

Safety Committee Report VSI September 12, 2008

Members of the VSI Safety Committee now include David Strider, Rosie Schiavone, Doug Childress, Bob Hood, Scott Baldwin (Coach Rep.), and Steve Woolfolk (Current Chair). We still need at least 2 more members and an athlete rep to have a full committee. Anyone interested being on the committee should contact Steve Woolfolk at safetychair@virginiaswimming.org.

This year there have been 21 reported accident/illness incidents in VSI. Of these incidents 11 occurred in the water, 3 occurred on the pool deck, 3 occurred on the starting blocks, 2 occurred outside the facility, and one occurred in the hallway. We all need to try and correct or have corrected any unsafe action or condition we observe. At swim meets marshals need to be more observant to unsafe actions or conditions occurring at the meet. Bringing to the attention of the meet director or meet referee any unsafe conditions/actions they are unable to correct. At practices coaches should be observant to unsafe conditions or actions correcting them or having them corrected. Several of our incidents resulted from horseplay and this type of incident should never happen if promptly corrected when observed.

Just a reminder that incident reports needs to be submitted on any accident or illness occurring at a VSI sanctioned swim meet or function, or at a practice of a VSI team.

Safety topics in the last few months have dealt with shaving at meets, open water swimming safety, safety in the sun, hypoxic training and hyperventilation, team safety awareness, facility safety and emergency planning.

Anyone with ideas for the safety committee to work on or suggestions for monthly tips should contact the Safety Chair at safetychair@virginiaswimming.org.

Respectfully submitted

Steve Woolfolk
Safety Chair