

VSI Safety Committee Report January 7, 2007

During the last 12 months of calendar year 2006, there have been a total of 23 reported injuries or medical illnesses related to swimming practice / meets sponsored by VSI swim teams. Breakdown of these safety related events follows:

fractured clavicle / collarbone - 1
fractured wrist – 1
pulled ligament or sprain / strain of extremity – 9
fell on back on pool deck – 1
bloody nose – 1
sudden onset headache / pallor – 3
laceration from fall or collision with pool wall ./ lane line – 4
bite from mole in the pool venue – 2
chipped tooth – 1

13 of these injuries / medical events occurred during a swim meet, with the remainder (10) occurring during swim practice. Safety report forms have been completely filled out on each of the above cases. Several events have included supplemental information related to the swimmer's evaluation by a health care provider and results from X-Rays and other diagnostic tests.

During the last 6 months there have been VSI Safety Committee website tips on "Keeping cool at a swim meet," "Safety tips on lake swimming," "Key Aspects of Marshal Duty," "Guidelines for Checking Pool Safety Before / During a Meet," "Helpful Hints for Filling out the USA Swimming Report of Occurrence Form," and "Safety Reminders for the Diabetic Swimmer."

If you have specific questions or recommendations for the VSI Safety Committee, please contact [David Strider](#) (Chair).

Members of the VSI Safety Committee include:

- Leslie Ayers (Coach Representative)
- Angela Howsmon
- Rosie Schiavone (Co-Chair)
- Larry Wilder
- Greg Ryder
- Bob Hood
- Al Thompson
- Steve Woolfolk
- David Strider (Chair)

Respectfully submitted,
David Strider