

**Virginia Swimming Safety Committee
Report for BOD and House of Delegates
April 24, 2005**

Between September 1, 2004 and April 11, 2005, there have been reported VSI swimming related injuries / illnesses. These may be classified as follows:

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|---|---|
| - Air Quality with respiratory compromise | 1 |
| - Tripping / Falling on deck | 5 |
| - Jumping in water, falling on other swimmer | 2 |
| - Arm cut on window | 1 |
| - Slipping / falling in the bleachers | 3 |
| - Hitting head on turn end of pool, during Backstroke leg of the swim | 1 |
| - Cut foot on pool wall | 1 |
| - Moderate shoulder strain | 1 |
| - Fall in locker room | 1 |
| - Bee Sting | 1 |

We will not be using Keifer for any additional marshal vests. We will be working with store in Charlottesville, to make these vests, and will fill each VSI club back order as soon as possible.

We are doing survey with other LSCs, to determine number of LSC's who require feet first entry during warm-ups to be accomplished by entering pool from sitting position, vs. jumping/ stepping in from the side.

Marshal coverage at many meets appears to be markedly improved. Reminder, during warm-ups, at least two marshals should be near the start end of pool, one on each side.

Overview of the Pikes Peak American Red Cross guidelines for Coaches Safety Training will be placed on the VSI Web, in the Safety column.

Please note the "Plan for Meet Safety" article on the VSI Web site, in the Safety column.

Any safety concerns/ suggestions should be directed to one of the VSI Safety Committee members, who are: Rosie Schiavone, (Vice Chairperson) Angela Howsmon, Larry Wilder, Greg Ryder, Bob Hood, Ben Hair, Leslie Ayers, Al Thompson, and David Strider (Chairperson).