

**OUTLINE SHEET 1.2
POOL SAFETY REGULATIONS**

INTRODUCTION

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

ENABLING OBJECTIVES:

- 1.5 Explain general pool safety regulations per Rescue Swimmer School Standard Operating Procedures (SOP).

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 approved swim trunks, T-Shirt during pool training. Additionally, a LPU-28 will be worn during mask, fin, and snorkel training.
6. No smoking.
7. Whistle Blasts:
 - a. _____: Instructor is seeking student attention.
 - b. _____: Emergency. Follow instructions of staff.
8. No jewelry (i.e., rings, chains, ect.)
9. No diving
10. _____
11. Take off fins before standing or walking on the pool deck.

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1.2 . Ensure all pool drain covers are installed prior to commencing any disentanglement training.

B. Water Exit

1. For Facilities with high pool deck edge:

- Students swim to ladder, remove fins, and exit one at a time.

2. For facilities with low pool deck edge:

- Students will swim to wall and place both hands one at a time.
- Holding onto the edge, students will push up resting on both arms extended, roll to the right, and assume a sitting position facing the pool.
- With both legs extended out of the water, remove gear and then turn to their left in order to avoid a collision.

C. Emergency Situations

1. Call for help anytime you are in trouble and **ONLY** when you are in trouble.
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.

D. Shallow Water Blackout

WARNING

Do not hyperventilate prior to underwater swims. Hyperventilation can lead to shallow water blackout.

1. Hyperventilation (excessively rapid breathing) purges the blood of CO₂, the body's cue to breathe.
2. Swimmer runs out of oxygen without ever feeling need to breathe, passes out and drowns.

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