



LIFESAVING SOCIETY®
The Lifeguarding Experts

Ontario Lifeguard Championships Safety Plan – University of Waterloo

February 18, 2023

Purpose

The purpose of this plan is to maximize safety at lifeguard competitions held at the University of Waterloo facilities. General procedures are in the current University of Waterloo Aquatics Policy and Procedures Manual, in conjunction with the legislation and regulations pertaining to pool operations. This plan will address items specific to the lifeguard competition held at these facilities.

Code of Conduct

Everyone has the responsibility of acting in a safe manner. This includes volunteers, officials, guests, competitors, coaches, meet management, etc. However, it is the responsibility of the management team to ensure that this plan is enforced. Anyone not adhering to the safety procedures as prescribed in this plan may be disqualified or removed from the property. Unsafe actions and behaviors will not be tolerated.

Safety Plan - General Safety

- Smoking is not permitted inside any university building or within 10 m of any doorway.
- It is the responsibility of each individual to ensure that personal belongings are kept in a safe place. Valuables are safest when kept at home. Day use lockers are available.

Chain of Command

Any incidents that occur should be documented and reported to the Management Team.

Volunteer Management

Pool areas will be supervised by qualified and trained lifeguards. For venues that do not involve the pool, trained health and safety designates will be identified. In addition: In a pool environment the University of Waterloo lifeguard staff are to take control of any situation and follow the protocol designed in the Policies and Procedures Manuals. If an increased level of care is volunteered by an outside party (e.g., doctor) and accepted by the liable caregivers, that person must assume complete responsibility of the patient until paramedics arrive and assume control. University of Waterloo will always promote the best possible care to the casualty wherever possible.

Operational Procedures

Operational procedures are defined by the host. This standard of care is required to meet the minimum health regulations and guidelines supported by the Lifesaving Society. In a situation where the host does not have operational standards, the Management Team will consider adopting operational procedures that meets the industry standard for that location/venue.

General safety

- Ministry Regulations as well as facility-specific rules must be followed to ensure safety.
- Lifeguards are to be supplied by host for all pool venues.
- Lifeguards are to ensure the safety of those in the facility at large.
- The lifeguards are to be made aware of any mock situations that may occur before the start of the event.
- The lifeguard staff are to interact with the public and enforce house rules as required.
- Non-swimmers that are involved in the competition should identify themselves to the technical referees.
- Diving from the blocks or side is to be determined by the coach and swimmer after evaluating the environment. Check specific facility for details.

In Non-Aquatic Environments

Any incident should be reported to the facility staff immediately. Trained personnel will be on call in non-aquatic environments, i.e., Lock-up, venues not in the pool area.

Personal Safety/Cross Contamination

- Individuals are responsible for ensuring the complete information of any medical conditions, medications and/or allergies are communicated to a responsible person that will be looking out for their interest, e.g., Coach.
- The Competition Management Committee will not be responsible for the monitoring of individuals.
- Personal Protective Equipment used by competitors should be disinfected between uses. Any manikin or prop used during the competition that could be contaminated with bodily fluids will be disinfected appropriately. Any equipment that has been contaminated with bodily fluids that can be disposed should be done appropriately.
- Footwear must be worn in non-pool areas.

Safety Equipment

- Stocked First Aid kits are required at all venues. First Aid kits are in a designated area and clearly identified.
 - Physical Activities Complex (PAC) deck and Customer Service Centre
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- Officials are required to wear a whistle during the competition as a form of communication to alert any incidents may occur.

AED – Public Access Defibrillators

AED units are kept in a designated location at each facility. University of Waterloo keeps AED units in areas that the public may have access to (i.e. mounted on a wall in the hallway). University of Waterloo encourages all patrons who have AED training to respond immediately and use the AED machine to assist any individual in Cardiac Arrest. Patrons do not have to wait for a staff person to arrive before activating the AED machine. AEDs are located at the Physical Activities Complex (PAC) pool deck and Equipment Desk (1st floor).

Specialized Equipment

- If specialized equipment is available at facilities, only the trained designate is to use this equipment. This may include equipment such as oxygen, BVMs, etc. If an increased level of care is volunteered by outside party (e.g., doctor) and accepted by the liable caregivers, that person must assume complete responsibility of the patient until paramedics arrive and assume control.

Emergency Procedures

- If an emergency occurs, it should be identified to the nearest Official.
- Officials then need to communicate and ensure the trained host staff are able to resume treatment.
- The host-trained health Safety Officer is to command and take control of the situation at the earliest possible moment.
- All emergency procedures are set by the facility and should be adhered to including medical emergency, fire loss of power, pool fouling, mechanical failure, etc. Competitors and those associated with the event must follow the direction of facility staff.

Communication

- Radios may be provided by the Management Team to link the competition areas.
- The Safety Officer will have a dedicated line out at all times.
- Technical Officials will all carry whistles on their person.

Contingency Plans

All contingency plans are decided by the Management Team. The Management Team has the right to postpone, reschedule or cancel an event or competition if the venue is deemed unsafe.

Facilities

Name: [Physical Activities Complex](#)

Street Address: 200 University Ave. W. City: Waterloo Province: ONT Phone: 519-888-4567 x35034

In Case of Emergency – Please print and bring with you to the event for reference if needed

Service	Emergency	Non-Emergency
University of Waterloo Police Services	Dial "22222" from any campus phone - Yellow Help Phones	Dial "22222" from any university phone 519-888-4911
Region of Waterloo Police Services	911	(519) 653 7700
Other Services		
Ontario Poison Control	1-800-268-9017	
Walk In Clinics	Westmount Urgent Care Clinic 751 Victoria Street, Kitchener (519) 745-2273 Hours: 8:00 a.m. - 5:00 p.m. Monday to Friday 8:00 a.m. - 3:00 p.m. Saturday and Sunday	The Doctor's Office Walk-in Clinic 170 University Ave. West, Waterloo (519) 725-1514 Hours: 9 a.m – 8 p.m. Monday- Friday 10 a.m. – 2 p.m. Saturday & Sunday
Hospitals	Grand River Hospital 835 King St W, Kitchener, ON N2G 1G3 Open 24 hours	St. Mary's General Hospital 911 Queen's Blvd, Kitchener, ON N2M 1B2 Open 24 Hours Phone: (519) 744-3311
Emergency Contact Information		
Meet Manager	Jeff Schultz	Jeffschultz3.0@gmail.com
Chief Referee	Cynthia Cakebread	CCakebread@essex.ca
Safety Officer	Colin Cabral	uwlifeguardclub@gmail.com
Volunteer Coordinator	Colin Cabral	uwlifeguardclub@gmail.com
Host – University of Waterloo	Colin Cabral	uwlifeguardclub@gmail.com
Coach		