

# SWIMMING & DIVING RISK ACKNOWLEDGEMENT

## CAUTIONS & RESPONSIBILITIES OF STUDENT/ATHLETES AND PARENT/GUARDIAN(S)

The following procedures have been developed for the Oak Creek High School Swimming/Diving program. Because of the strength, endurance, conditioning and physical demands required, student-athletes and their parent/guardian(s) are asked to read, understand and adhere to the following cautions and responsibilities to enhance the safety and enjoyment of the sport of Swimming/Diving by participants. The Oak Creek-Franklin School District Co-Curricular Code; the Oak Creek High School Code of Conduct; Swimming/Diving Team Rules and Procedures; along with adhering to W.I.A.A. (Wisconsin Interscholastic Athletic Association) and N.F.H.S. (National Federation of High School) Rules are expectations and responsibilities of the student-athlete and parent/guardian. The student-athletes and parent/guardian(s) are responsible to become familiar with and adhere to the above-mentioned codes, rules and procedures in accordance with this risk acknowledgement statement.

The following recommendations have been developed specifically for the Oak Creek High School Swimming/Diving team. Athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### Pre-season Preparation

- ▶ Because of the intense demands and conditioning required athletes must condition to prepare themselves for the season. This includes both strength training as well as aerobic training. It is also important that athletes continue to strength train during their season to help prevent injuries. Athletes should focus on developing muscular strength, endurance, cardiovascular fitness and flexibility. Weight training and strength conditioning programs have been developed for athletes pertaining to their specific sport. The weight room is open year-round to offer opportunities for training and conditioning. Athletes must adhere to the safety procedures when working out in the weight room.
- ▶ Athletes need to incorporate the basic food groups and have a diet high in complex carbohydrates. A vitamin supplement (approved by your physician), fluids, regular rest, proper nutrition and dress contribute to the maintenance of health.

### Preparation for Practice or Contest

- Prior to the first day of practice, athletes must turn in to the Activities Office a completed: 1) physical card, 2) Oak Creek High School Athletic Code/WIAA Code/Concussion Form (all in same packet), 3) risk acknowledgement form, 4) yellow emergency card, 5) Transportation fee
- Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, respiratory diseases, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- It is the responsibility of the student athlete and parent to report to the coach and athletic trainer any medical condition and/or medication the student may require during the course of the activity inclusive but not limited to practice, travel, games/performances.
- Athletes who are ill, dizzy, or lightheaded should not practice and should contact their coach and athletic trainer.
- Any injury problem or concern should be discussed with the coach and athletic trainer.
- Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
- Goggles are highly recommended. They prevent eye irritation and may protect the eyes from "flying arms" or other swimmers during practice.
- Earplugs are helpful in avoiding ear infections. Soft wax earplugs can be molded to fit into the ear to keep water out.
- A swim cap can help keep hair out of the eyes and keep you warmer during practice by preventing body heat from being lost.
- A close-fitting T-shirt put on after showering will also help maintain body heat.
- Horseplay, roughhousing, hazing or initiations is prohibited.
- Athletes must remove all jewelry and metal hair fasteners.
- Weight training and strength training may be a requirement for physical preparation. Athletes should observe all weight room policies for progressions, spotting and general safety.
- Athletes should ingest the equivalent of 4-6 glasses of water each day.
- Athletes should think safety first.
- Athletes should always be aware of the proximity of others when executing large motor movements.
- Athletes should always use proper technique.
- Weight control or weight reduction programs should not be undertaken without the approval of the coach, athletic trainer and personal physician.

### Cautions Specific to Swimming/Diving

1. Do all stretching exercises on the deck as directed by the coach(es). Take time to stretch before each swimming practice.
2. Look before you enter.
3. No diving into the shallow end other than supervised racing dives during practice or pre-meet warm-ups.
4. Lanes will be designated for various strokes and conditioning routines. Swim to the right of any designated lane unless the workout calls for alternating opposite circles.
5. Stay off the lane lines at all times.
6. Making contact with the diving board or lane lines, pool walls, gutters, or bottom during practice or competition could possibly result in serious bodily injury.
7. Never hyperventilate during practice or for any race over 50 yards.
8. No horseplay, rough-housing, hazing or initiations.
9. Never swim/dive unsupervised by the coach.

### In the locker room or en-route to competition or practice site:

- Locker room floors are often slippery.
- Open locker doors can have sharp edges. Close and lock your locker when away from it.
- Secure all personal items in your assigned locker.
- Use soap and shampoo only in the shower area.
- Be alert to raised thresholds at shower rooms.
- No horseplay, rough-housing, hazing or initiations.

**Entry to the Practice/Contest Site:**

- Look around the facility:
  - a. follow pool rules
  - b. be aware of deep and shallow pool depths
  - c. be aware of the location of ladders
  - d. be aware of the location of safety equipment
  - e. be aware of equipment stored on the deck for use by swimmers - kickboards, pull buoys, hand paddles (use equipment as needed and return appropriately)
  - f. be aware of other equipment in the area (tables, chairs, timing equipment, lane lines, lane storage reel, physical education equipment)
  - g. stay off the lifeguard stand at all times
  - h. no horseplay, rough-housing, hazing or initiations.
- **NEVER** do a pike/scoop/whip or deep dive in the shallow end of the pool -- flat shallow racing dives only where depth permits.
- Do water starts in pools that do not permit shallow racing dive starts.
- **Never** attempt to dive or jump over the backstroke flags.
- Check the water beneath the diving board if entering from the board.

**Emergencies**

Because of the nature of Swimming/Diving, some injuries will occur. All injuries must be called to a coach and trainer's attention. Most will be minor and can be managed with basic first aid. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills. **DO NOT** move the victim!
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Helping with the injured person
  - b. Directing athletic trainer to injured player
  - c. Calling for additional assistance
  - d. Bringing first aid equipment or supplies to the site
  - e. Keeping onlookers away
  - f. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
  - a. Evacuate or remain outside the building
  - b. Move and remain 150 feet away from the building
  - c. Be prepared to implement the emergency procedures outlined in #4

**I understand that the risks of engaging in the sport of swimming/diving include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system and serious injury or impairment to other aspects of the body, health and well-being and may impair future abilities.**

**ACKNOWLEDGMENT**

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Oak Creek High School Swimming/Diving Team.

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Athlete Signature

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Date

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Parent/Guardian Signature

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Date