Safety Plan

Qualifications

Lifeguard

- NLS
- Minimum age 15
- Hold a current lifesaving society national lifeguard award
- Hold a current standard first aid, CPA C and AED
- Be trained in the facility safety systems and emergency procedures

Aquatic Swim Instructor

- Swim for Life Instructor

Aquatic Exercise Instructor

- First aid, CPRA

Supervisor

- We have 2 volunteers that are responsible for the operation of the pool. We currently have 4 people that do our water and pool maintenance
    1. Kim Mitchell – Pool operators course – Park Manager
    2. Maria Strasser - Pool operators course – Community member
    3. Mike Brost - Pool operators course – Park Board member
    4. Gavin Fitch - Pool operators course – Community member

Procedures

- Aquatic Emergencies
  Minor emergency one lifeguard
- Not applicable we never have one lifeguard on
  Major emergency one lifeguard
- Not applicable we never have one lifeguard on
  Minor emergency more than one lifeguard
- One lifeguard will deal with the injury and the other will continue to supervise the pool if too many people in the pool at time we would Evacuate the pool
- **Electrical shock**
  Call 911 assess the situation turn off power if safe to do so rescue victim from water when it is safe administer CPR/first aid until EMTs arrive
- **Poisoning**

Swallowed call 911 or poison control hotline depends on the severity of symptoms administer CPR and first aid Inhaled call 911 leave the toxic area immediately evacuate the pool area if necessary administer CPR and first aid

- **Seizure unconsciousness in water**
  Support person in water so face stays above water remove person from water once active movements have stopped check breathing and pulse if necessary perform CPR first aid call 911
- **Allergic reaction**
  Serious reaction call 911 ask if they have an EpiPen and use it if necessary perform CPR
  Minor reaction call parent (if child) and take to first aid room to monitor
- **Spinal emergency**
  Evacuate the pool call 911 and follow proper first aid measures until EMS arise and keep patient still
- **Submerged emergency**
  Lifeguard would jump in water to rescue submerged person other would Evacuate pool call 911 Lifeguards would provide CPR and first aid until EMS arrives
- **Drowning emergency**
  Can use a throwing aid or reach pole if victim is close enough or enter water once rescued provide first aid and CPR if necessary until EMS arrived other guard should evacuate pool and call 911
- **Unconscious emergency**
  Evacuate pool call 911 follow first aid procedure until EMS arrives After each of these above emergencies an incident report should be filled out for review by other staff supervisors and the public health inspector After each of these above emergencies there should also be a debriefing with staff involved and other pool staff if necessary.

Other emergencies

- Fire Evacuate pool call 911 keep calm use emergency exits
- Power failure Evacuate pool go inside and meet in Clubhouse
- Severe weather evacuate Pool go inside and meet in Clubhouse
- Missing person evacuate pool call 911 meet in Clubhouse until emergency personnel arrive
- Natural gas leak evacuate pool call 911 meet in the gazebo
- Chemical leak evacuate pool call 911 meet in the clubhouse
- Lightning evacuate pool and deck meet in the clubhouse
- Bomb threat evacuate pool close pool

After each of these above emergencies an incident report should be filled out and reviewed by other staff supervisors and public health inspector

After each of these above emergencies there should also be a debriefing with staff involved and other pool staff if necessary.

Contacting EMS call 911, EMS, fire and police phone is in office first aid area

Documentation we have a daily log book that all pool activities are recorded in

Major incident report we have a report for our Lifeguards to fill out Critical incident stress
insert critical incident stress procedure Incident tracking incident report is filled out and supervisor is informed they go over the information with employee and other staff reports are put in binder with test results for the day the report is important not only for communication and Documentation but also for a learning process with other staff and planning to make sure it doesn't happen again.

Lifeguard procedure **Swimmer load Max 65**

Lifeguards swimmer ratio

We always have two lifeguards on duty at all times and three when the pool has 35 or more people in the pool. We never have over 65 people in the pool. Up until 34 people one lifeguard is on deck and one lifeguard is off. At 35 people there are two lifeguards on deck and one off.

- **Equipment First Aid**
  Tweezers, medical gloves, Band-Aids, scissors, gauze, gauze roller, bandages, adhesive dressing, sterile pads, tensor bandage, peroxide, tape, alcohol swabs, abdominal pads, lateral pocket mask, eye pads, butterfly closures, polysporin, cotton balls, sling,self-adhesive roller for dressing, first aid manual, first aid record book and pen, flashlight, splint, cold pack, elastic crepe, safety pins, plastic bags
- **First aid room**
  Our first aid room is also our office we have all our first aid equipment and the AED in this area
- **Rescue equipment**
  We have 2 buoyant throwing aids and two reaching poles
- **Spine board**
  We have two spine boards. One at the shallow end and one at the deep end. They include head immobilization system and it hangs on the wall at each end.
- **Lifeguard chair**
  We have one lifeguard chair on the west side of the pool between the shallow end and the deep end
- **Emergency telephone**
  We have a telephone located in the first aid room office area. On the wall right beside the telephone is a list of emergency contacts and the safety plan.
- **Signals**
  On the wall in the guard room
- **Uniforms**
  lifeguards wear bathing suits and a lifeguard bib on cool days we have hoodies with lifeguard on them.
- **Admission policy**
  Under 5 years old must be accompanied by an adult

- **Safety rules**

  No running on deck

  No food or drink on deck

  No foul language

  No street clothes in the pool

  No diving in the shallow end

  Respect the lifeguard

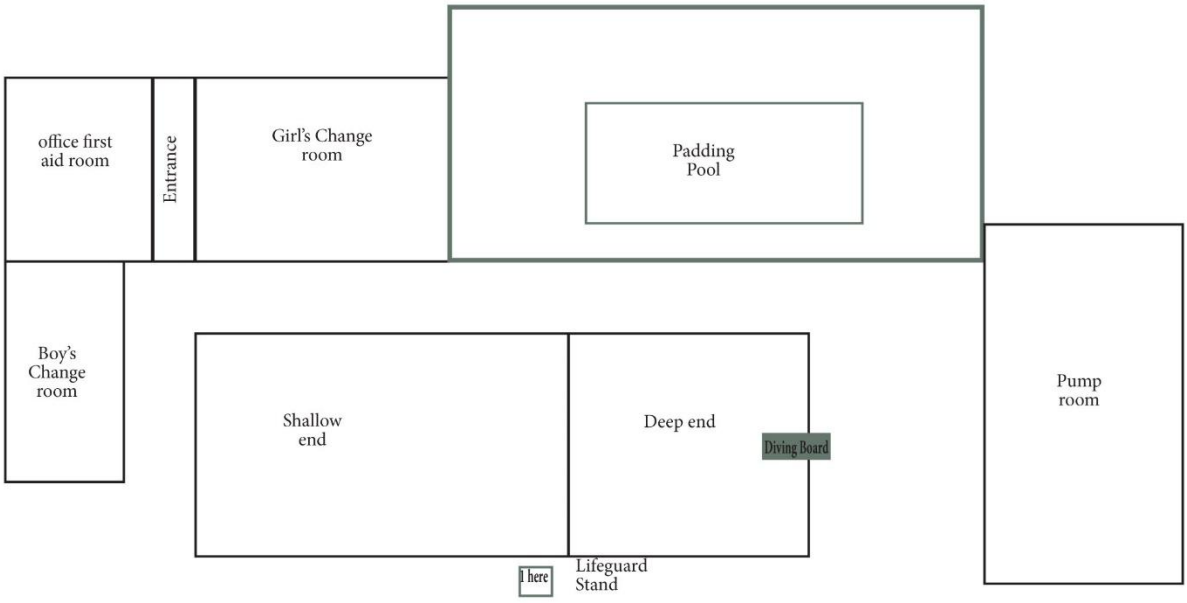
  Other special features

  we have life jackets available for use

  Pool mats noodles and some inflatable toys are available one warning and toys are taken away

Lifeguard positions One lifeguard

One lifeguard covers the Deep and shallow end



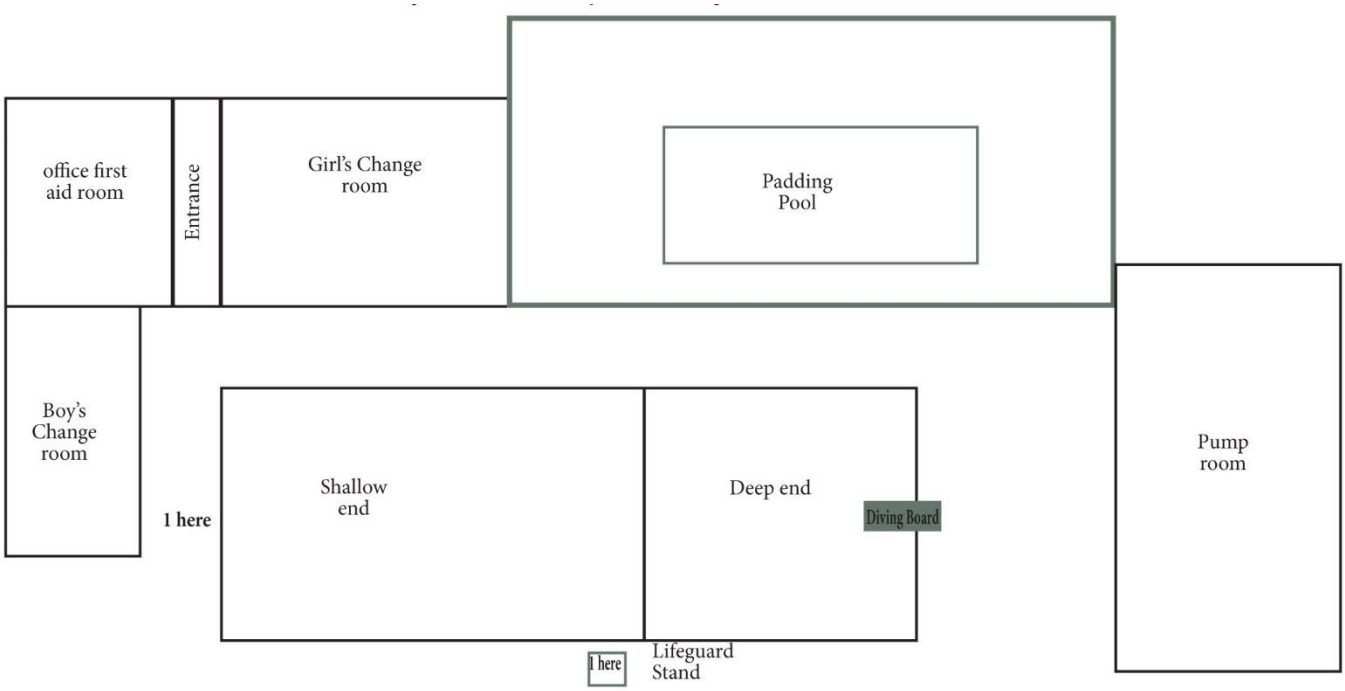
Two Lifeguards Description

One guard watch deep end and the other covers the shallow end

Primary zone of responsibility

Guard at lifeguard stand watches the deep end guard a shallow and watches shallow end

Secondary area of responsibility

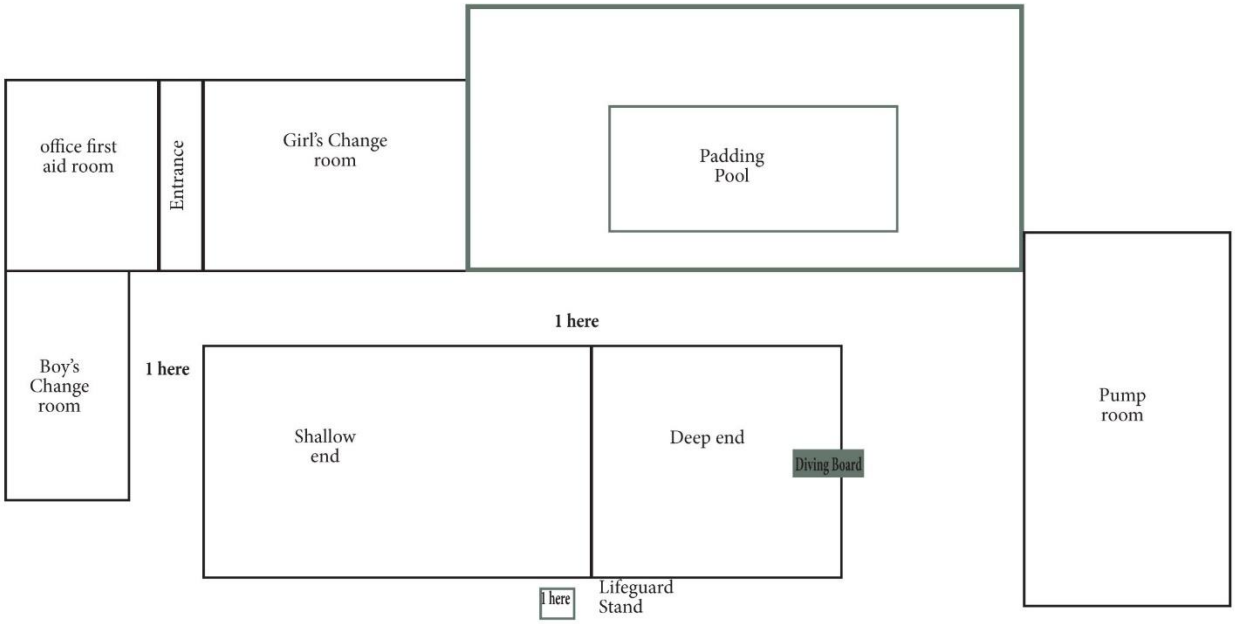


Three Lifeguards Description

One watch is deep and one watches shallow end and third watches both

Primary zone of responsibility

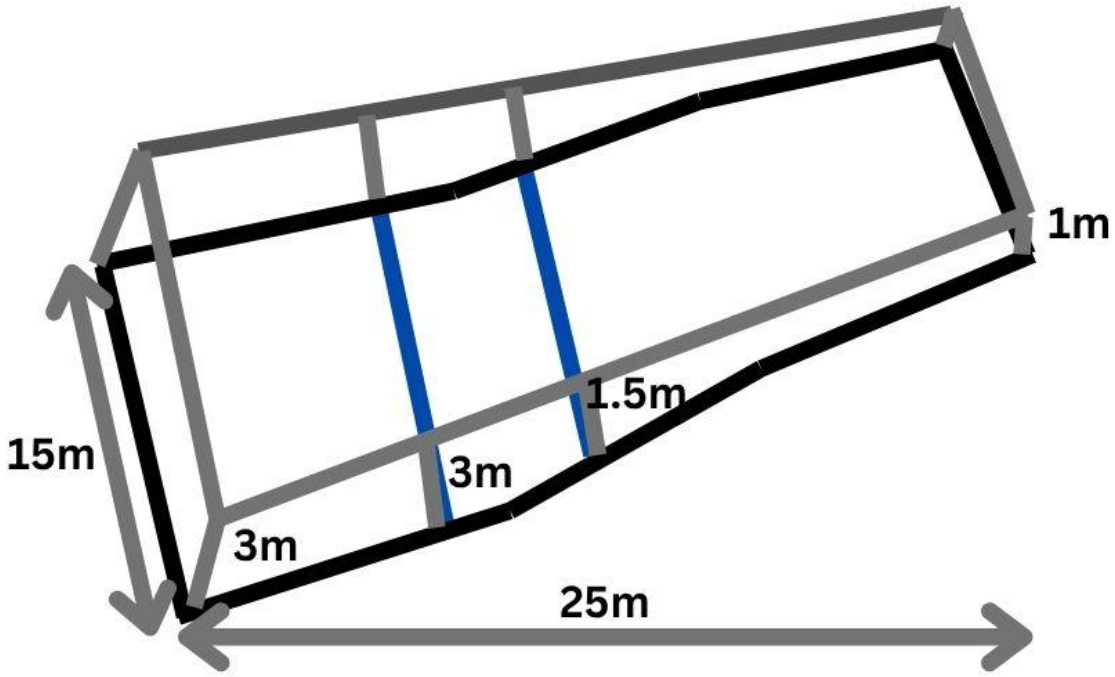
Guard at stand watches deep end Guard at shallow and watches shallow end guard on the other side watches whole pool



- **Instructional program**
  we usually have our instructors lifeguard as well supervision
- **Exercise program**
  we have one lifeguard on duty during Aquafit supervision
- **Equipment room**
  put away every night before close any damage equipment is reported to be fixed or discarded if cannot be repaired
- **Office**
  Clean daily by staff with household cleaners provided
- **Rescue equipment**
  Equipment inspection schedule weekly inspection and reported in logbook
- **Recreational equipment**
  Inspected at the beginning of the year and every time it is used stored in the shed by the deep end
- **Pool area**
  Inspected during opening and closing of the pool follow the checklist on the wall in the office

At the beginning of the season when opening the pool put up all signage check all the fence and gates and doors to make sure they are all in good working order check rescue equipment make sure all equipment is secure diving board include all areas of the pool go through an inspection and clean all pool equipment and toys make sure depth markings are clear and visible

Main Pool



Deep End

Volume = 10m x 15m x 3m
450 cubic metres (m³)
Since **1 cubic metre = 1,000 litres**:
Equivalent volumes:

- **450,000 litres**

Shallow End

Volume = Volume = 10 × 15 × 1 = 150 m³
Equivalent to:

- **150,000 litres** of water

Slope

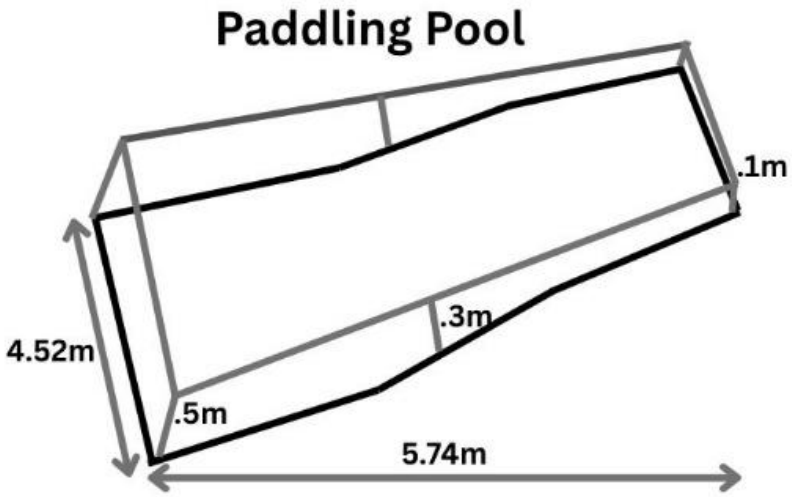
Volume = 5 × 15 × 1.5 = 112.5 m³
C**apacity ≈ 112,500 litres of water**

450,000+150,000+112,500 = 712,500L or 188,222Gal

Flow Rate

6 hours (4 turnovers/day) 523GPM or 1,979.5 L/min

Bather load 65 people



Volume = width × length × depth

Given:

- Width = **4.52 m**
- Length = **5.74 m**
- Depth = **0.3 m**

Volume = 4.52 × 5.74 × 0.3
Volume = 7.78776 m³
Since **1 cubic metre = 1,000 litres**:
7.78776 × 1,000 = 7,787.76 litres
Pool volume = approximately 7.79 cubic metres
Capacity = 7,788 litres or 2,055 gallons of water

Flow rate
22 litres per minute (L/min)
5.7 gallons per minute (GPM)

Bather load 25 people