

Emergency Action Plan

Kosatka Swimming Club Objective:

The purpose of this Emergency Action Plan (EAP) is to provide clear procedures and guidelines to ensure the safety and well-being of swimmers, staff, and spectators in the event of an emergency during swim club activities.

1. Emergency Contacts:

- Swim Club Directors: Nina Orban (818) 747-6997
 Inga Revekko (818) 395-8941
 Tomash Kotlinski (707) 535-6808
- Head Coach: Dmitriy Koshel (213) 645-3303
- Lifeguard Supervisor: Dziyana Koshel (213) 645-3305
- Local Emergency Police: 911

2. Staff Roles G Responsibilities:

Lifeguards:

- Monitor swimmers at all times.
- Respond to emergencies promptly.
- Administer CPR and First Aid if necessary.
- Direct swimmers out of the water in case of an emergency.
- Ensure access for emergency responders.

Coaches/Staff:

- Alert lifeguards of any unusual behavior or possible issues.
- Assist in evacuating swimmers from the pool area if needed.
- Help manage the situation by guiding swimmers, spectators, and others safely.
- Ensure all swimmers are accounted for.
- Provide first aid if qualified and assist emergency responders.

Designated Emergency Response Coordinator (ERC):

- Ensure the emergency plan is activated.
- Communicate with emergency services and manage the coordination of the response.
- Keep track of all swimmers and staff members.

3. Types of Emergencies and Procedures:

A. Water Rescue (Drowning, Submersion, or Injury):

- Immediate Action: Lifeguard enters the water immediately to assist the swimmer.
- Use a rescue tube or lifeline if necessary.
- Signal other lifeguards for help.
- Assess the swimmer's condition (conscious, unconscious, breathing, etc.).
- CPR/First Aid: If the swimmer is unresponsive and not breathing, perform CPR and/or rescue breathing. If necessary, use an Automated External Defibrillator (AED).
- Aftercare: Once the swimmer is removed from the water, ensure they receive first aid or medical attention if needed. Call emergency services if necessary for transportation to the hospital.

B. Medical Emergency (Non-Water Related Injury or Illness):

- Immediate Action: Assess the situation to determine if it's life-threatening (e.g., head injury, severe allergic reaction, chest pain).
- Administer first aid or CPR if trained.
- Call emergency services immediately if the condition warrants it (e.g., if the swimmer is unconscious or has difficulty breathing).
- Aftercare: Ensure the swimmer is kept calm and still until emergency personnel arrive. Communicate with the swimmer's guardian or family, if applicable.

C. Fire or Evacuation: Immediate Action:

- Alert all personnel and swimmers to evacuate the pool area calmly.
- Use the nearest exit. Direct swimmers and spectators away from the building to a designated assembly area.
- Call 911 and report the fire's location.
- Ensure everyone is accounted for at the assembly area.
- Aftercare: Do not re-enter the building until declared safe by emergency responders. Provide first aid to any individuals with smoke inhalation or minor burns.

D. Weather-Related Emergencies (Lightning, Severe Storm):

- Immediate Action: Evacuate the pool area immediately if lightning or severe weather is imminent.
- Take shelter in a safe location (indoors or in a vehicle, away from tall structures).
- Suspend all activities and clear the water of swimmers.
- Aftercare: Only allow swimmers and staff to return to the pool once the storm has passed and it is safe to do so.

4. Training and Drills:

Staff Training:

- All swim club staff, including coaches and lifeguards, must be certified in CPR, First Aid, and AED use.
- Certification must be renewed every 3 years.
- Annual review of the Emergency Action Plan. Regular in-water and out-of-water emergency drills, including water rescues, CPR, and evacuation procedures.

Swimmer Training:

- All swimmers must be briefed on emergency procedures and aware of the location of exits and the assembly area.

5. Post-Incident Reporting:

After any emergency, an incident report must be completed, documenting:

- The nature of the emergency.
- How the situation was handled.
- Names of individuals involved.
- Actions taken by staff and emergency responders.
- Any follow-up or medical care required.
- The report should be submitted to the Swim Club Director and the facility's management for review and improvements to the emergency plan.

6. Review and Updates:

This Emergency Action Plan will be reviewed annually and updated as needed to ensure its effectiveness. Any changes in the facility, staff, or operational procedures will be reflected in the updated plan.