

2016-2017 Water Safety Guidelines - SPORT

South Brighton SLSC

The Following information has been adopted by the South Brighton SLSC and will be implemented for the 2016-2017 season. With a full review of the following water safety systems and processes to take place in May 2017.

BACKGROUND:

In previous seasons there have been a number of changes to the water safety policy prepared with respect to incidents in Australia and new health and health legislation in NZ. In recent times there has also be changes to the apparel required for members to wear associated with competition events. The latest documentation provided by SLSNZ “strongly” recommends that for all members training, the wearing of high visibility rash shirts for member protection in conjunction with water safety systems and processes and water based risk assessments and training signage.

The South Brighton SLSC aims to be pro-active in the protection of all its members to ensure that all efforts to maintain the desired level of safety whilst all training activities are undertaken and in place.

DIRECTION:

The South Brighton Executive Committee has directed that for all approved water training activities it is **mandatory** for all members to wear **Yellow or Pink*** high visibility rash shirts when training, **Yellow** vests when competing in addition to the adherence of the relevant water safety procedures, signage and water based risk assessments, on weekends, public holidays and weekdays.

No approved Water Activity is ever to be conducted without the wearing of approved Yellow or Pink High Visibility Rash Shirts, sufficient water safety officers, equipment and after the assessment of a suitable water safety risk assessment, either hard copy or smart phone or tablet application.

The following summary items of water safety procedure are to be used as a guide:

1. Complete the risk assessment either via the iPhone App, or hard copy.
2. Provide the required qualified water safety ratios, buddy system, nominated water safety supervisor.
3. Have the appropriate rescue equipment available.
4. Establish a rescue plan for the actions to be undertaken in the event of an incident, in conjunction with the DOSS, and a system to define how contact will be made with emergency services via 111 outside patrol times and contact with the patrol during patrol times.
5. Be clearly visible with **Yellow or Pink***Hi Vis rash shirts to keep track of participants and members.
6. The coach reserves the right to change training locations based on their assessment of conditions, athlete ability and any other factor they consider relevant.

SOUTH BRIGHTON SLSC

STANDARD OPERATING PROCEDURES TO IMPLEMENT AND ADHERE TO

WATER TRAINING SESSIONS AT SOUTH BRIGHTON

Soft pack: Mobile first aid kit and Resuscitation equipment.

Emergency response bag: Includes air horn, mobile phone, water safety guidelines, spare whistles, binoculars.

Coach to arrive 20 minutes before the session to fill out the risk assessment form and decides to commence, modify, move or cancel the session. If the beach is closed no water session will commence. No training after dark.

INTERVALS / PADDLE ALONGS

1. Fill in risk assessment and attendance
2. First aid room open, have soft pack available
3. All in **Yellow or Pink*** singlet's
4. One coach or nominated athlete on the water
5. One coach or nominated athlete on the beach
6. Coach on the beach to have an emergency response bag
7. Coach to address training group on water safety response procedure
8. Group turns at the same time
9. Random head count throughout the session

PADDLE BACKS

1. Fill in risk assessment and attendance
2. All in **Yellow or Pink*** singlet's
3. Athletes all turn at the same time
4. One coach or nominated athlete on the water
5. Coach to address training group on water safety
6. Coach / helper does head count on return at the club
7. Coach on the beach to have an emergency response bag
8. Random head count throughout the session

INS AND OUTS / STARTS

1. Fill in risk assessment and attendance
2. First aid room open. Make sure resus gear is in room
3. All in **Yellow or Pink*** singlet's
4. One coach or nominated athlete in the water
5. One coach or nominated athlete on the beach
6. Coach on the beach to have the emergency response bag
7. Coach to address training group on water safety
8. Random head counts throughout the session

ENDURANCE TRAINING – LONG DISTANCE SESSIONS

Soft pack: Resuscitation equipment.

Emergency response bag: Includes air horn, mobile phone, water safety guidelines, spare whistles, binoculars.

Coach to arrive 20 minutes before the session to fill out the risk assessment form and decides to commence, modify, move or cancel the session. If the beach is closed no water session will commence. No training after dark.

1. Fill in risk assessment and attendance
2. First aid room open
3. All members to have **Yellow or Pink*** singlet's on for each of the other legs
4. Handicap paddlers, slower first
5. Inexperienced paddlers get dropped shorter
6. Whenever possible a coach to be on the water
7. Athletes to adapt buddy system where possible
8. Coach to address the training group on water safety
9. All paddlers are told to go to the nearest point of land if they need help
10. Random head counts throughout the session
11. Coach or helper marking names off at the club

REMOTE SESSIONS HARBOUR/RIVER/CAMP

Soft pack: Mobile first aid kit and resus kit where viable (such as camp)

Emergency response bag: Includes air horn, mobile phone, water safety guidelines, spare whistles, binoculars.

Coach to arrive 20 minutes before the session to fill out the risk assessment form and decides to commence, modify, move or cancel the session. After dark sessions on river only with lights.

1. Fill in risk assessment and attendance
2. have soft pack available, be aware of nearest first aid facilities
3. All in **Yellow or Pink** singlet's
4. One coach or nominated athlete on the water
5. One coach or nominated member to follow session on land if applicable
6. Coach to address training group on water safety response procedure
7. Group turns at the same time
8. Random head count throughout the session
9. Athletes to adapt buddy system if doing long distance work

JUNIOR SURF SUNDAY

Soft pack: Includes Mobile first aid kit, Resuscitation equipment and missing persons' kit.

Emergency response bag: Includes air horn, mobile phone, water safety guidelines, spare whistles, binoculars.

Junior Surf Co Coordinator to arrive 20 minutes before the session to fill out the risk assessment form and decides to commence, modify, move or cancel the session in consultation with others they feel is applicable (such as

persons who have been in water etc.). If the beach is closed no water session will commence. No training after dark.

In addition to specific session above

1. One coach **per group**
2. Group coach to determine acceptable parent / child ration for intended activity
3. 3 trained lifeguards are available on the beach, one of which is to be overlooking the arena and in radio communication with the other lifeguards.
4. IRB Support used when deemed necessary due to session requirements and/or conditions
5. Emergency response bag and missing persons kit available on the beach
6. Junior Surf co-ordinator to address coaching group on water safety response procedure
10. Coach's to address their respective training groups on water safety response procedure
7. Each group remains with a designated area
8. Random head count throughout the session
9. Juniors must be deemed competent by the coach to complete the session within the available risk management resources. The coach will act with his/her discretion and South Brighton SLSC criteria with respect to the current and forecasted conditions and implement an action to mitigate any risk associated in running the session plan.

“FREE SESSIONS” / UNSTRUCTURED TRAINING

Soft pack: Users are to ensure they know where relevant first aid equipment is located.

Emergency response bag: Users are to ensure they know where relevant first aid equipment is located as well as mobile phones.

A free session or unstructured training is one not organised or formally recognised by the club or is part of the recognised coaching structure. People participating in these sessions are to:

1. All members to have **Yellow or Pink*** singlet's on in the water regardless of activity (swimming / craft)
2. Members should take steps to know where a mobile phone is located
3. Members should arrange a buddy system and look out for each other
4. Members are to ensure all equipment is suitable and of required standards for use
5. If you do not feel or confident about doing the session or your ability in the conditions DO NOT enter the water. Know your limits.
6. No use of club equipment after dark.
7. In case of emergency, first ring 111, then the club call out squad, then other members as applicable.

Key information for our members:

Athlete safety is our number one priority and to become culture via education with the following advice, instruction and messages.

1. Compulsory **Yellow or Pink*** singlet's to be worn at all times on or in the water. **Pink** vests are allowed to train in only during the 2016/2017 season until transition is made to the **YELLOW** vests in 2017/2018. **YELLOW** vests are the only colour to be worn during competition.
2. Bring water and food to drink to every session where applicable

3. Athletes are responsible for providing and using suitable clothing etc. for conditions such as wet suits, sun screen, sunglasses, running shoes etc.
4. Athletes must be deemed competent by the coach to complete the session within the available risk management resources. The coach will act with his/her discretion and South Brighton SLSC criteria with respect to the current and forecasted conditions and implement an action to mitigate any risk associated in running a session.
5. If you do not feel or confident about doing the session or your ability in the conditions inform the coaching staff. "Know your limits"
6. If you arrive late to a session inform the coaching staff before you commence the session
7. If you leave the session early please inform the coaching staff before you get off the water or leave the beach, river, creek
8. If you feel unwell before the session please advise the coaching staff
9. If you feel unwell during the session, please inform the coaching staff
10. The coach's decision regarding health and safety considerations are final.

"Look after your buddy, yourself, your squad, your team"