

LMSC Championship Meet Safety Plan

Chief Safety Officer

The Meet Committee shall designate a qualified person to serve as Chief Safety Officer (CSO). The CSO (or delegate) is responsible for ensuring that the meet is run with safety as a top priority. Specific responsibilities include the duties delineated below:

Venue

General Venue Preparation

Inspect the venue for the following safety considerations and make corrections before the event begins.

- Fire-code attendance limits will accommodate all swimmers, workers, and spectators...or plans to manage attendance are in place
- If required, special safety considerations (e.g., mask requirements for pandemics) have been delineated and distributed
- No smoking is allowed anywhere in the facility
- Exits are accessible, easy to open, and lead only into safe environments
- Smoke detectors and fire extinguishers are available and in good working order
- Electrical outlets are all certified GFI safe to be in a wet environment
- Communication with emergency services is readily available (phones, wifi, etc.)
- Any potential hazards (things to trip over or slip on, sharp edges, low pipes, etc.) have been eliminated or clearly marked
- Signage for restricted access and safety procedures/equipment are prepared and posted
- Adequate safety equipment (AEDs, ring buoys, rescue tubes, back boards, etc), are accessible and in good working order; and all safety team members are aware of their location
- Meet officials have contact information for Emergency Medical Services (EMS) and the fire department
- Accident/incident reporting forms are available and staff is trained in filling them out properly

Locker Rooms

Determine rules for locker room usage and inform participants of expected compliance. If minors are to be in the facility, consult the USA Swimming [Minor Athlete Abuse Prevention Policy \(MAAPP\) page](#) has more.

- Hours the lockers are open for use
- Limits onto who is allowed in the lockers (athletes only, spectators, general public?)
- Appropriate behavior allowed in the locker rooms

Access

If any parts of the facility require restricted access, provide for assessment and accreditation (badges, ID cards, etc.) of credentials individuals. Obtain any required signatures on liability waivers and/or safety agreements, and maintain records as appropriate.

Pool Safety

All participants must immediately obey lifeguards and meet officials to ensure everyone's safety. The CSO shall train meet officials in the meet's safety procedures and protocols.

Warm-ups

Establish a safe warm-up procedure and communicate the safety rules to all participants. Train lifeguards and meet officials in enforcement of warm-up rules. These rules must include:

- Careful feet-first entry ONLY (no diving), expect in designated one-way sprint lanes

- Enter the water only after carefully verifying that no one is near your entry point or approaching from any direction
- All swimming in non-sprint lanes is counter-clockwise circle swimming
- No loitering in warmup lanes; exit the pool if you're not swimming
- A designated observer (coach or lifeguard) is assigned to monitor each one-way sprint lane

Competition Events

Establish a safe competition procedure and communicate the safety rules to all participants. These rules should include:

- Keep walkways clear for athletes, officials, and safety personnel at all times
- Athletes are only allowed to enter and exit the pool when the officials have verified that it is safe to do so
- Rotate officials and lifeguards regularly to ensure they get rest breaks and remain alert