

# **Health and Safety Policy**

## **Burlington Masters Swimming Club**

### **Policy Commitment**

Burlington Masters Swim Club (BMSC) is committed to providing a safe, healthy, and respectful environment for all swimmers, coaches, volunteers, and spectators. The Club will take all reasonable steps to prevent injury and illness during practices, competitions, and club activities.

Safety is a shared responsibility.

### **Responsibilities**

#### **BMSC Board**

- Maintain appropriate insurance and affiliation through Swim Ontario
- Follow Swim Ontario incident reporting procedures
- Ensure this policy is reviewed every two years

#### **Coaches**

- Hold current coaching certifications
- Enforce lane etiquette and safe equipment use
- Modify workouts when safety concerns arise
- Notify BMSC Board of any injuries and incidents

#### **Swimmers**

- Swim within personal ability and fitness level
- Inform coaches of relevant medical conditions
- Adhere to BMSC Swim Etiquette and Swim Ontario Code of Conduct

### **Pool & Practice Safety**

- Follow all facility rules
- Circle swimming rules must be followed
- Equipment must be used safely and as directed
- Lifeguard directions must be followed at all times

### **Emergency Procedures**

- In case of emergency, the response will be led by lifeguards
- Follow emergency instructions and guidance provided by lifeguards and provide support as requested in documenting and reporting injuries and incidents

### **Health & Conduct**

- Members should not attend practice if experiencing symptoms of contagious illness
- Open wounds must be properly covered
- BMSC supports a respectful, harassment-free environment consistent with the Safe Sport policies of Swimming Canada

This policy will be reviewed every two years by the BMSC Board.