

Safety Tip of the Month – April 2009
VSI Safety Committee
“Review Before Practice – Reduce the Risk of Injury”

How safe are we? Reducing the risk of injury will make the area safer for our athletes and coaches. We suggest reviewing these and any other safety issues with your athletes prior to the beginning of a new season and throughout the season. This would only take a few minutes to remind the athletes and fellow coaches of the risks of injuries involved in this sport. We would suggest modifying this list to what your facility or athletes and coaches call for. Also, preparing ahead of time will make the information that you will give clearer for the athletes and coaches to understand and comprehend.

Risks of Slips, Trips, & Falls

- Staying alert and aware of your surroundings
- Getting plenty of rest
- Managing stress
- The hazards of slippery surfaces
- Hazards of uneven surfaces
- Poor Lighting
- Bad Weather
- Not planning for enough time
- Carrying large or unbalanced or oddly shaped loads
- Dangerous Clutter
- Horseplay

Shallow Water

- Danger of diving into shallow water
- Feet first entries

Starting Blocks

- Loose grips
- Uneven platforms
- Improperly secured or unsecure starting blocks
- Other swimmers swimming towards you
- Other swimmers swimming in the entry area

Swimming Etiquette

- Safely Entering the Water (Feet First Entry)
- Circle Swimming
- Passing
- Finishes