



Sault Ste Marie Aquatic Club Excellence in Swimming

30th Anniversary

4-260 Elizabeth St., Sault Ste Marie Ontario, P6A 6J3 (705) 941-9880
Email: ssmac@shawbiz.ca Web: www.ssmac.com

SSMAC Coaching Staff Deck Safety Plan

Item One: Staff Qualifications

- All members of the coaching staff must complete, at a minimum, the Standard First Aid Qualification.
- All members of the coaching staff should also endeavor to achieve minimum qualification in standard Cardio Pulmonary Resuscitation (CPR) and the Lifesaving Society's National Lifeguard Service award.
- City of Sault Ste Marie (CSSM) John Rhodes Community Centre (JRCC) life guarding staff will supervise each workout session.

Item Two: Action Plan

- In the event of an injury the staff member will alert the attending CSSM/JRCC lifeguard staff and assist with the assessment of injury severity.
- All injuries, regardless of severity, must be reported to attending CSSM/JRCC lifeguard staff, president of SSMAC and the parents of the athlete(s). Further, documentation should remain in the SSMAC office for a period of not less than 30 days post occurrence.
- In the event of a serious injury, all athletes are to clear the pool immediately, and the coaching staff member may assist the attending CSSM/JRCC lifeguard staff with activation of EMS and/or application of primary treatment measures.
- If said injury will require the coaching staff member to leave the pool deck or if the coaching staff member is not able to assist in treatment and continue to monitor the workout, all swimmers must be removed from the pool immediately.
- In the event of a fire alarm, all athletes are to clear the pool immediately. The CSSM/JRCC lifeguard staff will take charge and issue instructions and/or announcements to the coaching staff and swimmers while they remain on deck. A member of the coaching staff should report the attending groups and swimmer roster to CSSM/JRCC staff prior to exiting the pool deck.

Item Three: Athlete Responsibilities

- No member of SSMAC will arrive on deck without supervision of either the coaching staff and/or the CSSM/JRCC lifeguard staff.
- No member of SSMAC will use the diving board without coaching staff member approval and supervision by CSSM/JRCC staff. In addition, removal of the appropriate lane markers may be required.
- No member of SSMAC will use the rope without coaching staff member approval and supervision by CSSM/JRCC staff.



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- All members of SSMAC will ensure that equipment is returned neatly at the conclusion of each workout.
- SSMAC coaching staff is in charge while on deck.
- Any SSMAC swimmer impacting with other SSMAC swimmers safety will be reprimanded immediately up to and including suspension from workout and/or subsequent workouts depending on the severity of the offence.
- SSMAC swimmers are to act as ambassadors to the John Rhodes Community Centre and the City of Sault Ste Marie and as such, treat all facility areas including pool deck, change rooms, common areas and entrances in a respectful manner and monitor their behavior accordingly.