**Swimming Cautionary Statement**

**Preparation for practice or contest:**

1. Choose a suit that fits comfortably and dries easily. Wear supportive undergarments to practices and competitions.
2. Goggles are highly recommended. They prevent eye irritation and may protect the eyes from “flying arms” or other swimmers during practice.
3. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
4. Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
5. Swimmers should ingest the equivalent of 4-6 glasses of water each day.
6. A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
7. A close fitting t-shirt put on after showering will also help maintain body heat.
8. Swimmers needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Remove all jewelry and metal hair fasteners.
10. Swimmers with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician’s approval prior to participation in any practice session.
11. No horseplay, roughhousing, hazing or initiations.

**In the locker room:**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.

**Travel to contest / practice site:**

1. Look around the facility and be alert to:
   1. variations in surfaces of locker room, ramps, cinder, or artificial surfaces, pool depth.
   2. location of safety equipment, ladders, equipment stored on deck by swimmers, other equipment.
   3. pool rules.
2. Do not accept rides home from strangers.
3. Be alert for possible hazards..
4. No horseplay, roughhousing, hazing or initiations

**Hazards specific to swimming:**

1. Stay off the lifeguard stand at all times.
2. Never do a pike/scoop/whip or deep dive in the shallow end of the pool - flat shallow racing dives only.
3. Never attempt to dive or jump over the backstroke flags.
4. Check the water beneath the diving board if entering from the board.
5. Do all stretching exercises on the deck as directed by the coach. Take time to stretch before each swimming practice.
6. No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
7. 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.
8. Stay off the lane lines at all times.
9. Making contact with the diving board or lane lines, pool walls, gutters, or bottom during practice or competition could result in serious bodily injury.
10. Never hyperventilate during practice or for any race over 50 yards.
11. Players with sensitive skin are encouraged to use sun block.
12. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
13. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

**Emergencies**

Because of the nature of swimming, some injuries will occur. All injuries must be called to a coach or trainers attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
   1. helping with the injured person.
   2. calling for additional assistance.
   3. bringing first aid equipment.
   4. keeping onlookers away.
   5. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
   1. Evacuate and remain outside the building.
   2. Move and remain 150 feet away from the building.
   3. Be prepared to implement the emergency procedures outlined in #4.