

## **Safe Sport Update**

I continue to update the Safe Sport section of the webpage. Each month, I update the club section with a series called "Safe Sport Monday." These are scenarios generated for coaches to use with swimmers on a monthly basis. The goal is to have the coaches spend 5-10 minutes a month having a discussion with swimmers about the core Safe Sport principles. I doubt any of us got involved with youth sports to have to lead these types of discussions, but they are an important part of the lessons we can provide the youth and to ensure swimming has a culture of physical and mental health.

I have also added a tool generated by USA Swimming that Clubs can use to evaluate the Safe Sport Culture for their team. This is listed as the Safe Sport Self-Assessment. When you are finished, you will receive a copy of your responses that you can use to review the club's self-assessment. USA Swimming is also available to provide feedback on your self-assessment if you choose.

## **Codes of Conduct Policies**

I have worked with two teams this year with situations related to Safe Sport. The situations were factually different, but both related to Code of Conduct issues. I would recommend that clubs review their Code of Conduct Policies. USA Swimming requires clubs to have policies and action plans for: Bullying, Electronic Communications, and Team Travel. If your club does not have a policy, you are covered by the default policies of USA Swimming. I would recommend clubs review their policies if they have them and the USA Swimming Policies and Action Plans if they do not. USA Swimming also has recommended policies for photography and locker monitoring if you are interested in adding those to your club's policies and procedures. All of these policies are available in the Safe Sport section for Clubs on our website.

If you have any questions about how to handle a situation that you cannot resolve through your own club policies, please feel free to contact me. If I cannot help you, or if the situation is more difficult than we can work through, I will help connect you with the Safe Sport representatives at USA Swimming. I find them very knowledgeable and easy to work with.

## Safety Chair Report

4/2/2017

Paula Gordon

### 1. Credentials:

- a. Team leadership should check all coach's credentials before beginning each season. Each club should delegate one BOD member to make sure ALL coaches are credentialed before practices begin. All coaches should have a Deck Pass on USA Swimming. Credential status found on Deck Pass app. Green is current, red is expired. Yellow/orange is one month prior to expired. Register for Deck Pass on USA Swimming.
- b. Update credentials in a timely manner. Background checks are taking 2-3 MONTHS, due to increased use by corporations and business.
- c. Check all non-athlete members credentials are updated before competition.
- d. Remind parents and spectators that only credentialed employees should be on deck during practices and competitions.
- e. All teams hosting meets should have wrist bands for credentialing before the meet begins. Bands provided by the SDLSC through the Safety Chair, [safetycoordinator@sdswwimming.org](mailto:safetycoordinator@sdswwimming.org)

### 2. Deck Control

- a. Meet Deck Control: Meet Marshalls (plural) need to know the duties before volunteering. Please see the job description on the Safety tab with the Meet Marshalls. **All registered non-athletes on deck (other than timers) need to show a photo ID and their updated credentials via Deck Pass or a current registration card and wear their wristband throughout the competition. Meet Marshalls will ask anyone not wearing the correct color wrist band to leave the deck.**
- b. Practice Deck Control: **Coaches must manage their deck.** Anyone on the deck that should not be there (only the athletes and coaches should be on the practice deck) has no USA Swimming insurance and the coach in charge of the practice will assume liability. Distracted coaches also assume liability for what goes on on the deck and in the pool. Defining the deck space allows swimmers to swim, coaches to coach and parents to watch.

### 4. Online Report of Occurrence

- a. All occurrences need to be reported for insurance to be used. Insurance is a benefit of membership! Use paper copy at meets and complete online when at computer. Do not have the injured complete the form! Send a copy of the receipt to the Safety Chair, [prgordon20@gmail.com](mailto:prgordon20@gmail.com) or [safetycoordinator@sdswwimming.org](mailto:safetycoordinator@sdswwimming.org)

### 5. Weather Policy:

- a. Check your facility weather policy.

- b. Download mobile apps with lightning-tracking ability (Weatherbug, Lightning Tracker, etc)
  - c. Have a severe weather plan and make sure all coaches can follow it (access to sending group texts or emails from the facility).
6. Hospitality/Concessions
- a. Clubs hosting meets should consider food allergies when planning for meets. Many coaches and officials cannot leave the venue for hours at a time and need access to healthy choices of food and drink. Simple options that don't mix food groups are best, ie: don't mix wheat, dairy or nut products into one dish, as those are common allergies. Rather than pre-made sandwiches, offer a variety of breads, meats, cheeses and condiments.
  - b. Post the meals planned per session in the meet information.
  - c. Keep it simple, but with options. Good meet hosts draw teams back for future meets.

Air Quality product:

The system itself is an innovative new approach to pool water disinfection that uses Oxygen and Hydrogen to create a Hydroxyl Radical (an OH-molecule), which, as you may know, is a very fast acting, broad-spectrum disinfectant able to oxidize much of the organic loading of the pool.

It is a dry box so does not have water passing through it. Rather we manipulate ambient air (destabilizing diatomic Oxygen, O<sub>2</sub>, into monoatomic Oxygen, O<sub>1</sub>) and inject it into the water by way of a Venturi injector on a bypass, which is where the O<sub>1</sub> combines with a Hydrogen atom from H<sub>2</sub>O, thus creating a very high volume of Hydroxyl radicals. Subsequently, as a residual, Hydrogen Peroxide is a secondary effect of this process, and is usually created in levels around 1.0ppm within the body of water.

This is why Clear Comfort delivers the cleanest, healthiest, safest water you can have in your pools. It works seamlessly with any existing application of chlorine as a complimentary disinfection and oxidation method in commercial pools, or as a stand-alone, two-stage disinfection system for residential pools.



The technology itself is based on a naturally occurring atmospheric process and our specific method is backed by scientific studies (linked below). It has been proven in the field to rapidly oxidize organic material and reduce total consumption of chlorine; reduce disinfection precursors and resulting toxic chlorine byproducts; and destroy chlorine-resistant protozoa more effectively than chlorine.

Considered an Advanced Oxidation Process (AOP), it begins by significantly reducing the organic loading of the pool prior to the typical addition of chlorine. This reduces the amount of chlorine required (if any, for residential pools) and allows the chlorine to work more effectively as free chlorine throughout the body of water. Furthermore, as the water circulates back through the highly oxidative process, up to 90% of the chlorine disinfection byproducts are eliminated, along with any new organic material.

This equates to several benefits for your clients' pools, including a reduction in chemical usage and exposure; a reduction in energy consumption and operational expense; a reduction in associated pool odors and irritants; and an improvement in air and water quality that swimmers and homeowners will expect and appreciate.

#### \*\*\*\*\* STUDIES \*\*\*\*\*

- [Chlorine Reduction in Commercial Pools](#): Reduced organic loading and 50-80% reduction in chlorine consumption.
- [Disinfection Byproduct Removal](#): Effectively removes disinfection precursor and toxic byproducts, including 91.5% of Haloacetic Acids (HAAs), 84.8% of Trihalomethanes (THMs), and 68.9% of the carcinogen Chloroform in this case.

- [Measurement of Inactivation of Cryptosporidium parvum](#): Better protection for swimmers by delivering a 99.99% reduction in Cryptosporidium in less than one hour.
- [Bather Load Water Recovery Test](#): a summary of a study simulating a significant bather overload that demonstrates how well our system recovers the water with no other chemical additives or shock treatments.
- [Technology Sheet](#): Click to see how the technology works.
- [Clear Comfort FAQ's](#): Click to see our Frequently Asked Questions.
- [YMCA: Letter from the CEO](#)
- [YMCA: Daily Camera newspaper article](#)

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The Clear Comfort technology has been proven in very demanding environments, such as the Los Angeles Unified School District, the University of Arizona, Swim MAC in North Carolina, and in [YMCA's](#), hotels, health clubs, and municipal pools around the country.

We'd love your help in being introduced to the pools in Sioux Falls to help improve their water and air quality!

## Tech Planning Report HoD Meeting 4.2.17

The tech planning committee has been meeting regularly since November to discuss changes to the State Championship meets. We are currently working on getting a formal proposal together for the Fall HoD meeting.

Here is a summary of changes we are looking at proposes:

Qualifying Times – keep the same system for determining SDQ times but set minimums at BB times for girls and B times for boys. This will help tighten the time standards where they need to be but still keep our swimmers determining their own qualifying standards.

Format –

Moving to a 3 day prelim/final format with 11 & overs prelim/finals and 10 & unders timed finals in the afternoon sessions. Looking at doing an A/B final for 13-14 and 15 & overs for most events. The 400 IM & 500 Free will only have an A final and the 1000 & 1650 will be timed finals. This would combine the 15-6 & 17-19 age groups into one. Looking at both of those age groups, numbers are small in the 17-19 age group and combining them would be in line with other USA Swimming championship meet formats.

Looking at several different options for event order/set up for the meet still. Prelims would be run mixed age and then split out for finals. That would help the kids be swimming against different swimmers in prelims and then finals.

We are possibly looking at doing the 10 & unders in just 2 days. They don't necessarily need 3 days to do their events and would get plenty of rest with move events. On that third day without 10 & Unders we could run the 1650 heats, which would help with the timeline. Not sure if we would try 10 & unders on Friday/Saturday or Saturday/Sunday yet. Want to look at more specific event orders before we decide.

Our goal is to have a proposal to the board to by mid summer and then have a formal proposal for the HoD in the Fall. Our meeting minutes are posted on SD Swimming. If you have any comments or questions please feel free to contact one of us. My email is [techplanning@sdswwimming.org](mailto:techplanning@sdswwimming.org).