

Swimmer Safety & Wellbeing

How to support swimmers in & out of the pool

Safety & lifeguarding skills and dealing with an incident or tragedy.

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RELAY2025
CLUB DEVELOPMENT
COACH SUPPORT
— KANSAS CITY —

Presenters



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Session Goals

- Keep swimmers safe in practice and events
- Recognize risks specific to adults
- Respond quickly and effectively in emergencies
- Support teammates after incidents



Breakout Discussion

“The Faint Swimmer”

- Small Groups of 4-6 people each
- Introduce yourselves
- Designate a note taker who will share out to the room

Scenario: During a main set, a swimmer suddenly stops mid-length, grabs the lane line, and looks dazed. Another swimmer notices and calls for the coach. The swimmer says they “just feel lightheaded” and starts climbing out, but then collapses on deck.

Each group answers:

What should happen **immediately**?

Who should do what — swimmers, coach, lifeguard, teammates?

What details are important to share with EMS when they arrive?

How do you support the rest of the team afterward?



In-Water Safety

- Safety training for swim coaches and CPR certification
- Review emergency skills annually
- Recognize signs of Cardiac Distress, stroke, heat related emergencies
- Promote safety awareness across all lanes



Staying Alert on Deck

- Coaches stay engaged and scanning at all times
- Swimmers report if they feel unwell
- Lane leaders help monitor others
- Lifeguards protect; coaches observe first



Prevention & Swim readiness

- Encourage self-assessment before practice
- Warmups and cooldowns prevent injury
- Adapt training for pre-existing conditions or recent injuries
- Open-water sessions



Emergency Action Plan

- Know your facility's EAP and access points
- Assign roles for calling 911 and guiding EMS
- Practice scenarios quarterly with coaches
- Ensure AED and first aid kit, rescue gear is accessible
- Keep updated emergency contact info on swimmers



Incident and tragedy response

- Stay calm and take control of the scene
- Call EMS immediately and give clear details
- Respect privacy when sharing info
- Offer emotional support to teammates



After the Incident

- Record facts: time, actions, outcomes
- Identify what went well and what didn't
- Update training and protocols
- Share lessons learned with coaching staff and volunteers



Key Takeaways


- Safety is everyone's job
- Preparation prevents panic
- Calm action saves lives
- Recovery includes emotional support



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Wrap-Up / Questions & Answers

**Don't be afraid. Ask away.
(If you're thinking it, someone else
probably is too!)**

Next Steps / Call to Action

1. **Review your Emergency Action Plan (EAP). Make sure everyone knows their role.**
2. **Schedule a safety check. Confirm AED, first aid kit, and rescue gear are visible and functional.**
3. **Refresh training. Revisit CPR, first aid, and emergency scenarios with coaches and swimmers.**
4. **Share lessons. Discuss today's safety takeaways at your next team or LMSC meeting. Promote awareness.**
5. **Remind swimmers: if you feel off, stop and tell the coach.**





AED Demonstration

Voice prompts guide every step

**Pads are clearly labeled and pre-connected
for quick placement.**

**The AED automatically analyzes heart rhythm
and tells you if a shock is needed.**

**Simple buttons and clear voice/lights make it
usable by anyone with minimal training.**



**Next Up:
9:00am-9:45am**

**Creating Local Coach
Development & Mentoring Programs
Salons A-E**

**Recruiting & Training Club Volunteers
Arkansas/Illinois/Iowa/Kansas**

**How to Support Open Water
Skills Clinics
Hallway Outside Salons A-E**

Resources

- USMS Safety Training for Coaches
- American Red Cross CPR & Lifeguarding
- USA Swimming Adult Safety Guidelines
- Local emergency contacts and EAP handout

