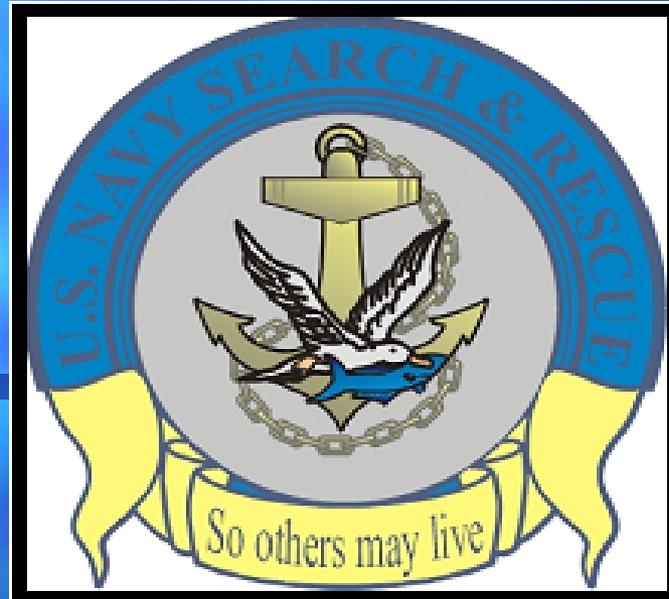


Rescue Swimmer Refresher Course



Pool Safety Regulations LT 1.2

Enabling Objective

- State the general pool safety regulations.



General Pool Safety Regulations

- No person with any skin fungus, open sores, or contagious disease is allowed in the pool without consent of the SAR Corpsman.
- No running or skylarking.
- Glass containers are not allowed on the pool deck or locker room at anytime.
- Prior to entering the pool, all personnel shall take a shower.
- Students will wear UDT swim trunks, T-shirt (optional), and either shorty wet suit or wet suit top during pool evolutions. Additionally, an LPU-28 will be worn during mask, fin, and snorkel training.
- No smoking except in designated areas.

General Pool Safety Regulations (cont.)

- Whistle blasts:
 - One whistle blast - Instructor is seeking student's attention.
 - Multiple whistle blasts – Emergency. Follow instructions of staff.
- No jewelry (i.e., rings, chains, etc.).
- No diving unless specifically told.
- Take off fins before standing or walking on the pool deck.
- Ensure all pool drain covers are installed prior to commencing any disentanglement training.
- If parachute is to be used for night time evolutions, the apex shall be marked with a chemlight.

General Pool Safety Regulations (cont.)

- 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.
- If different color lighting devices are being used, ensure this is briefed prior to start of night time evolutions.
- Students shall use ear wash after all swimming events.

Emergency Situations

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

Shallow Water Blackout

WARNING:

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

- Hyperventilation (excessively rapid breathing) purges the blood of CO₂, the body's cue to breath.
- Swimmer runs out of oxygen without ever feeling the need to breathe, passes out and drowns.
- Shallow water blackout (passing out under water) can cause death.
- **Hyperventilation is strictly prohibited.**

Review

- If you hear multiple whistle blasts you should run to the bleachers. True or False?
- ***False, you should walk to the designated muster area.***
- What does one whistle blast mean?
- ***Instructor is seeking student's attention.***
- What causes shallow water blackout?
- ***Hyperventilation***

