

**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 Cite 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 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’s attention.
  - b. \_\_\_\_\_ Instructor seeking another instructor’s attention.
  - c. \_\_\_\_\_ Emergency, follow instructions of the staff.
8. No jewelry (i.e., rings, chains, etc.)
9. No diving
10. Do not use ladders to climb out of the pool unless specifically told to do so.
11. Take off fins before standing or walking on the pool deck.

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

**B. Water Exit**

1. For Facilities with high pool deck edge:
  - a. Students swim to ladder, remove fins, and exit one at a time.
2. For facilities with low pool deck edge:
  - a. Students will swim to wall and place both hands on edge of pool.
  - b. Holding onto the edge, students will push up resting on both arms extended, look left spin left, and assume a sitting position facing the pool.
  - c. 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, only the instructor 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 CO<sub>2</sub>, the body's cue to breath.
2. Swimmer runs out of oxygen without ever feeling need to breathe, passes out and drowns.