

Aquatics Safety Policy

Pre-Assessment and Identification of Students

- 1) Any medical exclusion from swimming received by the School Nurse from a physician will be communicated promptly to the Health and Physical Education staff.
- 2) No student is ever allowed to swim or enter the water for any reason until a certified lifeguard is present to provide supervision.
- 3) All students must be pre-assessed for swim skills before participation in the water
 - a. Require successful completion of swim tests of all students to enter water that is deeper than their armpits
- 4) Teachers will document the swim test results of each student and place in student's file.
- 5) All tested students will be clearly marked with one of three colored bracelets so they are easily identifiable while in the water:
 - a. Red bracelet – Beginner level – restricted to shallowest region of pool within reach of side wall – these are the students at greatest risk
 - b. Yellow bracelet - Intermediate level – restricted to shallow end of pool extending to within 3 yard zone prior to reaching the safety rope.
 - c. Green bracelet –Advanced level – allowed to swim in deep water with supervision and assists other students in the shallow end of the pool.

Lifeguard Staff

- 1) The Health and Physical Education teacher/instructors are ultimately responsible for maintaining their own current certifications in the following:
 - a. American Red Cross Lifeguard or equivalent
 - b. Professional Rescuer CPR/AED or equivalent
 - c. Professional Rescuer First Aid or equivalent
 - d. American Red Cross AED Management Certification or equivalent
- 2) The Supervisor of Health and Physical Education will facilitate staff professional development opportunities for all certified staff who instruct in Waterbury Public school aquatic environments to maintain their certifications to the greatest extent possible.
- 3) All Lifeguards/Teachers will maintain minimum strength and lifting requirements equivalent to Red Cross standards in order to perform certification requirements when teaching in the pool.
 - a. Staff are responsible to immediately notify their principal and Supervisor if/when they are experiencing any impairment of their physical ability to meet these requirements, even if only temporarily.
- 4) Teachers instructing in the pools will conduct daily, ongoing safety inspections to be tracked on a daily log checklist that includes, but is not limited to:
 - a. Rescue and safety equipment
 - b. Deck and facility equipment
 - c. Applicable emergency alarm systems
- 5) In the event that an inspection reveals issue(s) that pose an immediate threat to student safety, the inspecting teacher must restrict student access to the area and report the issue promptly in writing to the school principal for inclusion on his/her building report for referral to the Inspector of School Buildings office.
- 6) Building principals will be responsible to review the pool logs monthly.

Aquatics Safety Policy, continued

- 7) In the event that an aquatics teacher/instructor is, for any reason, determined as unfit or unable to meet the basic physical requirements to perform water rescues as needed, said teacher/instructor may not be regarded as a viable lifeguard for supervision purposes, and may be subject to temporary and/or permanent re-assignment at the discretion of the Supervisor of Health and Physical Education.

Document Retention

The Supervisor of Health and Physical Education will keep on file copies of all current staff certifications and trainings required for lifeguarding, including the following:

- CPR/AED for the Professional Rescuer
- First aid
- Lifeguarding
- Staff orientation and training information
- In-Service training records
- Accident/incident reports pertaining to aquatics rescues

Hiring Practices for Secondary Physical Education Teachers Serving as Lifeguards

In addition to existing screening of potential candidates for all other Health and Physical Education teaching positions, the Supervisor of Health and Physical Education reserves the right to require the following if any candidate is not currently lifeguard certified:

- Physical testing including successful completion of the student swim test skills battery, distance swimming, strength and lifting and treading water requirements using the American Red Cross Lifeguard Certification standards
- Hire conditionally or postpone appointment with stipulation to acquire all six (6) aquatics certifications required (First Aid, Adult/Child/Infant CPR, AED for the Professional Rescuer and Lifeguarding) within a specified period of time

Lifeguard Readiness

- 1) All Health and Physical Education teachers instructing/supervising swimmers within the pool environment must wear a bathing suit at all times. This policy facilitates the rapid response capabilities of all staff lifeguards to safely execute situational responses including water rescue(s) at any given moment. This will enable the PE and Health instructors to be available to assist in any and all necessary rescues at a moment's notice without any clothing limitations that could hinder response time.
- 2) Failure to comply with this policy will subject the offending teacher/instructor to suspension or exclusion from instructing in the aquatic environment and/or progressive disciplinary action.

Pool Supervision

- 1) Regardless of how many adults are available and present to supervise students in the pool, a minimum of at least one (1) must possess current Lifeguard certification.
- 2) Instructor/lifeguards are allowed a reasonable degree of flexibility to make adjustments in class structures/lessons in order to maintain a pool environment that is safe for students.

Aquatics Safety Policy, continued

- 3) Whenever a school swimming pool is used by one or more students for aquatic activities, including, but not limited to, swimming recreation, instruction, lessons or competitions, there shall be at least one person present, in addition to any swimming coach, instructor, teacher or other person conducting or supervising such aquatic activities, whose primary responsibility is to monitor such the school swimming pool for swimmers who are in distress. Such person shall:
 - a. be certified as a lifeguard by the American Red Cross, or another nationally recognized organization that conducts aquatic training programs,
 - b. be certified in cardiopulmonary resuscitation, pursuant to section 19a-113a-1 of the regulations of Connecticut state agencies, as amended from time to time, and
 - c. have completed a course in first aid and on the use of an automatic external defibrillator offered by the American Red Cross, the American Heart Association, the Department of Public Health or any director of health, as certified by the agency or director of health offering the course.
- 4) The provisions of this subsection shall not apply to swimming practices at which there is present at least one swimming coach or other person who has completed the certifications and courses described in subsections (a) through (c) of this section.
- 5) Supervision considerations require the following:
 - a. One rescue tube per lifeguard, to be readily available at all times
 - b. One summoning device (whistle) per lifeguard, worn at all times
 - c. Emergency call system available to notify 9-911 and/or other staff
 - d. Backboard with a minimum of three body straps and a head restraint system available
 - e. Shepherd's Crook available in a readily accessible location in proximity to the pool
 - f. Ring buoy equipped with tow line available in a readily accessible location in proximity to the pool
 - g. When cloudy water conditions prohibit clear sightlines all the way to the bottom of the deepest section of the pool, students shall be prohibited from swimming in the pool until said water clarity is corrected
 - h. At all times, a floating safety rope will be placed to signify depth changes from shallow play areas, from shallow to deep water, or any sudden changes in water depth
 - A safety line sturdy enough to support an adult with his or her head out of the water will be in place
 - i. All school pools will be equipped with an audible emergency alarm system to summon help to the pool area
 - Teachers will conduct and document tests of the emergency alarm systems no less than weekly when they are using the pool
 - j. Regular inspections for any defective conditions/repair requirements will be conducted daily by the instructor
 - Secure defect area or equipment problem until repair completion confirmed
 - Report all defects or repair requirements, and obtain confirmation of repair
 - k. Starting blocks will be covered or restricted when not in use to prevent unauthorized and untrained access
 - l. At teacher/lifeguard's discretion, reserve the right to require certain students to wear a PFD in order to insure safe participation

Aquatics Safety Policy, continued

- m. Instructors must activate surveillance systems or alarms prior to departure whenever pool area is unsupervised for any reason
- n. Permanently mounted pool rules, regulations, warning signs, and procedures for use of the aquatic facility, diving areas in the pool, decks and locker rooms will be conspicuously posted in all pool areas.
- o. Health and Physical Education Teachers/Lifeguards are expected to periodically review the rules with students and enforce all safety rules firmly and consistently

Aquatic Safety Management

- 1) The Supervisor of Health and Physical Education and building principals will collaboratively implement and apply performance evaluations, safety procedures, and training requirements that continually improve safety and loss prevention.
- 2) The Principals and Supervisor will monitor, evaluate, and modify procedures by aquatics management on an ongoing basis to ensure safety and loss prevention.
- 3) Accident/incident reports will be reviewed monthly by the school administration and quarterly by the Supervisor of Health and Physical Education to:
 - a. Determine if corrective action is needed
 - b. Identify training and supervision issues
 - c. Ensure accurate reporting and documentation of incidents and outcomes
 - d. Evaluate effectiveness of emergency procedures; and
 - e. Discuss on a quarterly basis as part of the district's overall risk management strategies.
- 4) Waterbury Public School Pool policies will maintain compliance with the State of Connecticut Department of Public Health Code 19-13-B33b. (Public Pools)

Medical Exclusions

- Any medical exclusions from swimming received by the School Nurse from a physician will be communicated promptly to the Health and Physical Education staff.
- Recommendations for exclusion from swimming must be supported by a physician's medical order.

Extracurricular - Competitive Swimming and Diving

Swimming and diving coaching staffs for interscholastic teams must meet the following minimum requirements and expectations in order to conduct practices and meets in city pools:

- a. Possess current State of Connecticut Coaching Certificate
- b. Possess current American Red Cross CPR & AED certification or equivalent
- c. Possess current American Red Cross First Aid certification or equivalent
- d. Possess current American Red Cross's Safety Training for Swim Coaches or current Lifeguard Certification.
- e. All competitive swimming and/or diving practices and competitions will be actively supervised at all times by a minimum of one (1) certified lifeguard
- f. When not in use, starting blocks will be covered or restricted to prevent unauthorized and untrained access

Aquatics Safety Policy, continued

After School, Summer and Specialty Camps

- 1) Prior to all Non- Department of Education, and/or Community Use of Public School Aquatic Facilities, the responsible Sponsoring Organization and/or Individual, must have completed the Education Department Application for Public School Pool Use, paid all required fees, properly signed the City’s Acknowledgement of Conditions for Use of City Pools Indemnity and Hold Harmless Agreement, and provided the required Certificate of Insurance Coverages:
 - a. General Liability Insurance of \$1,000,000 per occurrence / \$2,000,000 aggregate limits and coverage to include claims for Bodily Injury and Property Damage Liability
 - b. Worker’s Compensation Insurance with limits commensurate with applicable Connecticut Statutes
 - c. Waiver of Subrogation for both General Liability and Worker’s Compensation Insurance in favor of the City of Waterbury and Board of Education
 - d. Additional Insured status to be conferred to the City of Waterbury with respect to General Liability Insurance

- 2) Outside organizations and/or individuals must ensure that after-school personnel, summer and specialty camp counselors receive additional training in order to comply with the following:
 - a. Follow posted rules and regulations and specific supervision responsibilities for the aquatic facility with fidelity

