



NVSL SAFE PRACTICE GUIDELINES

The safety and conduct suggestions (listed below but not limited to) should be adhered to in order to ensure optimum safety in and around the swimming pool.

- All NVSL participants; Athletes, Coaches, Team Reps, Officials, Parents / Spectators, and NVSL Leadership should **abide by the Code of Conduct**.
- All swimming **practices should be open** to observation by parents.
- Open and Observable Environment: An open and observable environment should be maintained for all interactions between adults and athletes. Private, or **one-on-one situations**, should be avoided unless they are **open and observable**.
- We advocate **no swimmers riding in coaches vehicles**. Athletes should not ride in a coach's vehicle without another adult present. Coaches driving swimmers/divers in ANY capacity should submit driving record to the hiring club.
- **Two-deep Leadership**: One coach member and at least one other adult who is not in the water should be present at all practices and other sanctioned team activities whenever at least one athlete is present.
- The second adult should be designated with the sole **responsibility for monitoring** the swimmers/divers safety at an aquatic activity and they should:
 - Ensure the **safety** of all swimmers/divers
 - **Be alert and attentive** at all times, **do not get distracted**
 - **Always be near the edge** of the pool and have a clear view of the entire pool
 - **Visually scan** above and below the water surface **continually**
 - **Do not leave** the pool area without another coach taking your position
 - **All other coaches** should also **adhere** to all of the above responsibilities for their area
- A **qualified life guard**, or qualified educator, or qualified coach should always **enter the pool area first**, ensuring the **deck and pool** is **clear of unsafe hazards**, confirming **safety of water chemicals**, and visually checking that the **necessary safety equipment** is **readily available** each time the pool is in use. And they should **be the last to leave**. **Backstroke flags** should always be used in practice. Pool deck should be kept **clear of unnecessary equipment**.
- A **qualified life guard**, or qualified educator, or qualified coach should confirm there is a **telephone in close proximity** of the pool deck designated for emergency calls **with pool phone number and street address visible**. Know **where the record book** is with parent emergency forms and phone numbers. Review emergency forms and **be aware of medical issues** of allergies, diabetic, asthma, heart problems and symptoms with a list of what to do if an issue arises.
- A **safety orientation** for all participants should be conducted prior to initially using the pool. It should **include all safety rules and regulations**, including "horse play", diving restrictions, safety procedures, water depth, and any other pertinent safety information. Some examples:
 - **NVSL's Standards of Conduct**
 - During warm-ups – **feet first entry, facing water**, no turning during entry (splitting chin)
 - **No diving** without coaches' permission
 - Special attention to **safe situation during games**
 - **No hanging onto** another person or **pulling them under** while in the water - even in games
 - **Never push** people into the pool
 - **No inappropriate behavior** on the deck or in the locker room
 - Skits, Driving, Other Activities – should **be appropriate and safe** - and **reviewed** with Team Rep
 - **No open flames, no cars on deck, no climbing on roofs**
- **No use of advanced diving equipment**, including but not limited to trampolines (land or over-the-water) or bubble machines.
- The **diving boards should only to be used by** those instructed in the proper techniques of diving **and only with the permission and supervision** of the instructor/coach/ lifeguard.
- Any time an **incident report** is written up for an incident during team practice or meets, please forward a **copy to the NVSL President** for review and/or further action.
- **It is not the purpose of these guidelines to set standards of care for swimmer/diver safety. Safety considerations should be addressed by the swimmers and the community pool organizations where the meets are held. Pool safety rules and action plans should be enforced at ALL times.**