



LIFESAVING SOCIETY

The Lifeguarding Experts

Canadian Lifeguard Emergency Response Championships

May 4 & 5, 2019

Town of Oakville

Emergency Response Plan

Purpose

To outline roles, responsibilities and action plan in the event of a medical emergency or similar incident. To communicate with internal and external resources anticipated response and action plans.

Event Overview

Friday May 3rd		Location
6:00 pm	Key Officials Meeting	Iroquois Ridge
Saturday May 4th		
8:00 am	Officials Briefing	Iroquois Ridge
8:00 am	Coaches Meeting	
8:45 am	Opening Ceremonies	
9:00 am	First Aid Lock-Up (Prelims)	
9:30 am	First Aid (Prelims)	
11:30 am	First Aid Lock-Up (Finals)	
12:00 pm	First Aid (Finals)	
2:00 pm	Water Rescue Lock-Up (Prelims)	
2:30 pm	Water Rescue (Prelims)	
Sunday May 5th		
7:30 am	Officials Briefing	Iroquois Ridge
8:00 am	Priority Assessment Lock-Up (Prelims)	
8:30 am	Priority Assessment (Prelims)	
10:30 am	Priority Assessment Lock-Up (Finals)	
11:00 am	Priority Assessment (Finals)	
1:30 pm	Water Rescue Lock-Up (Finals)	
2:00 pm	Water Rescue (Finals)	
5:00 pm	Awards	

Event Location

Town of Oakville – Iroquois Ridge Community Centre
1051 Glenashton Road
Oakville, ON L6H 6Z4
905-338-4255

Event Organizer & Key Contacts

Lifesaving Society
400 Consumers Road
Toronto, ON M2J 1P8
416-490-8844

Meet Manager	Jeff Schultz
Chief Referee	Sarah Ingleton
Deputy Referee	Perry Smith
Event Director	Matt Rayner
Safety Officer	Justin Cordivani/Lesley Franklin
Host Representative	Lesley Franklin
Lifesaving Society Representative	Wendy Schultenkamper

Response Personnel

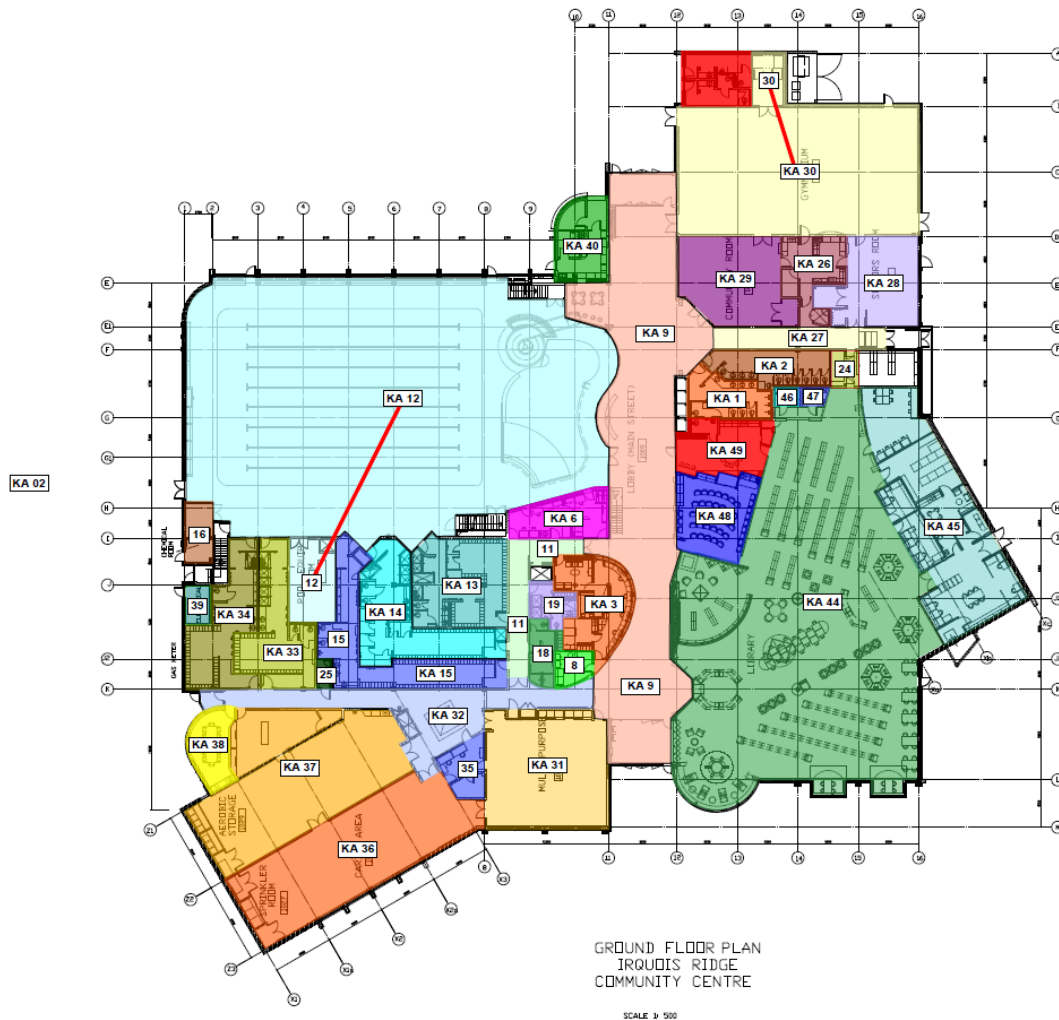
Personnel Overview	#	Name
Safety Officer	1	Justin Cordivani/Lesley Franklin
Lifeguards	7	Town of Oakville

Command Centre

The Command Centre coordinates all emergency response, including activating EMS if necessary, under the direction of the Safety Officer and serves as the first aid location for injured competitors. The Command Centre should be equipped with first aid kits and emergency equipment as well as a reliable method for contacting EMS.

The Command Centre is located in the guard office.

Pool Diagram



Equipment & Resources

EMERGENCY TELEPHONE	Black phone located in guard office on guard desk. This is a Bell line and 911 will need to be dialed in
FIRST AID KIT	Located in guard office beside door to pool deck
SPINE BOARD	Located on the stairway to gallery wall beside guard office
RINGBUOY (2)	Located on the guard chairs on north side deep chair and south side shallow chair
REACHING POLE (2)	Located on the guard chairs on north side deep chair and south side shallow chair
RESCUE TUBES	Located on pool deck beside guard office door; should have 1 positioned at each guard station at all times. Additional Rescue Tubes are stored in the equipment room
FLASHLIGHT	Located in the pool office on the first aid supply shelf
FIRE EXTINGUISHER	Located on the wall beside mens change room door and leisure pool glass wall underneath slide
FIRE ALARM (3)	1 – Located by emergency exit door west end of pool 2 – Located by emergency exit door north deep end of pool and north shallow end of pool
EYE WASH STATION	Located in chemical storage area east end of pool deck across from the chlorine storage tank
EMERGENCY PUMP SHUT-OFF	Red Button - Located on the wall in the guard office west wall, and also top of the slide
MEGAPHONE	Located on the pool deck counter
AED	Located in hallway on east wall beside Eastridge Room

(Reference Town of Oakville Aquatic Services Emergency Procedures Manual June 2016)

Duties & Responsibilities

Meet Management Committee

Made up of Meet Manager, Chief Referee, Host, Lifesaving Society Representative, and Safety Officer. The Meet Management Committee, in consultation with the Meet Manager and Safety Officer, may suspend or cancel the event if for any reason they feel there is a danger to competitors. The competition may re-start when the Meet Management Committee allows it.

Meet Manager

Designated individual who is responsible for the organization of the competition. Before a competition, the Meet Manager or delegate must:

- Obtain from the competent authorities all the permits, authorisations or services appropriate. For open water events, personnel authorised to control boating traffic in the region of the event
- Perform a site safety inspection
- Obtain the sanction from the Lifesaving Society(as required)
- Ensure all elements of this guideline are respected
- Generally oversee the whole competition and take charge of assembling the personnel and equipment necessary
- Take all necessary measures, along with the safety personnel who have jurisdiction at the site, to exclude all other persons, including spectators, who may affect the smooth operation of the competition
- Arrange a safety and competition information session for the coaches and captains meeting
- Provide the competitors with a plan of the course or event, indicating the buoys, distances between them, significant changes in current speed or direction, the start and finish and all the number of safety and rescue craft and their relative positions on the course
- Ensure that the boat operators, lifeguards, are readily identifiable

Chief Referee

Has the authority to enforce all Lifesaving Society rules and decisions for the duration of the competition and may intervene at any stage to ensure that all Lifesaving Society regulations are observed. During the competition, the Chief Referee or delegate must:

- Ensure that all coaches and athletes adhere to the Competition Rules
- Ensure that there are an adequate number of officials throughout the competition
- Ensure all the elements of this guideline are adhered to
- Be present during the race to correct any problems that arise or that are contrary to the sanction by the federation
- Ensure that all the required personnel and equipment are in place and remain there throughout the competition

- Conduct an information session for the Lifeguards and officials regarding safety, course hazards and emergency procedures. This meeting is to define clearly the responsibilities of each person and to define their actions in applying the emergency plan
- Ensure that the area is evacuated by all competitors and remains closed when the Meet Management Committee requires it

Deputy Referee

Assists in the conduct and organization of the competition, and in the absence of the referee, assume his or her authority and responsibility.

Safety Officer

The Safety Officer is responsible for the safety management of the event and all related operations. Responsible to ensure all competition facilities are safe, and that the appropriate safety plan, equipment, procedures, and personnel are in place to ensure the safety of competitors, personnel and spectators. The Safety Officer may work in conjunction with a Head Lifeguard to manage the duties of all other lifeguards. The Safety Officer's responsibilities are to ensure:

- An Emergency Response Plan is completed and circulated to the Meet Manager/Chief Referee and any others as required in advance of the start of the competition
- All team members are aware of the Emergency Response plan in the event of a medical emergency
- Approve a safety plan to ensure personnel are co-ordinated and ensure rapid assistance to all competitors or spectators who may be accident victims. This plan must be communicated in writing to all persons involved in the management of the competition (Meet Management Committee, Meet Manager, Referee, Lifeguard, etc.)
- Identify all hazards
- All teams are aware of adverse weather conditions and how to respond in the event of an incident.
- The event is laid out in a safe fashion and approves the event layout
- The required craft and equipment are available and assigned
- All emergency personnel are certified

Marshall

Responsible for assembling the competitors in the appropriate order prior to each event, and for maintaining discipline among competitors before the start.

Emergency Personnel

Trained individuals who respond to land emergencies. The Emergency Personnel shall:

- Emergency personnel and lifeguards must possess certifications appropriate to the role there are assuming. Emergency personnel must possess a Standard First Aid certification.

- All emergency personnel and lifeguards should be attired in such a manner that they are readily identifiable to the competitors, officials and spectators. This will ensure that they may be quickly located in an emergency situation. They should also receive an orientation to the event and emergency procedures.

Lifeguards

Trained individuals who respond to in water emergencies.

Host

The Host shall:

- Manage and assign the duties of all other lifeguards. All lifeguards (including the head lifeguard) are on the water for the purposes of safety supervision of the competitors and officials. They shall not be required to marshal or direct competitors except where it is directly related to safety
- All lifeguards must hold a current NLS and Standard First Aid certifications (recognized certifications as listed in Regulation 565)
- All lifeguards must be easily identifiable by the attire they are wearing

(Reference Lifesaving Sport Event Organizers Safety Procedures Handbook October 2008)

Communication Plan

Emergency communications will be conducted via 2-way radio. Channel 1 is used for short range communication.

Portable radio 401	Meet Manager
Portable radio 402	Chief Referee
Portable radio 403	Deputy Referee
Portable radio 404	NA
Portable radio 405	Event Director
Portable radio 406	Safety Officer
Portable radio 407	Host Representative
Portable radio 408	Lifesaving Society Representative
Portable radio 409	Marshall
Portable radio 410	Administrative/scoring centre
Portable radio 411	Extra
Portable radio 412	Extra

Communication to external emergency services (fire, ambulance, police) will follow the Town of Oakville protocol (outlined in next section).

Emergency Response Plan

6.0 General Emergency Procedures

6.1 Minor Situation:

Refers to any situation that can be handled by one guard or staff member **and** does not compromise the guard to patron ratio.

- Alert other guards (one long whistle blast + the associated hand signal)
- Continue with the swim
- Handle the situation or refer it to staff members in the office
- Complete an accident or Incident report

6.2 Major Situation:

Refers to any situation that requires the attention of more than one staff member to effectively handle the incident or accident.

- Clear the pool and alert other staff members (3 short whistle blasts + the associated hand signal)
- The first guard (or supervisor on duty) takes charge of the situation, delegates responsibilities and decides on the course of action.
- Preserve the scene of the accident. Do not allow persons to disturb or alter the scene.
- When the situation has been rectified resume the swim, or if directed by the supervisor close the pool and issue complimentary passes to patrons
- Complete an Incident or Accident report
- Contact the full time Recreation Coordinator or after hours On Call Manager Cellphone, to inform them of the situation.

6.3 Life Threatening Situation (Critical Incident):

Any situation that is considered life threatening will require the attention of all staff on duty, follow the procedures established for a major situation with the following additions:

- Contact the Recreation Coordinator in charge of the facility/On Call Manager Cellphone A.S.A.P. ***A full contact list is located in the critical incident binder.***
- All media inquiries are to be answered by the Manager of Recreation Services or their designate.
- All staff involved may be required to record their account of the situation in addition to a detailed accident report.
- Staff is directed to treat the situation as **confidential** and only direct information to supervisors and emergency service personnel.
Refer to the Critical Incident Binder for the detailed procedures.

A Critical Injury is defined as follows:

- Places a life in jeopardy
- Produces unconsciousness
- Substantial loss of blood
- Fracture of leg, arm
- Involves amputation of a leg, arm, hand, foot
- Burns to a major portion of the body
- Loss of sight in an eye

6.4 Missing Person:

- Take a description of the missing person where they were last seen and at what time
- Notify all staff and remain as the “report to” person.
- Have the person reporting the incident placed in the care of a staff member and keep them calm.
- Clear the pool for a safety check.
- Conduct a visual check of facility, checking every room, every washroom stall
- If staff numbers are sufficient resume the swim and continue searching the facility. Recruit bystanders if necessary
- Check the areas surrounding the pool/facility
- Have the person call home/relative/friends to see if the missing person is with any of them
- If the person cannot be found contact the police
- Write up an incident report

6.5 Employee Injury

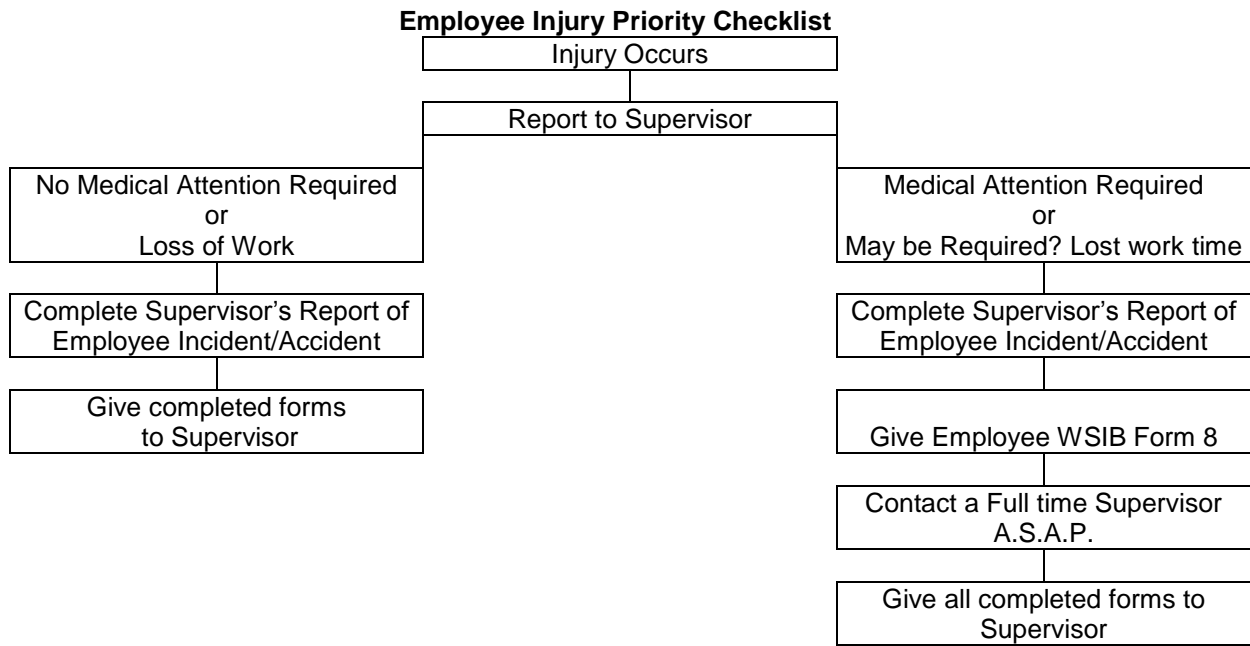
All employee injuries are to be reported on a Supervisor’s Report of Employee Incident/Accident. A copy must be submitted to a Supervisor as soon as possible. Injury reporting procedures are outlined as follows:

<p>EMPLOYEE INJURY REPORTING PROCEDURE</p> <p>Injury Occurs</p> <p>Employee Must Report to Supervisor</p> <ol style="list-style-type: none"> 1. Fill out a SUPERVISOR’S REPORT OF EMPLOYEE INCIDENT/ACCIDENT form. 2. If the employee needs medical attention, give the employee a WSIB FORM 8. The employee MUST take this form to the Doctor who must fill out the form on the FIRST visit and again PRIOR to returning to work. Please emphasize to the employee the IMPORTANCE of compliance with the procedure. Contact a full time Supervisor. Contact at home if necessary.

3. Give the full time Supervisor all completed forms immediately. All injury reports must be clear, concise, detailed and accurate. Date and time of injury must be on each report.

If you or the employee is not sure that the injury will need medical attention, proceed with steps 1-3.

If you and the employee are convinced that the injury will not need medical attention, proceed with steps 1 and 3 only.



All completed forms are forwarded to Human Resources

6.6 Fire Alarm (Indoor Facilities)

For a detailed procedure please see the fire safety plan located at each facility

- Staff will signal to clear the pool (three short whistle blasts), direct patrons to the closest emergency exit (away from the location of the suspected fire)
- Determine if the alarm is valid.

IF FALSE ALARM:

- Direct participants back to the pool
- Contact the alarm company and the fire department ***** this will be different at each facility***** and locate the contact list for the person who can reset the alarm
- Try to establish who pulled the alarm or what caused the false alarm

IF FIRE EXISTS:

- Check the location of the fire or locate the fire on the fire alarm panel
- Call the fire department to make sure they received the alarm
- Check the change rooms and evacuate the facility, according to the facility evacuation procedure ***** this will be different at each facility*****, making sure that all doors are closed as each area is cleared
- In the event of inclement weather please note that blankets are provided in a storage box adjacent to the emergency exit doors at each indoor pool.
- Account for all staff and patrons at the designated evacuation site
- Wait for the emergency services to arrive
- Do not allow anyone access to the building until the Fire Department has determined it is safe to do so
- Record names and phone numbers of any witnesses
- Contact the Full time Recreation Coordinator/On Call Manager cellphone (or Building Manager).
- Once given the “all clear” staff may return to the facility and resume the swim if appropriate

6.8 Facility Lockdown

A Lock Down is implemented when there is a serious security risk to building occupants. Facility Lock Down can occur in the following circumstances:

- If there is concern that the actions of a patron outside or inside of the facility may cause harm to staff and/or members of the public
- If during a missing person situation it is suspected that a possible abduction has taken place and the perpetrator may still be in the facility with the missing person
- If weather conditions are such that the safest place for staff and/or public is inside the facility
- Other circumstances as deemed necessary

Facilities that are associated with or attached to schools are subject to the school procedures when students who attend the school are in the recreational facility.

When there is a security concern inside the facility:

The Lock Down procedure involves minimizing the negative impact on staff and patrons – reducing the number of injured or reducing the loss of life. Given our facilities have multiple entrance and exit doors, open program spaces, crash bars and glass for aesthetics, securing people inside the facility is the least favorable choice. As advised by the Community Officer for the Halton Regional Police Service, should an advisory be issued, evacuation of the facility is the preferred course of action.

With the goal being the safety of our staff and patrons, the police service has directed that the safest course of action is to move our staff and patrons to a safe and secure area outside the facility until the threat of harm has passed.

Keeping in mind that we offer both instructional and drop-in recreational programming, staff would be responsible for the safe movement of classes outside the facility. As outlined in our Emergency Procedures handbook, classes would be moved as a unit to a safe location. Staff is responsible for participants until such time as parent/guardians arrive and assume responsibility.

When there is a security concern outside the facility:

The Lock Down procedure would begin by determining the extent of the lock down. This may include securing external doors only. In this instance, staff members would be asked to position themselves at entrance and exit doors and prevent customers and staff from entering and exiting the facility.

6.8.1 Iroquois Ridge Pool

Staff Signage:

In case of a threat in the facility:

If you observe a weapon or are made aware active threat in the facility – alert the front desk and call 911 giving as many details as possible - location of suspects including closest door number, number of suspects, descriptions, weapons

Evacuation:

- Exit the building immediately if you are able to do so safely:
- From the pool area, move all swimmers out the north doors moving towards Iroquois Ridge High School – ensure if it is an instructional block that you have your attendance
- Deck Supervisors are responsible for locking access doors if possible and ensuring everyone is out safely – take the emergency blankets with you
- If patrons are in the change rooms, assist in getting children ready – if safe to do so, move to the deck and out the back doors, or move to the fitness corridor and out the back doors to safety.
- Direct all patrons in the gallery to use the west exit moving to the safety of the school
- Use any parent/guardians who arrive to assist in moving swimmers to safety
- Do not allow any children to leave unless they are in the care of their parent/guardian

Lockdown:

- Gather all swimmers in the pool change rooms moving patrons away from the doors – ensure you have your attendance, keeping classes together
- If possible, lock the doors denying any access - Do not answer the door
- Be as quiet as possible - turn off all cell phones and any devices that generate noise
- Do not evacuate the area unless instructed to do so by the authorities

- Do not respond normally to a fire alarm during a lockdown as it may be a ploy by an armed intruder. If you do detect fire, evacuate the building as quickly as possible

Public Signage:

In case of a threat in the facility:

If you observe a weapon or become aware of an active threat in the facility – alert a staff person and call 911 giving as many details as possible - location of suspects including closest door number, number of suspects, descriptions, weapons

Evacuation:

- Exit the building immediately if you are able to do so safely – use the closest exit moving away from the facility
- Notify anyone you pass to do the same

Lockdown:

- Listen and follow all instructions
- Gather in a secure area away from windows and open areas as much possible – if possible cover windows
- Be as quiet as possible – turn off all cell phones and any devices that generate noise
- Do not answer the door
- Do not evacuate the area unless instructed to do so by the authorities in charge
- Do not respond normally to a fire alarm as the fire alarm during the lock down may be a ploy by an armed intruder. If you do detect fire, evacuate as quickly as possible

6.10 Facility Closure

Unscheduled closure of the facility is necessitated by unforeseen circumstances that could affect the health or safety of staff and/or patrons. The decision to close a facility is at the discretion of the Pool Coordinator or Relief Coordinator on duty.

In the event of a closure:

- Contact the Pool Coordinator/On Call Manager cellphone
- If recreational swims have been affected by the closure issue complimentary passes to participants
- If instructional programs have been interrupted, attempt to contact participants who have not yet arrived.
- Post notice of the closure on the entrance(s) of the facility and if appropriate, the time of reopening.
- Inform other aquatic facilities of the closure.
- Send deck and support staff home once duties associated with the closure have been completed.
- Prepare an incident report outlining the reasons for the closure.

- If appropriate, contact people necessary to remedy the situation.

6.12 Power Failure

- Clear the pool and change rooms
- Call Oakville Hydro to determine why the power is out and how long it will be out.
- Remember that the emergency lighting will only last for 15 – 20 minutes. If the power will be off for an extended period close the pool. Send guards into the change rooms with flashlights to ensure participant safety.
- Turn off the pool lights until the power resumes.
- Close down the filter system as indicated in the pool maintenance manual.
- Cancel activities and follow the procedure for facility closure.

6.13 Pool Fouling:

Definitions:

Formed Fecal Matter (stool): hard, fully formed, can be removed from the pool in one piece.

Liquid Fecal Matter (stool): diarrhea

Cryptosporidium: A parasite causing gastrointestinal illness. Symptoms of illness are watery diarrhea, abdominal cramps, nausea and headaches. It will usually disappear from healthy people within one month. The illness can be more severe or life threatening to immune compromised people and those living with AIDS or cancer and those who are elderly or very young.

Pool Fouling Procedure

A. Formed Fecal Matter (as per 2002 Lifesaving Society Guidelines)

1. Clear patrons from facility. Close the swimming pool for one hour. (Turn filter system off if high speed sand filter)
2. Inform appropriate staff as required by facility procedures.
3. Add chemicals to bring chlorine up to 2ppm. (Follow WHMIS safety standards as to protective clothing etc.)
4. Remove fecal matter with hand held skimmer net and dispose in toilet.
5. Once fecal matter is removed, if filter was turned off, restart system.
6. Disinfect any equipment used.
7. Take chemical readings 3 times from 3 different areas of the pool to determine whether or not it is safe to reopen.
8. Vacuuming is not recommended due to fecal dispersal concerns, as well as, the inability to appropriately disinfect vacuuming equipment.

9. Fill out incident report including the following information:
 - a. Date and time of fouling
 - b. Type of stool
 - c. FAC at time of fouling and at start of day.
 - d. PH level at time of fouling
 - e. Procedures followed
 - f. Contact time from start to finish
 - g. Record in daily log
10. Reopen when pool has been adequately sanitized and chemical levels are safe for the public.

B. Liquid Stool Fouling (Diarrhea) (as per 2002 Lifesaving Society Guidelines)

1. Clear patrons from facility. Close the swimming pool for a minimum of 12 hours (filter system should remain operating)
2. Inform appropriate staff as required by facility procedures.
3. Add chemicals to bring chlorine up to 20ppm for at least 8 hours. (Follow WHMIS safety standards as to protective clothing etc)
4. Take chemical readings at least once every four hours from three different areas of the pool to ensure chlorine readings are maintained at 20ppm.
5. Remove fecal matter with hand held skimmer net and dispose in toilet.
6. Disinfect any equipment used.
7. Vacuuming is not recommended due to dispersal concerns, as well as, the inability to appropriately disinfect vacuuming equipment.
8. Thoroughly backwash at the 9 to 12 hour mark.
9. Fill out incident report including the following information:
 - a. Date and time of fouling
 - b. Type of stool
 - c. FAC at time of fouling and at start of day.
 - d. PH level at time of fouling
 - e. Procedures followed
 - f. Contact time from start to finish
 - g. Record in daily log
10. Reopen when pool is adequately sanitized and chemical levels are safe for the public.

On Deck or In Change Rooms (as per 2002 Lifesaving Society Guidelines)

- Notify all staff and section off affected area
- Clean and disinfect the area and equipment with chlorine
- The activities in the pool should remain unaffected by the fouling

C. Vomit (Large Fouling)

In the event of a fouling where vomit has dispersed in the pool and most of it cannot be removed from the pool by vacuum and or hand held skimmer and its presence is clearly visible the following procedure should be followed.

1. Evaluate the participant and close the pool
2. Scoop up as much of the fouling as possible with a hand held skimmer.
3. Vacuum to waste
4. Super chlorinate
5. Disinfect all equipment with a strong chlorine solution
6. Close the pool for at least one hour
7. Before re-opening, ensure that the chemical levels have returned to normal. Add neutralizer if necessary to lower chlorine levels.

6.14 Theft/Missing Object

- Direct the victim to supervisor on duty (if applicable)
- Take a description of missing article(s)
- Check the area where article disappeared
- See if anyone witnessed articles being misappropriated
- Contact the Police to report the missing article. (If police are contacted, the victim must remain at the facility to file the police report).
- If someone is suspected of taking the missing article try to get their name and phone number but do not question them on the theft, that is the responsibility of the police
- If someone is caught stealing an article attempt to get their name and phone number and contact the police.
- Complete an incident report
- Complete a property loss/damage report

6.15 Break In / Vandalism

If you suspect that someone is still in the facility, LEAVE! Call 911 from another location.

If you are certain that no one is in the facility:

- Do not touch anything or clean up.
- Call the On Call Manager cellphone to inform them of the situation. They will instruct you on how to proceed.
- Call the Police (905) 878-5511
- Log all events and actions taken since your arrival.
- Make a list of all damages and missing items.
- Wait for Police
- Complete a detailed Incident report and Property Loss/Damage Report

- Pool Coordinator/Relief Coordinator will determine if it is safe to proceed with the regular schedule.
- Clean up the facility after the Police have seen the damage.
- Arrange for repairs to be made (through the Pool Coordinator).

6.16 Dealing with Media

In the event that media are responding to an emergency situation at an aquatic facility contact the Recreation Coordinator or if after hours the On Call Manager cellphone immediately. Staff members are to advise the media that all inquiries related to the situation will be addressed by the Manager, Recreation Services or designated Town spokesperson. Staff members will refrain from any comments unless so directed by their supervisors.

(Reference Town of Oakville Aquatic Services Emergency Procedures Manual June 2016)

Evacuation & Transportation Plan

Evacuation from the Town of Oakville will be provided by local services in accordance with local protocols.

LOCATION OF EMERGENCY FACILITIES	<ul style="list-style-type: none"> • Fire Station 7 – 2010 Joshuas Creek Drive, Oakville • Ambulance – 492 Childs Dr, Milton • Police – 95 Oak Walk Dr Oakville • Hospital – 3001 Hospital Gate, Oakville
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Safety Information for Competitors, Officials, and Spectators

Canadian Lifeguard Emergency Response Championships

Town of Oakville

May 4 & 5, 2019

1. The Safety Plan for the competition is posted on the Lifesaving Society website (www.lifesavingsociety.com). Please read and review this plan.
2. An Emergency Response Plan for the competition is posted on the Lifesaving Society website (www.lifesavingsociety.com). Please read and review this plan.
3. The Town of Oakville lifeguards are to take control of any situation. Follow their direction.
4. In an emergency, a competitor should raise their arm and call for assistance. If you notice another competitor in distress, stop and alert officials and/or lifeguards.
5. All spectators must keep clear of marshalling and competition areas.
6. The Command Centre is located in the guard office. This serves as a first aid location for injured competitors, contacting EMS, and is equipped with emergency response equipment.
7. All competitors must check in with the marshal before their event. All competitors must check-in with the Event Director after their event.
8. If a competitor does not follow the check-in process, officials must notify the Event Director immediately.
9. Competitors with medical conditions have identified these to their coach.
10. Three short whistle blasts indicate an emergency; one short whistle blast is used for competitor's attention.
11. If an event needs to be cancelled at any point, multiple whistle blasts will sound. All competitors must stop and follow the direction of the officials and/or lifeguards.
12. Diving into the water is only permitted from the starting blocks or the deep end wall where the starting blocks are located.
13. Victim preparation will occur with thought for victim safety (e.g. victims should not be simulating shallow water dives).
14. Judges and other officials will intervene if and when competitors compromise victim's safety or put themselves in harm.
15. The water temperature is usually kept between 83°F and 84°F. Please check the posting on race day.