THE LIHOU CHARITY LBG

Swimming Venus Pool & Lissroy Beach - Lihou Island

NOTE: This document is to be used in conjunction with the Normal Operating Procedures (NOP) for the above named activity and location

Staffing

- Minimum of two staff on duty at any one time of which at least one should hold a minimum current qualification of Royal Life Saving Society (RLSS) Emergency Response Activity Supervisor (ERAS)
- Maximum swimmer to qualified staff ratio of 1:10 but more staff if and when required by either conditions or participating swimmers

Role of the Person in Charge in the event of an Emergency

- To take command of the situation to prevent further incident or injury and to prevent any injuries from getting worse until outside assistance, if required, is on scene

Communication During an Incident

- An agreed system of communication between both assisting staff and participating swimmers will have been established and practiced prior to the start of the activity
- This will include both sound signals (i.e. whistle) and visual (i.e. hand signals)
- Any member of staff or participating swimmer to know and understand what is expected of them in the event of an emergency and know the location of the nearest telephone, mobile telephone and any lifesaving equipment

Emergency Equipment

- A bag on the beach adjacent to the activity that contains a first aid kit, group shelter, towel, mobile telephone and throw line

In the Event of An Emergency

- All other swimmers cleared from the water and instructed to gather at the agreed safe waiting area
- Assistance rendered to the swimmer in trouble by first TALKING/SHOUTING
- If that fails, by THROWING a swimming aid or throw line
- If that fails, by entering the water and REACHING for the casualty with a swimming aid, rescue tube or similar
- If that fails then IMMEDIATE outside assistance is required and the assisting staff should be instructed to summon professional help by phoning 999 or 112 and asking for the ambulance. They should return to confirm that they have done so

- If the swimmer is unconscious, then a CONTACT TOW maintaining a clear airway should be attempted
- Rescue breathing should begin as soon as the rescuer is in standing depth until assistance arrives to aid in the removal of the casualty from the water
- First aid, including CPR should continue until outside assistance is able to take over control of the casualty

Reporting an Incident

- All incidents must be reported and recorded to the agreed line manager and parent/guardian as soon as possible using the contact information provided on the participants medical/activity consent form
- Under no circumstance should and detail be submitted to any persons from the media who might be present
- A prepared statement made in conjunction with the parents/guardians (where appropriate) should be made public at the earliest agreed opportunity

Review the Incident

- All incidents, even minor, should be followed by a review of practices to reduce further risk of repeat incidents. NOP’s and risk assessments should be altered accordingly

Rescue Equipment

- First aid kits, throw lines and other items of rescue equipment replenished and cleaned and reviewed as to their effectiveness