

Stratford Public Schools Stratford, CT

District Swimming Pool Safety Plan

Board Adopted: April 28, 2014

The Stratford Public Schools “Pool Safety Plan” was developed to ensure compliance with the new pool safety law in Connecticut PA 13-161 “**AN ACT CONCERNING POOL SAFETY AT PUBLIC SCHOOLS**” as well as Connecticut Department of Public Health 19-13-B33b “**SWIMMING POOL HEALTH CODE**”.

SAFETY REQUIRMENTS FOR ALL AQUATIC ACTIVITIES

The following safety requirements must be adhered to in order to ensure optimum safety in the swimming pool:

1. Whenever a school aquatic activity is taking place (i.e. PE class, swim team practice or meet, extracurricular activities), there must be someone present in addition to the “qualified” swimming coach or “qualified” instructor conducting the activity that is “qualified” and has the primary responsibility for monitoring the aquatic activity for swimmers who may be in distress and need assistance. The additional “qualified” person can be:
 - A “qualified” swimming coach, who holds a current Connecticut coaching permit and one of the following: (a) is a certified lifeguard or (b) has completed a safety training course for coaches and instructors (Module 50 of the Connecticut Coaching Education Program).
 - A certified lifeguard who is at least 18 years of age and is assigned by the Stratford Recreation Department.

Physical Education teachers who conduct and/or supervise swimming lessons must have lifeguard certification. **Interscholastic swim coaches** must hold a current Connecticut coaching permit and one of the following: (a) lifeguard certification, or (b) have completed a safety training course for coaches and instructors (Module 50 of the Connecticut Coaching Education Program).

Stratford High School and Bunnell High School swim teams have a head coach and an assistant coach. Both coaches must be present before swimmers may enter the pool deck area. If the head coach or assistant coach cannot be at practice or a meet, then a second person who is either a “qualified” swimming coach, or certified lifeguard must be secured and present on the pool deck before swimmers may enter the pool deck area. The “extra” person on the deck has the primary responsibility for monitoring student safety at an aquatic activity and they must:

- Ensure the safety of all students.
 - Be alert and attentive at all times.
 - Always have a clear view of the entire pool.
 - Visually scan above and below the water surface continually.
 - Not get distracted or leave the pool area.
2. The certified life guard, or “qualified” instructor, or “qualified” coach must always enter the pool area first and be the last to leave.
 3. All pool facility doors will remain locked when the facility is not in use. Doors from the locker rooms to the pool deck will remain locked until an instructor or coach unlocks and instructs students onto the pool deck.
 4. Swimmers must shower with warm water and soap before entering the swimming pool.
 5. The certified life guard, or “qualified” instructor, or “qualified” coach must ensure the pool has all the necessary safety equipment and is readily available each time the pool is in use. The pool deck must be kept clear of unnecessary equipment.
 6. There must be a designated telephone in close proximity of the pool deck designated for emergency calls.

7. The instructor/coach, in addition to the certified life guard, or “qualified” instructor, or “qualified” coach, is required to be on the deck and must wear attire that permits a safe water rescue.
8. A safety orientation and demonstration for all participants must be conducted prior to initially using the pool. The demonstration must include all safety rules, including “no horse play”, diving restrictions, safety procedures, water depth, and any other pertinent information.
9. The instructor and /or the certified life guard, or “qualified” instructor, or “qualified” coach must make certain that the start of the deep end is clearly marked and pointed out.
10. In all non-athletic activities, participants must be classified by swimming ability and swim in the appropriate areas of the pool.
11. Prudent methods of pool safety such as the use of the buddy system, continually taking a head count, and underwater check at the conclusion of all classes and activities are to be strictly enforced.
12. Pool rules will be enforced at all times.
13. Pool rules are to be posted at the Flood Middle School swimming pool on the pool deck and in the girl’s and boy’s locker rooms.
14. The starting blocks are only to be used by those instructed in the proper techniques of diving and only with permission and supervision of the instructor/coach.
15. Only those involved as a participant in the aquatic activity such as an instructor, coach, officials, timers, etc. are allowed on the pool deck. No others are allowed on the pool deck.

PHYSICAL EDUCATION SWIM CLASS PROTOCOLS

1. INITIAL ORIENTATION

As part of the orientation given to students at the beginning part of the course or program, each instructor will:

- Review the safety guidelines and **POOL** rules so that everyone understands them.
- Make it clear that safety precautions will include a swim test procedure to classify and assign students to specific areas according to ability levels and students must have the instructor’s approval to progress to a more advanced station.

2. CLASS SIZE

- Aquatic classes/activities shall not exceed twenty (20) students per certified life guard, qualified coach or qualified instructor.

3. LOCKER ROOM

- a. The swimming pool deck and swimming pool area may be entered by swimmers only via the locker rooms.
- b. Any student displaying open sores, inflamed eyes, skin rash or any communicable disease will be denied entry into the swimming pool and referred to the school nurse or other medical authority. Those students will not be allowed to participate in the water until the medical problem has been corrected and they obtain written permission to return to the water from a licensed medical professional.
- c. When the class is over, the supervisors will inspect the swimming pool area and all locker rooms to make certain there is no one left behind.

4. THE SWIMMING POOL

- a. Students will not be allowed onto the pool deck area or into the swimming pool without the physical presence of the required personnel defined in PA13-161.
 - The instructor will take attendance to determine who is present.
 - The instructor will count all students who enter the pool deck area and/or water.
 - Record the count by swim groups and total students in the class attendance book.
 - Re-count at least once again to assure that all students are accounted for before students are excused to leave the water and/or pool deck area.
 - Communicate and record the departure of any student from the pool area during class so that the count of those in the pool will always be accurate.
 - Clear the water if the count does not check out at any point and check the entire swimming pool for any missing student(s).
- b. Special attention will be given to careful organization of “Free Swim” periods which require intense supervision.
 - The students will be assigned a “buddy” within their own ability group and will sit or stand still and quiet, in pairs, in an orderly fashion at pool side with their instructor.
 - The instructor in charge will record the number of “pairs” counted by the instructor of the group.
 - After recording the count, the instructor in charge will give a signal to indicate that the students may enter the water for their “free swim”.

5. CLASSROOM PROCEDURES

- Lesson is introduced and specific swim stroke mechanics are demonstrated by an instructor while all students are seated in the pool gallery.
- During the class session, *one teacher is designated as the instructor, while the other teacher is designated as the lifeguard*. The **instructor** is solely responsible for reinforcing proper swim stroke mechanics and taking students through the progression of a daily class session. The **lifeguard** is primarily responsible for monitoring the safety of all students in the pool.
- The instructor and lifeguard of the class must remain on the pool deck at all times during the class unless an emergency occurs.
- At the conclusion of the class, teachers will allow students back into the locker rooms, while continuing to monitor the pool area. Once the pool area is clear of all students, the teachers will enter the locker rooms and the doors in the pool area will be secured and locked behind them.
- Any individual who is not swimming during a particular class period is given an alternative reading/writing assignment that pertains to concepts being taught during the swim unit. Students shall complete the assignment in the pool gallery/bleacher seats. The expectation is that the work will be completed during that class period without disruption or interference with the safety, learning, or well-being of others.

FLOOD MIDDLE SCHOOL SWIMMING POOL **EMERGENCY ACTION PLAN**

Stratford Public School teachers, coaches and other school personnel are trained in the protocols to be followed in the event of a school crisis or emergency. Teachers, coaches and other school personnel should refer to the district's **CRISIS MANUAL** regarding emergencies. The following emergency action protocols will be strictly adhered to in the case of medical, fire, weather and other emergencies that threaten the safety and well being of those using and occupying the Flood Middle School swimming pool.

Cardiac Emergency Response Protocol

Defibrillation is a recognized means of terminating potentially fatal arrhythmias during cardiac arrest. It is recognized that successful resuscitation is directly related to the length of time between the onset of a heart rhythm that does not circulate blood and defibrillation. The provision of timely emergency attention saves lives. The Flood Middle School swimming pool has a Medtronic CR Plus Semi-Automatic External Defibrillators (AED) which is located in the swimming pool office and is available for any situation deemed an emergency or life-threatening situation.

Emergency Plan Personnel

All school personnel including teachers, coaches, secretaries, custodians and administrators are aware of the emergency response protocol. During the regular school day and after school the emergency response first responders include: administrators, secretaries, the Athletic Director, the school nurse, physical education instructors, and coaches. In regards to athletic events or events and activities in the swimming pool (classes, practices and competitions), the first responder to an emergency situation is commonly the certified athletic trainer, coach, physical education teachers or other school personnel. All personnel of the emergency response team at Flood Middle School must have current CPR/AED and First Aid certification as well as participate in an annual emergency plan review. Records of certifications and education are kept by the Athletic Director and/or Supervisor of Physical Education.

The roles of the emergency team are as follows:

- 1) When an injury occurs, a coach/teacher should determine if the scene is safe.
- 2) Activate the Emergency Medical System (EMS) as soon as the incident is deemed an emergency or a life-threatening event. The person chosen for this duty should be familiar with the location and address.
- 3) Equipment retrieval should be performed by a person who is familiar with types of equipment needed and has access to the location in which the equipment is stored.
- 4) When directing EMS to the scene, one person should be responsible for meeting and directing the emergency medical personnel as they arrive at the site of the emergency.

Emergency Communication

Communication is key to all emergency response plans to ensure quick and effective outcomes.

- The telephone is located in the swimming pool office.
- All school personnel must have immediate access to a cell phone.

Activating the EMS System

Making the Call:

- If using a cell phone call 203-385-4100.
- If using a classroom WALL phone, call 9-9-911
- If using a regular school landline phone, call 9-911

Providing Information:

- name, address, telephone number of caller
- nature of emergency (illness or injury)
- number of victims and their condition (conscious or unconscious, responsive or non-responsive)
- treatment initiated by first responder
- specific location and directions to the scene
- any other information requested by dispatcher

Emergency Equipment

Flood Middle School swimming pool is equipped with a Medtronics CR Plus Semi-Automatic External Defibrillator (AED).

AED Storage

The AED is kept in a secure cabinet in the swimming pool office.

AED Utilization

All members of the emergency response team are familiar with the location, function and operation of the AED. All response team members are American Heart Association or American Red Cross CPR & AED certified. The AED is inspected every six months for proper function.

First Aid Kit

The first aid kit is kept on the wall just inside the door leading from the pool office to the pool deck.

Evacuation of Swimming Pool Area

Evacuation may be announced as a result of a fire drill or Silent Evacuation message.

1. All persons must leave building building/pool area via fire drill routes (use the two exit doors located in the bleacher gallery). Students shall gather at the nearest tennis court.
2. All other persons to move at least 200 feet away from building.
3. Teachers and coaches to take attendance of students in their class or on their team.
4. Account for all students; report anyone missing to principal/supervisor/police.
5. Do not re-enter building until authorized to do so.
6. Swimmers should keep warm-ups on deck and some type of footwear in case they must leave building quickly in an emergency.

Lockdown

If a lockdown is announced during a swim class, swim practice or swim meet, all persons in the swimming pool area are to sit quietly underneath the pool office window along the tile wall that runs from the pool gallery entrance to the girl's locker room door. All students/persons will remain quiet and out of sight until the "all clear" announcement is made by the administration.

1. All locker room and pool entrance doors are to be locked and secured.
2. Keep everyone away from doors and windows.
3. Remain absolutely quiet.
4. All cell phones must be turned off.
5. Take attendance.
6. Wait for announcement **UNLOCK, ALL CLEAR**, before unlocking doors.
7. Do not open the locker room or pool doors for anyone unless you know for certain who is on the other side.

Weather Emergency

All swimmers must leave the swimming pool immediately in the event of a thunderstorm. No one may go back in the swimming pool until at least thirty minutes after the last lightning has been observed or detected. All persons are to vacate the pool deck (due to water on the deck) and sit in the bleachers until the all clear is given to return to the water.

Swimmer In Distress or Other Medical Emergency

In the event of a *pool emergency* (distressed swimmer, etc.), the lifeguard on duty will blow whistle twice, signaling all swimmers to the edge of the pool and to exit the pool so that rescue procedures can take place.

POOL MAINTENANCE EQUIPMENT AND SUPPLIES

1. The school district will consistently check for clarity of water, temperature of air and water, PH and alkalinity and record on a daily basis. A daily log will be kept in the swimming pool office or other designated area for access by the Stratford Health Department. Swimming pools that host competitive swim team meets must conform to National Federation (NFHS) standards as written in Rule 2 – “Pool Lane & Equipment Specifications” unless otherwise grandfathered.
 - Pool water is tested for free chlorine, PH levels and water temperature twice a day.
 - Pool water is tested for total chlorine, alkalinity, calcium hardness and TDS once a week.
 - Chemicals are added as needed.
 - Pool is vacuumed once a week, more if needed.
 - Filter is cleaned as needed.
 - Locker rooms and the pool deck are cleaned daily.
 - Ladders, guard stands, pumps, filter, chlorine feeder, PH feeder, safety and pool equipment are checked daily.
 - Pool chemicals are inventoried when order is needed.
 - Chlorine and Diatomaceous earth are stored in the filter room.
 - All other chemicals are stored in a secured closet.
 - All chemicals are dated and rotated during delivery.
2. A current swimming pool license will be displayed in a prominent place at all times.
3. An inventory of safety materials and chemicals must be kept up-to-date to ensure the safe operation of the swimming pool.
4. Required items such as life buoys and throw lines, shepherd’s crook, reaching pole and first aid supplies (including resuscitation mask, backboard and blanket) must be properly maintained and readily available.

SWIMMING POOL RULES

A QUALIFIED LIFE GUARD OR, QUALIFIED EDUCATOR OR, QUALIFIED COACH IN ADDITION TO THE AQUATIC SUPERVISOR OR COACH must be present for anyone to enter the pool area.

SHOWERS must be taken with warm water and soap before entering the water.

FLOTATION devices are not permitted unless approved by the teacher, coach or lifeguard.

NO swimming alone!

NO food or drink other than water allowed on the deck.

NO glass containers allowed in the pool area.

NO running or inappropriate behavior on the deck or in the locker rooms.

NO relieving of bodily functions in the pool water.

NO gum.

NO diving into the shallow end.

NO diving into the pool without permission from the instructor or coach.

NO splashing.

NO touching or hanging onto another person while in the water or on the deck.

NO horseplay or pushing in the water or on the pool deck.