Safety Notes for Templemore Swimathon 1-2 November 2008

200 people have registered to swim throughout the 25 hours, 25% of which will swim in the first 3 hours of the event.

We will run a tuck shop and have people staying overnight. Chest, Heart & Stroke will be hosting a blood pressure clinic in the physio's room.

There should be someone on the main door to ensure that people not connected to the Swimathon do not gain access. No doubt there will be the usual accompanying aunts, uncles, grandparents etc which is obviously ok. Doors will be locked at 10pm and reopen at 7am.

We need a roll of all persons present during the overnight 'lock in' in case of evacuation. Swimmers wishing to leave through the night should phone in and a volunteer should accompany the swimmer to the door.

We must have at least 2 adults, preferably one male, one female in the upstairs room during the 'lock in'.

All 4 lanes will operate – the greatest accumulation being during the first 3 hours on the Saturday evening. At least 1 person will have to be in charge at each lane during this period.

For lane 4, which will be the 25 hour lane, the person supervising needs to ensure that swimmers are ready to take over. Always watch out for swimmer fatigue during their 25 minute stint and be appropriately dressed to take a dip yourself if needs be!

Lane 1 will be for the younger swimmers. Floats & woggles will be readily available along with other safety equipment as required.

We need to limit people in the pool area to those who are swimming and those getting ready to swim their slots. Spectators to remain at the "entrance door" end of the pool. All swimmers will start from the "deep end".

People not swimming should not be walking/running around the poolside.

We will have a designated Life Guard/First Aider for each session who must be poolside at all times.

During busy periods ie Saturday evening and Sunday afternoon when we have a lot of younger children in the pool we will need to have a further person poolside in addition to the Life Guard.

Children and adults cannot swim in the same lane unless they are from the same family and no one apart from them is swimming in that lane. Those that have pre-registered to swim

have already been allocated appropriate lane space. Those simply turning up will be managed at the check in area who will liaise with those a poolside.

Spills and excessive wet areas must be mopped up and relevant signage displayed. Mops etc are available from the staff office. In particular consider the tuck shop area that will run from the start of the swimathon to 10pm and then reopen at 9am on the Sunday through to the finish. The stairs should be monitored and the entrance hall, the latter in particular if it is wet outside.

All volunteers need to be familiar with the Emergency Action Plan (EAP). Know where the panic buttons are poolside, First aid kit, Rescue aids, Emergency Exits. All to liaise with the on duty life guard in advance of their “shift”.

The designated Emergency Assembly Point will be in the car park next to Templemore where a roll call needs to taken.

Each team need to do a formal handover of keys etc so please arrive in good time before you are due to start.

A note of any accident should be taken and reported to the organiser asap.

Emergency phone numbers will be left at the check in desk.