitting T-shirt put on after showering (and even worn during practice) may help keep in body warmth.
6. Players with seizure or other neuromuscular disorders or diseases, chronic skeletal problems, cardiac or renal problems, insulin/diabetic problems, or medically controlled allergies need a physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.

LOCKER ROOM

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

MOVEMENT TO CONTEST/PRACTICE SITE

1. Look around the facility and notice:
 - a. Deep and shallow pool depths
 - b. Location of safety equipment
 - c. Location of ladders
 - d. Pool rules posted on the wall
 - e. Other equipment which may be in the area (tables, chairs, timing equipment).

CAUTIONS SPECIFIC TO SWIMMING AND DIVING

1. Be alert to changes in deck level - the ledge drops down to the gutter spill, step up to bulkheads, the areas around the drains are uneven.
2. Note objects in the area which extend into the deck space - drinking fountains, chalkboards, lane line rollers, safety equipment, benches and storage bins.
3. Note equipment stored on the deck for use by swimmers - kick boards, pull buoys, hand paddles. Use them as needed, return them appropriately.
4. Divers must check the water under the board before any approach and be oriented to the pool depth and configuration before diving.
5. Divers must check all new, more difficult dives with their coach(es).
6. Do stretching exercises on the deck. The coach(es) will provide you with simple exercises. Take time to stretch before each swim and diving practice.
7. Do not horseplay in the pool or diving areas.
8. Look before you enter the water.
9. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane.
10. The coach must approve racing dives from the shallow end.
11. Self-induced hyperventilation is prohibited.

EMERGENCIES

Because of the nature of swimming and diving, some injuries may occur. Most will be minor and can be managed with basic first aid. All injuries must be called to a coach's attention. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all practices, scrimmages or drills.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance
 - b. Bringing first aid equipment or supplies to the site
 - c. Keeping onlookers away
 - d. Directing rescue team members to the site
5. Fire or fire alarm:
 - a. Evacuate or remain outside the building
 - b. Move 100 yards from the building
 - c. Be prepared to implement the emergency procedures outlined in #4.

ACKNOWLEDGMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation on the Lake Washington High School Swimming and Diving team.

Athlete Signature/Date

Parent/Guardian Signature/Date