

OUTLINE SHEET 1.2-1

POOL SAFETY REGULATIONS

INTRODUCTION

This information describes the rules and regulations to be adhered to during pool evolutions.

ENABLING OBJECTIVES:

- 1.1 State the general pool safety regulations.

TOPIC OUTLINE

A. General Pool Safety Regulations

1. No person with any type of skin fungus, open sores or contagious disease is allowed in the pool without consent of the SAR Corpsman.
2. No running or skylarking.
3. Glass containers are not allowed on the pool deck or locker room at anytime.
4. Prior to entering the pool, all personnel shall take a shower.
5. Students will wear UDT swim trunks, T-Shirt (optional) and either shorty wet suit or wet suit top during pool training. Additionally, a LPU-28 will be worn during mask, fin, and snorkel training.
6. No smoking except in designated areas.
7. Whistle Blasts:
 - a. One Whistle Blast - Instructor needs attention.
 - b. Multiple Whistle Blasts - Emergency. Follow instructions of staff.
8. No jewelry (i.e., rings, chains, etc.).
9. No diving unless specifically told.
10. Ladders shall be utilized to exit the pool unless specifically told other wise.
11. Take off fins before standing or walking on the pool deck.

OUTLINE SHEET 1.2-1 (Continued)

POOL SAFETY REGULATIONS

12. Ensure all pool drain covers are installed prior to commencing any disentanglement training.
13. If parachute is to be used for night time evolutions, the apex shall be marked with a chemlight.
14. Students shall wear an activated chemlight, attached to their swim mask, whenever they are in the pool in a night time evolution. If available, student chemlights should be different, in color, from other chemlights being used for lighting other devices.
15. If different color lighting devices are being used, ensure this is briefed prior to start of night time evolutions.
16. Students shall use ear wash after all swimming events.

B. Emergency Situations

1. Anytime you are in trouble, yell for help.
2. If a person is in actual danger the instructor only will enter the water to render assistance.
3. If you see anyone in trouble inform an instructor immediately.

C. Shallow Water Blackout

1. Shallow water blackout can be caused by the effects of hyperventilation.
2. Shallow water blackout (passing out under water) can cause death.
3. Hyperventilation is strictly prohibited.