

J. SWIMMING AND DIVING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Memorial High School Swimming & Diving 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 the safety and enjoyment of the sport.

Preparing for practice:

1. Choose a swim suit which fits comfortably and dries easily.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
3. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to help keep water out.
4. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
5. A close-fitting T-shirt put on after showering will also help maintain body heat.
6. Participants should ingest the equivalent of 4-6 glasses of water over the course of each day before practice.
7. Swimmers and divers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present physician's approval to the coach prior to participation in any practice session.

In the locker room:

1. Locker room floors are often slippery.
2. Open locker doors often have sharp edges.
3. Close and lock your locker when away from it.
4. Secure all personal items in your assigned locker.
5. Use soap and shampoo only in the shower area.
6. Be alert to raised thresholds at shower rooms.
7. No rough-house or horseplay.

Entry into the pool area:

1. Look around the facility; notice -
 - a. pool rules posted on the wall
 - b. deep and shallow pool depths
 - c. location of ladders
 - d. location of safety equipment
 - e. equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
 - f. other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, physical education equipment)
 - g. stay off the lifeguard stand at all times
 - h. no rough-house or horseplay
2. Initial entry into the pool MUST be feet first.
3. NEVER do a pike/scoop/whip or deep dive in the shallow end of the pool -- flat shallow racing dives only.

Preparing to Swim:

Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each swimming practice.

Entry into and expectations while in the water:

1. Look before you enter.
2. No diving into the shallow end other than supervised racing dives during practice.

3. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
4. Stay off the lane lines at all times.
5. Making contact with lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
6. Never hyperventilate during practice or for any race over 50 yards.
7. No rough-housing or horseplay.

Preparing to Dive:

Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each diving practice.

Expectations:

1. Look before leaving the board.
2. No more than one diver on the board at a time and no double-bouncing.
3. Stay off the lane lines at all times.
4. Making contact with lane lines, pool walls, gutters, or bottom during practices or competition could result in serious bodily injury.
5. Always leave the entry area immediately after executing a dive.
6. No rough-housing or horseplay.

Emergencies

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

1. Be alert. Look around. Get the attention of other people as they may need to help or get out of the water. DO NOT move the victim!
2. The coach will manage the person in trouble. You may be asked to assist in one of several ways:
 - a. helping with the injured person
 - b. telephoning for additional assistance--phone numbers and information are posted next to the telephone
 - c. obtaining first aid supplies or equipment
 - d. directing the rescue squad to the accident site
 - e. keeping onlookers back
3. Fires or fire drills may require immediate evacuation from the pool.
 - a. sometimes there may be time to grab a coat and exit from the locker room
 - b. if the situation requires quicker action, athletes will evacuate the pool deck through any exit
 - c. move and remain 50 feet away from the building
 - d. be prepared to use the procedures described in #2 above

ACKNOWLEDGEMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Memorial High School Swimming & Diving Team.

_____/_____
Athlete Signature Date

_____/_____
Parent/Guardian Signature Date