

VSI Safety Committee Report
Feb. 28, 2006

The VSI Safety Committee continues to place a “Safety Tip” on the VSI Web Site every month. Topics have included dealing with a head injury, specific roles of a Marshal, dehydration, and contents of a first aid kit.

As children gain more experience in dive-over starts, they tend to instinctively hang onto the wall under the blocks. The recommendation from the VSI Safety Committee will be for the preceding swimmer to “hug the lane line” next to the wall, thus moving away from the diving path of the incoming swimmer.

Final tally of calendar year 2005 shows 31 reported VSI swimmer injuries. 33% of these injuries occurred in practice. Marshals appear to be present on deck in the required minimal numbers throughout the meet; however there is still an overall need for more focused Marshal observation of the swimmers during the warm up periods. On a different topic, Marshals should never permit a child to swim under a bulkhead, and if such behavior is observed, the child should be asked to exit the pool and the Meet Referee / Meet Director and the Coach should be notified.

To date, all 44 VSI teams have a listed Safety Coordinator for their team.

Marshal vests are still available for \$10. Contact David Strider, if interested.

The CPR / Basic Cardiac Life Support guidelines, including the defibrillation guidelines for first responders, have changed significantly. The new guidelines provide many more chest compressions per breathing cycle (i.e. ratio of 30 compressions to 2 breaths). Most health care leaders recommend that a portable defibrillator be on site, mounted on the wall at large venues. Such readily accessible defibrillators complement early CPR and save lives.

Current members of the VSI Safety Committee are Rosie Schiavone (Vice-Chair), Angela Howsmon, Larry Wilder, Greg Ryder, Bob Hood, Ben Hair (athlete), Leslie Ayers, Al Thompson, and David Strider (Chair).