

Health and Safety Guidelines for Masters Swimmers

Purpose

These guidelines have been produced by the ASA Masters Committee for the benefit of all Master Swimmers, although their observance would benefit swimmers of all ages. They are intended to cover swimming in public sessions, club sessions, training sessions, and competition. Should readers identify any omissions or improvements, they are requested to send their comments and suggestions to the Masters Administrator, Tracey Carecci.

General

- Know your limits. Have regard for your age and state of health. Do not try to emulate younger swimmers to the detriment of your own well being.
- Do not train or compete if you are ill or are feeling overtired or unwell, particularly if you have a virus infection.
- Do not swim within 2 hours of a heavy meal.
- Be responsible for your own safety and consider the safety of others, and immediately report any poolside/pool hazard to the lifeguards, or at a competition, the warm up Marshalls or the Referee.

Diving in the Pool

- Always check that the water depth is suitable before diving or jumping in, and beware of any obstructions under water, e.g. underwater cameras or other objects at major competitions.
- Do not dive into swimming lanes except under the instruction of a coach.
- In competition warm-ups, dive or do backstroke starts only in designated sprint lanes.
- Never dive when to do so would endanger other swimmers.

Swimming

- Take care when putting on and removing goggles, carelessness can cause serious eye damage
- Never swim alone or without a lifeguard present, however competent you may be.
- Always swim in the same direction as the other swimmers in the lane.
- Be aware that collisions with other swimmers can cause serious injury.
- Always obey the instructions of competition warm up marshals.

On the Poolside

- Beware of slippery areas, especially where steps or stairs are likely to be wet.
- Always wear footwear in the spectator areas.
- Pay attention to safety announcements, and read safety notices, both posted at the pool or distributed with competitor information.