



RASCALS.
RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS

SwimMark
ESSENTIAL CLUB

RASCALS Medical Policy (June 2020)

Injuries Which Occur During Swimming/Training Sessions

Main & Small Pool

If a Member sustains an injury during training, initially it is the Coaches'/Teachers' responsibility to deal with the situation by :

1. Asking the Member to get out of the pool if possible.
2. Discuss with the Member the nature of the injury.
3. Short time out of the water to allow the injury to settle down (e.g. cramp).

Should any of the above not be possible, the Lifeguard on duty should be alerted immediately. The Leisure Centre Staff will then take over and take appropriate action. If an ambulance is required it is deemed that the Member should not continue with training and the Parent/Guardian be informed IMMEDIATELY by a Coach/Teacher, Welfare Officer or Member of the Committee.

The accident must be recorded in RASCALS Incident Books, located in the RASCALS Safes' at Ripley and Alfreton Leisure Centres and also the Leisure Centre Accident Book at the time, or as soon as possible afterwards. Notification of the incident along with the details of where it has been recorded must be provided to the Welfare Officer or Vice Chairman as soon as possible.

If a Coach/Teacher needs to deal with a Member at any time under these circumstances, appropriate cover for the training session needs to be provided in accordance with Wavepower 2020 - 2023 and SwimMark.