

DOVER LIFE GUARD CLUB

FOUNDED 1935



DOVER SWIMMING CLUB

FOUNDED 1886

Registered Charity Number 270111

AFFILIATED TO R.L.S.S. L.G.C. ASA South East Region. E.I.A.S.A. K.P.F.A. Kent Youth Service. Dover District Sports Council

www.dover.lifeguard.btinternet.com.

PROCEDURE FOR SQUAD TRAINING IN THE SEA

INTRODUCTION

The club Head Coach may at his discretion select swimmers to train in the sea on chosen days and request the use of the Headquarters and its facilities.

The safety of the swimmers is paramount and the following procedure **must be adhered to**:

- If swimmers train within the clubs 400 metre parameters and within 20 metres off the shore, then it is not necessary for any safety boats to be launched. If safety boats are launched, then the Procedure for Launching Safety Boats **must be adhered to**.

PERSONS WHO MUST BE PRESENT

- Head Coach **and or** a responsible person experienced in Open Water swimming.
- At least one fully trained Life Saver / First Aider.

DUTIES OF PERSONS PRESENT

Head coach or person experienced in Open Water Swimming will:

- Be aware of the emergency contact numbers on the notice board and have use of a mobile phone or know where the nearest phone booth is.
- Know how to use the VHF radio and who to contact in the event of an emergency if a safety boat has been launched. Procedure for Launching Safety Boats.
- Give a safety briefing to all swimmers before they enter the water and explain where they will be swimming to, how long approximately they will be in the water for, tell them that they must stay seaward of the white posts and that they must swim in to the beach if they feel unsafe, ill, too cold or just want to get out or to lay on their back and raise an arm if a safety boat has been launched.
- Be aware of the sea temperature, the weather and sea conditions and mention this in the safety briefing.
- Count all swimmers into the water and monitor their performance and condition at all times.
- Count all swimmers out of the water, still monitoring their condition.

- Advise swimmers to keep their swim cap on and to get dried and dressed and to have a warm drink as quick as possible.
- **Do not** advise a swimmer who is shivering violently to have a shower.
- De-brief the swimmers giving them praise or constructive criticisms before letting them go home.

Lifesaver / First Aider will:

- Be aware of the emergency numbers on the notice board and have use of a mobile phone or know where the nearest phone booth is situated.
- Will walk the shore line with a torpedo monitoring the swimmers at all times.
- They will enter the water and swim to the aid of a distressed swimmer if an incident occurs.
- If necessary, apply treatment using the facilities and or materials available to you at the time to preserve life, prevent the condition worsening and to promote recovery.
- Stay responsible to the casualty/s until they are handed over to the care of a doctor, nurse or other appropriate person.
- Make a report and pass a copy on to the Open Water & Long Distance Secretary as soon as possible.
- Stay in the headquarters until the swimmers have been de-briefed and allowed to go home.