HOW TO DO IT

Aquatics

Fun Games & Activities for Pools

Are your patrons bored with the same old instructional class sessions and recreational activities? Special events programming and competitive games can add excitement and variety, revitalize your staff, get you out of a programming rut, generate revenue, and help publicize your other classes offerings. Games and activities which are just plain "fun" will help you to increase your pool usage, introduce new activities into the community, and may provide an incentive to weak or non swimmers to improve their swimming skills. The following information is provided to help you successfully organize, promote, stage and supervise dive-in movies, inner tube water polo and underwater hockey games at your pool.

Dive-in movies

It's amazing how many people will show up to watch a movie they may have already seen, if permitted to watch the movie while bobbing around a pool in an inner tube. Aquatic professionals across the country are experiencing wide spread success in filling their pools to capacity with dive-in movie goers. Here's how you can provide a dive-in movie experience for your patrons too.

Make arrangements to rent a 16 mm movie projector, or you may be able to borrow a projector from a local school or park and recreation department.

Make sure all electrical equipment is plugged into ground fault circuit interrupters (GFCIs). Films can be rented from a variety of sources. Ask you reference librarian for a catalog of 16 mm movies for rent. Rental fees vary depending on the age and popularity of the particular movie. Films commonly shown during dive-in movies include:

- Jaws
- The Abyss
- Creature from the Black Lagoon
- 20,000 Leagues Under the Sea
- Splash
- Little Mermaid
- Piranha
- Orca
- Where the Boys Are
- Beanie & Cecil cartoons
- any movie filmed in 3-D

Many pools show short water safety films as previews to the major attraction, or between reels of the film.

Project the movie across the pool and against a natatorium wall. You can make an inexpensive screen by sewing several old white bed sheets together and hanging them on the wall. Some facilities have rented rear projection screens, but this ads to the cost of presenting the movie.

The acoustics in most natatoriums usually leaves something to be desired, but adequate sound can be provided by suspending stereo speakers in several locations around the deck. For safety reasons, make sure a public address system is available for use during the movie.

To prevent movie goers from being chilled, increase pool water temperature to approximately 90 degrees Fahrenheit. Maintain ambient air temperature 3 to 7 degrees higher than pool water temperature.

Most pools rent a limited number of inner tubes, or allow guests to bring their own tubes, rafts, air mattresses, and inflatable toys to float around in during the movie. You might want to restrict the size of inflatables brought into the pool, or groups may show up with 8-person river rafts and Zodiacs. Encourage non swimmers and small children to wear PFDs, since tubes may float into deep water. Some guests may prefer to bring lawn chairs or beach towels and watch the movie from the pool deck.

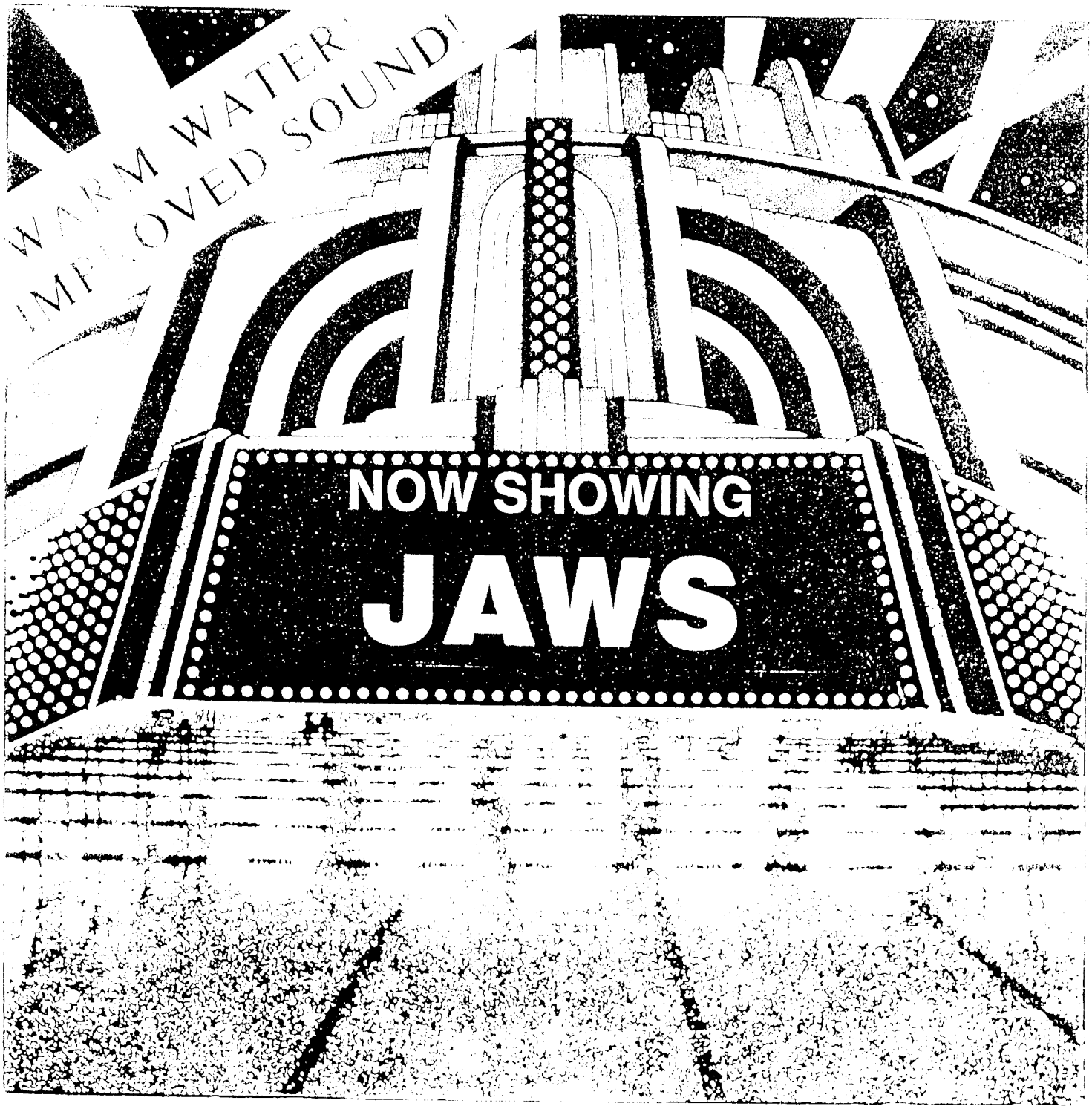
Obviously alcoholic drinks should not be permitted, but soft drinks and popcorn won't really hurt the pool.

Anticipate problems before they arise. Explain the rules before the movie starts and make sure you have provided more than adequate supervision for the size of the crowd. Station lifeguards on deck, in elevated lifeguard chairs, and at least one SCUBA lifeguard with a dive light underwater. Keep security lighting on, so the natatorium is not completely dark. Do not exceed maximum bather loads permitted by state code. You'll want everyone to have a good time and enjoy themselves, but stop the movie if the crowd gets too rowdy or some individuals get out of control.

To promote the event, print announcements, distribute fliers, set up a movie marquee in the pool lobby, send notices to the local newspapers, and invite the media. Dive-in movies may be a unique idea in your community, and although the novelty will wear off eventually, the initial publicity generated may help spark an increase in pool usage. Sponsors are easily approached to underwrite the cost of the screening, if large crowds and media coverage can be assured.

Courtesy Raging Waters, San Dimas, Calif.

DIVE-IN MOVIES



DIVE-IN MOVIE

Ticket sales begin: _____, 1992 at the Boys & Girls Club pool

Admission: $

Limited to the first _____ people.

Come out and enjoy a movie while floating on an inner tube in the pool. Bring your own flotation device or a limited number of tubes will be available for rent at the pool.

UNDERWATER HOCKEY

Underwater Hockey: No Zamboni Needed

Underwater hockey has been around for a period of close to forty years. It is played by thousands of participants around the world. The game is particularly popular in Canada, Great Britain, Australia, South Africa, New Zealand and France, and is beginning to have a strong following in the U. S., chiefly on college campuses. Recent international championships have been televised by ESPN. Underwater hockey will soon be an Olympic demonstration sport.

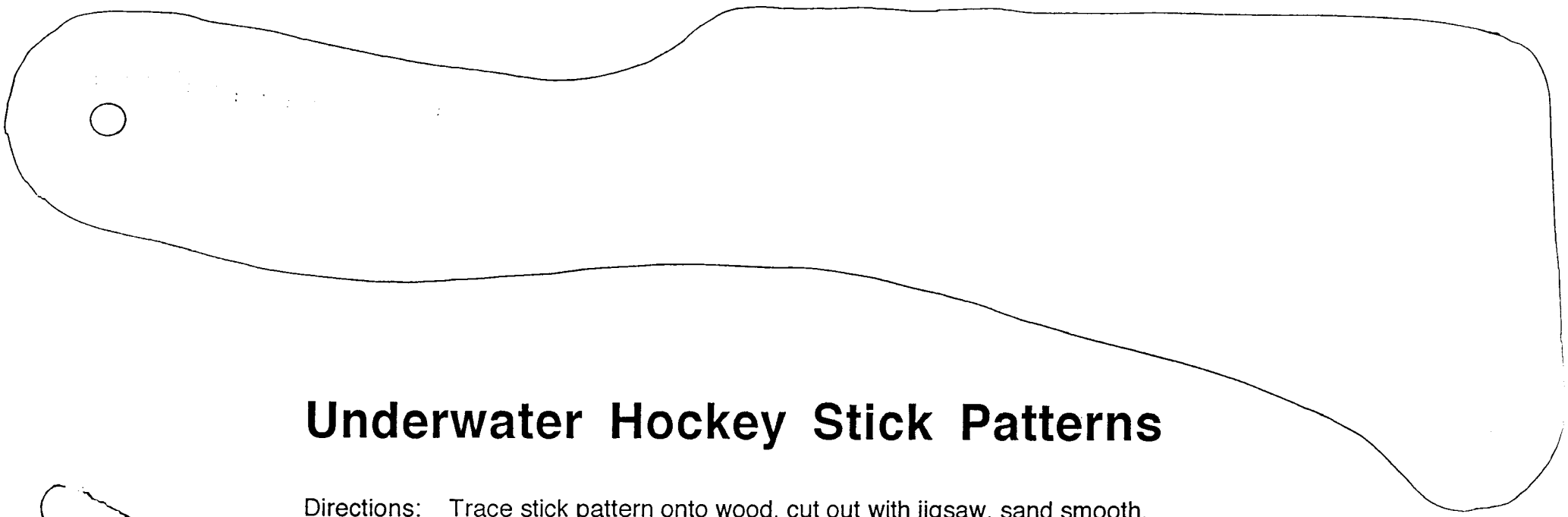
Playing underwater hockey increases a swimmer's strength and endurance, breath holding capabilities, and swimming skills. Besides being a great exercise, the games is fun to play, and exciting to watch. Bleachers can be set up on the pool deck for spectators. Sticks can be heard hitting the puck underwater, and the action can be followed by watching for bubbles rising to the surface.

Equipment	Players wear a mask, fins and snorkel, and carry a hockey stick made out of wood or plastic, approximately 11 inches in length. The sticks are usually painted black or white to help players distinguish teammates while underwater. A leather lanyard is strung through the stick and worn around a player's wrist to prevent the stick from floating to the surface if it falls out of his hand during competition. Inexpensive work gloves coated in solidified hot glue are worn to protect players' knuckles from injury resulting from scraping on the pool bottom. The 3 inch diameter puck is made of brass and lead and is often coated with a protective rubberized material. The official goal is 3 meters long, made of aluminum, weighted, wedge shaped, and has a recessed area inside the goal. In the absence of an official goal, the wall of the pool can be marked to indicate a goal area and the puck just shot at the pool wall to score a goal.

AQUATIC CONSULTING SERVICES
ALISON OSINSKI, Ph.D.
3833 LAMONT STREET 4C
SAN DIEGO, CA 92109
(619) 270-3459

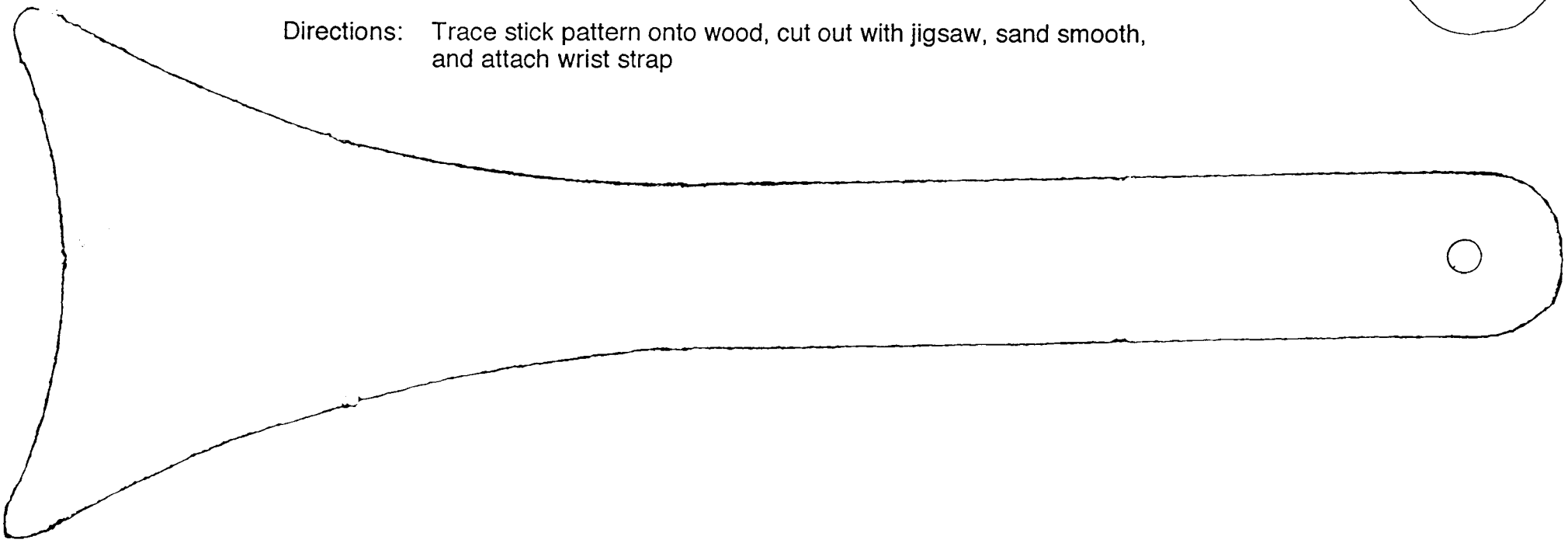
Officials	Two referees are stationed in the pool. The chief referee is positioned on the deck and remains out of the pool throughout the game. Water referees use hand signals to notify the chief referee on deck to blow his whistle to stop play in case of a foul being committed or goal scored.
Safety	Players should be cautioned against hyperventilating. Officials should watch for signs of CO_2 build up, oxygen depletion and blackout.
Playing area	The official playing area is 22 to 25 meters in length, but any sized pool can be used for recreational games. The games is played in water a minimum of 2 and a maximum of 4 meters deep. Goals are placed on the bottom of the pool against the end walls. Semi circular areas are marked off in a three and six meter radius from the goals. A center spot is marked in the exact middle of the playing area.
Players	There are six players per team, and two substitutes. Teams are often co ed.
Length of game	The game consists of two 15-minute periods with a 3 minute half time. Players change sides of the pool at the half. If an overtime period is necessary, two 5-minute periods are played.
Substitutions	Substitutes may enter the game during any break in the play.
Play	At the start of the game, to re start the game after half time, and after each goal, the puck is placed on the bottom and at the center of the pool. Teams line up on the surface, with one hand on their goal line or edge of the pool and wait for the referee to signal the start of play. Players pass the puck down the pool with their hockey sticks to teammates, and attempt to score goals. The puck seldomly travels more than a distance of five feet at a time. Offensive and defensive strategy can be planned. Players must leave the puck behind on the bottom of the pool when they surface for air.
Out of bounds	The puck is pushed back into play from the point where it went out of bounds.
Scoring	A goal is scored when a player propels the puck with his stick into the recessed portion of the goal. Goals count one point.

Fouls	The following actions are not permitted: • standing on the bottom of the pool • attacking, striking or intentionally hurting an opponent • propelling or advancing the puck down the pool with anything but the stick • obstructing the movements of a player who is not in possession of the puck • trying to prevent a goal with anything but the hockey stick • balancing the puck on the stick and swimming with it toward the goal • grabbing, pushing, pulling, or elbowing and opponent
Minor Infractions	An "equal puck" is awarded. Similar to a basketball jump ball, the puck is placed on the bottom of the pool by a referee at the point at which the offense occurred. One player from each team face off on the surface of the pool and submerge at the referee's signal. Both players have an equal chance to gain control of the puck.
Serious Infractions	A "free puck" is awarded. The puck is placed on the bottom of the pool near where the infraction took place. The team committing the foul must remain 3 meters away from the puck until play has resumed, which occurs when a member of the team awarded the free puck passes the puck to a teammate. The referee can institute a 2 minute penalty and order a player out of the pool and into the "penalty box" (bench on the deck) at any time. The team must play short one player until the penalty period is up.
Infractions Occurring Inside the 3 Meter Area Which Prevent a Goal	A penalty shot at the goal is awarded. The puck is placed on the 3 meter line. One defender and two attackers start the penalty shot from the pool surface above the 3 meter line. All other players must remain outside the 6 meter area until either the puck is passed back outside the 6 meter line or until a goal is scored. Play resumes by restarting the puck at the center spot.
Official Rules	The governing body for underwater hockey in the United States is the: Underwater Society of America P.O. Box 628 Daly City, CA 94017 The official international rules for competitive underwater hockey can be obtained from CMAS: Confederation Mondaile des Activites Subaquatiques 47 Rue de Commerce 75015 Paris, France

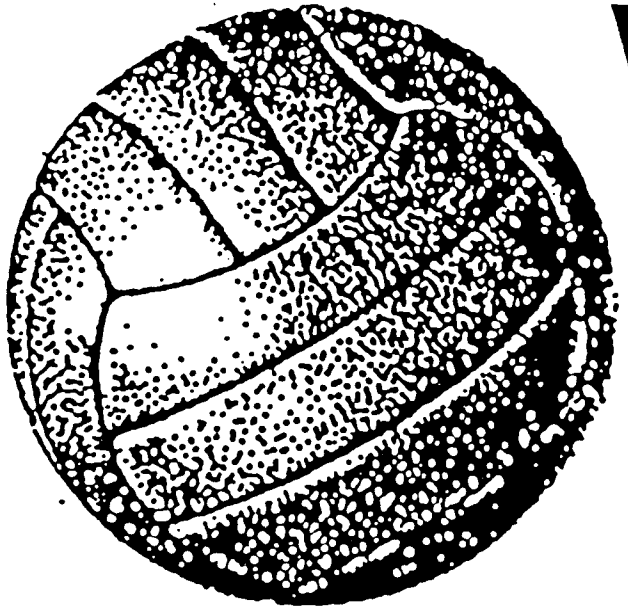


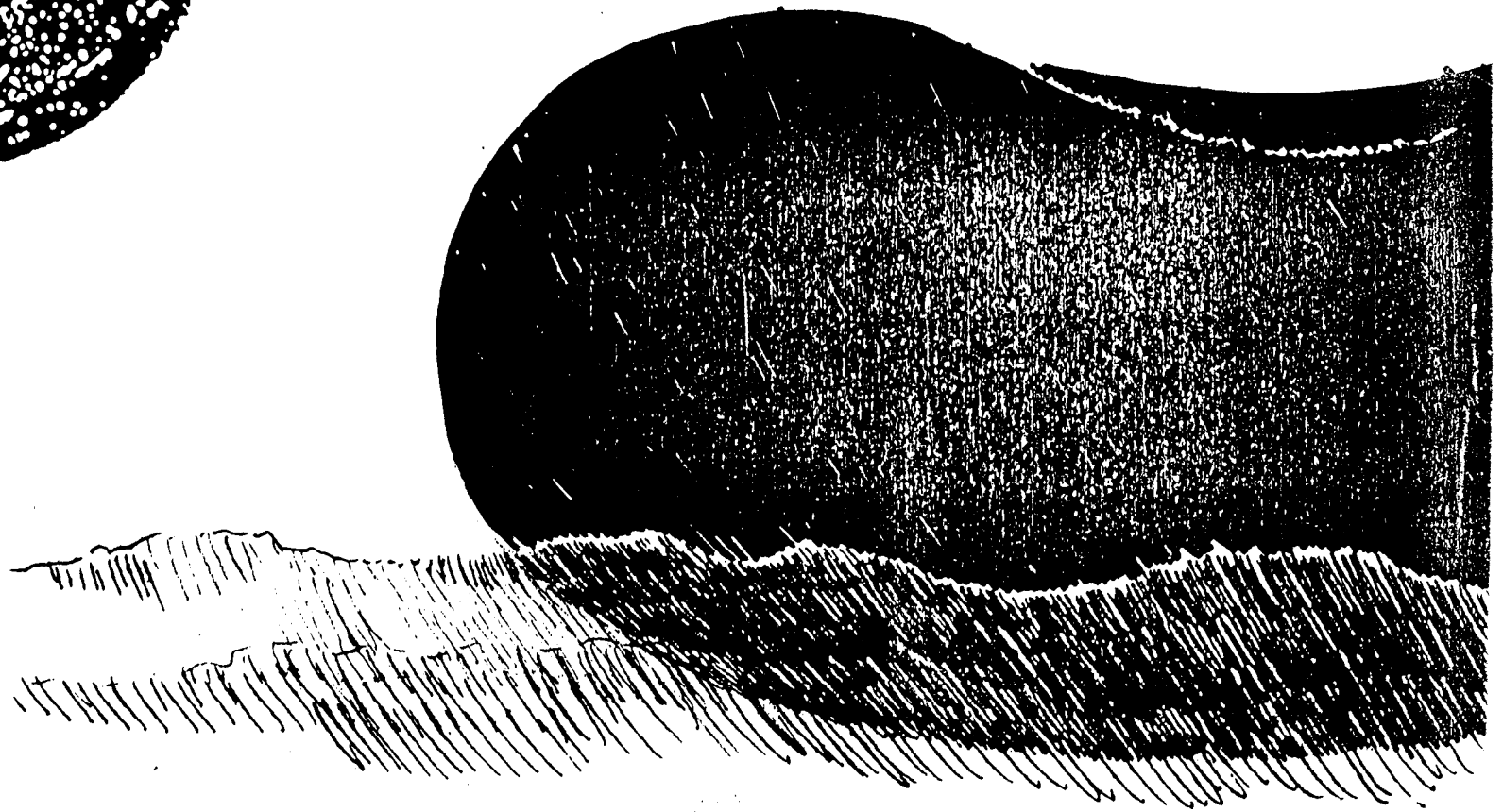
Underwater Hockey Stick Patterns

Directions: Trace stick pattern onto wood, cut out with jigsaw, sand smooth, and attach wrist strap



INNER TUBE WATER POLO





Inner Tube Water Polo

Pools across the country are reporting unbelievable success with the introduction of inner tube water polo leagues to their programming schedule. The popularity of some programs has grown to where it outstrips available pool time. Program success is attributed to the fact that the game can be played by co ed groups, with participants of mixed swimming ability and athletic skill, and even by even non swimmers when provided with personal flotation devices (PFDs). Revenue is being generated, costs of starting the program are low, and league play can be scheduled during low pool use times in the late evening.

The following rules are provided to help you get an inner tube water polo league started at your pool.

Equipment	Numbered nylon water polo caps with plastic ear protectors should be worn by participants. Bathing caps may be substituted for water polo caps if need be. Standard automobile size inner tubes should be used. Donations can be sought from local tire stores and automotive repair centers. An air compressor or bicycle pump is needed to inflate the tubes. A referee 2-flag stick is needed for officiating. The device can be purchased or made by attaching one blue and one white flag to each end of a three foot section of broom handle. Official floating water polo goals and nets can be purchased for around $1.700.00 from a variety of equipment supply sources, or orange safety cones can be substituted. A minimum of six water polo balls should be purchased for warm-up and game use.
Safety	Jewelry, goggles or other sharps objects that might cause injury to participants must be removed prior to the start of play. Long finger nails should be trimmed. It is the referee's responsibility to make sure that all players have complied with these rules.

Playing area	Any pool can be used. The pool is divided by 2 meter, 4 meter, and mid-pool lines, and a goalkeeper area. Lines can be marked on the pool edge or orange safety cones can be used to mark the lines.
Players	There are 7 players on a team: right, center and left forwards and backs, and a goalkeeper.
Length of game	Play is divided into two twelve-minute halves with a three-minute half time. One three-minute overtime period is played if necessary, then sudden death is played if the score is still tied at the end of the overtime period.
Substitutions	Substitutions may occur any time during the game. Players must enter and leave the pool at the 2 meter line, tagging each other as they do so.
Play	Players must sit in their inner tubes with both legs hanging over the edge of the tube. To start the game, players line up at opposite ends of the pool facing the pool wall, with both hands on the wall. The referee drops the ball at the half distance line of the pool to start play at the beginning of a period. Players propel themselves and their tubes with their arms and legs and attempt to throw or catch the ball with one or two hands to advance the ball down the pool toward the goal. Stalling is not permitted. The ball must be passed every 5 seconds. The ball, but not a player, can be tackled in order to take possession away from an opponent.
Ball out of bounds	An opposing team member throws the ball back into play from the same point from which the ball went out of bounds. If the ball is thrown out of bounds over the goal line by an offensive player, the goalie throws the ball back into play. If a defensive player throws or tips the ball out of bounds over the goal line, a corner throw is awarded at the 2 meter line.
Scoring	A goal is scored when the ball is thrown or pushed across the goal line between the goal posts. Players are not permitted to shoot at the goal from inside the 2 meter line. After a goal is scored, the goalie announces the score and puts the ball back into play by passing the ball to a teammate. The goalie cannot swim out of goalkeeper area with the ball and cannot pass the ball past the half distance line.

Infractions	An indirect free throw is awarded to the opposing team from a point nearest where the infraction occurred, if an opponent: • holds the ball underwater • is inside goalkeeper area • touches the ball when out of his tube • stalls by holding the ball for more than 5 seconds • does not place both hand on the wall at the start of a period • substitutes illegally • the goalie leaves the goal area while in possession of the ball
Personal fouls	If the foul occurs outside the penalty area (4 meter line), an indirect free throw is awarded. If the personal foul occurs inside the penalty area, a penalty throw directly at the goal from the 4 meter line with only the goalie defending is awarded. Players may not: • push, tackle, hit, or hold and impede the movement of an opponent or his tube • dump an opponent out of her tube • kick the ball • strike the ball with a closed fist • deliberately splash water in the face of an opponent or impede an opponent's vision
Major fouls	A penalty throw is awarded and player is ejected from the remainder of the game if a major foul is committed. A substitute may take the disqualified player's place in the game. The following are considered major fouls: • hitting, kicking, striking or seriously endangering another player • unsportsmanlike conduct • refusing to obey the official

HOW TO DO IT

Aquatics

Aquatic Certification Courses

Inquiries received recently at the National Headquarters as to the status of the old Boys & Girls Clubs of America aquatic instructional and certification program, have prompted a review of the program and materials. After evaluating the materials, it became evident that a decision must be made on whether to update and substantially revise the Boys & Girls Club aquatic program, or whether to endorse lifeguard training, fitness and instructional swim certificate programs offered by other nationally recognized agencies.

Widespread dissatisfaction with use of some of the better known, existing aquatic programs was expressed by executive directors who met to discuss this issue at the National Conference held recently in Washington, DC.
Concerns over:

- rising costs of providing instructional swim and safety classes
- increased risks and liability of offering aquatic programs
- the inadequacy of existing materials to meet the specific needs of Boys & Girls Club patrons
- lack of minority staff in aquatic leadership positions to act as role models
- difficulty in generating revenue to cover costs of purchasing new texts books and instructional materials required of all students enrolled in certain instructional classes
- unreasonable "cost recovery fees" or "licensing fees" which must be

submitted for use of an agency's aquatic curriculum

- dependence on outside agencies over which the Boys & Girls Clubs exert little or no control to provide qualified lifeguards and instructional staff

were resoundingly expressed by those gathered. Participants in the meeting felt that ignoring these concerns over the past several years has resulted in a scarcity of aquatic staff, curtailing of pool operating hours, delayed facility maintenance, limited programming, and a reduction in the level of safety provided at their facilities.

As a result of the meeting, the national staff was asked to investigate two models for addressing some of the concerns:

- endorsement of a variety of nationally recognized, but less well known, aquatic training and certification programs which might better meet the needs of member associations
- development of a proprietary Boys & Girls Clubs of America learn-to-swim certification program, and lifeguard, instructor, and pool operator training courses.

The Boys & Girls Clubs of America must find, or develop, aquatic instructional and certification courses which provide comprehensive training, exceptional programming, and up to date educational materials at affordable costs. Today there is a need to provide in-house training for pool lifeguards--including instruction in rescue skills, CPR and first aid, and water accident prevention; and leadership training for swim instructors, pool operators, fitness leaders, coaches, and aquatic specialty instructors. A listing of training agencies, and a summary of the contents of their instructional swimming and lifeguard training courses is attached. Aquatic Directors are encouraged to

contact these agencies about their programs, request materials for review, and discuss how the programs might meet the needs of their patrons.

Although Americans consistently list swimming as their most popular form of regular exercise and recreational sport involvement, less than forty percent of the U. S. population swims well enough to save their own lives in an emergency. Demographic studies show swimming ability is tied closely to two factors--high income and education levels. The drowning rate is creeping back up, with the incidence of drowning among young children at epidemic proportions.

The Boys & Girls Club of America, with its approximately one hundred and ninety-three swimming pools and lakefront beaches, should be a leader in water safety education in the United States. It should be in the forefront of promoting aquatic opportunities and aquatic leadership development to boys and girls growing up in urban environments. It should take the chance to empower minorities by providing training and employment opportunities in a field in which minority groups are under represented. It has a unique opportunity to provide safe recreational activities, and quality instructional, fitness, therapeutic, and competitive swim programs to those who might not otherwise benefit from aquatic activity.

Advanced Lifeguard Training USA
12502 Niego Lane
San Diego, CA 92128
(619) 673-8576

American National Red Cross
17th & D Streets, NW
Washington, DC 20006
(202) 639-3686

Boys and Girls Clubs of America
771 First Ave.
New York, NY 10017
(212) 557-7755

City of Huntington Beach
Marine Safety Division, Department of Beaches and Harbors
103 Pacific Coast Highway
Huntington Beach, CA 92648
(714) 536-5285

Girl Scouts of America
830 Third Ave.
New York, NY 10022
(212) 940-7500

Gus & Goldie
4001 Durazno
El Paso, TX 79905
(915) 541-4594

Los Angeles County Department of Parks & Recreation
Aquatics & Advanced Diving, Pool Lifeguard Training Program
419 E. 192 Street
Carson, CA 90746
(310) 327-5311

National Pool and Waterpark Lifeguard Training Program
Ellis & Associates
3506 Spruce Park Circle
Kingwood, TX 77345
(713) 360-0606

Royal Lifesaving Society Canada
191 Church Street
Toronto, Ontario M5B 1Y7
(416) 364-3881

The American Swim Coaches Association
1 Hall of Fame Drive
Ft. Lauderdale, FL 33316
(305) 462-6267

The Canadian Red Cross Society
95 Wellesley St., East
Toronto, Ontario M4Y 1H6

United States Lifesaving Association (USLA)
City of Huntington Beach, Aquatics Division
P. O. Box 190
Huntington Beach, CA 92648
(714) 536-5283

Young Men's Christian Association (YMCA)
110 N. Wacker Dr.
Chicago, IL 60606
(312) 269-0503

Young Women's Christian Association of the USA (YWCA)
726 Broadway
New York, NY 10003
(212) 614-2827

Instructional Swim Courses

Sponsoring Agency:	Sponsoring Agency:	Sponsoring Agency:	Sponsoring Agency:
Boys & Girls Clubs of America	Boys & Girls Clubs of America	Boys & Girls Clubs of America	Boys & Girls Clubs of America
Course Title:	Course Title:	Course Title:	Course Title:
Tadpole	Goldfish	Sunfish	Sailfish
Course Content: Enter and leave water by yourself Learn breath holding Blow bubbles underwater Take air in from different sides, blow out underwater Bobbing Open eyes underwater, pick up object Tuck float--take deep breath, hands on knees--float Prone float Prone glide Two beat kick by side of pool, knees bent Prone glide with two beat kick Practice arm stroke Prone glide with arm stroke Put all together--glide, kick and arm movement. Swim width of pool in the shallow end.	Course Content: Jump into water waist deep Assist another person to his feet Prone glide with arm stroke for 20 feet Prone glide with kick for 20 feet Practice release of cramp in shallow water Prone glide across pool and back using both arm and leg movements Repeat in a little deeper water, but not over your head Repeat in deep water Swim length of pool--minimum 60 feet	Course Content: Change direction--turn about in the water Jump into shallow water, fall forward and swim Tread water 15 seconds Jump into deep water--level off and swim 15 yards, turn and swim back to starting point Sitting dive (feet in water, roll over into water) Kneeling dive into water Standing dive into water Back float Back glide Kick glide on back Arms on back (finning or sculling movement) Combined stroke on back Roll over on back--float, or use sculling movement Use swimmers as victims to practice reaching assists Dive into deep water and swim 15 yards; turn on back and rest in floating position for 15 seconds; turn and swim back to starting point	Course Content: Practice breath control standing in water chest-deep Swim in place for 1 minute using human stroke Change swimming positions; prone to vertical to supine Swim 25 yards using elementary backstroke Swim 25 yards using hand-over-hand stroke Dive from deck and swim underwater 25 feet Using life jacket demonstrate various positions: prone, vertical and supine Demonstrate rescue by use of reaching pole and article of clothing Dive into deep water and swim three body lengths underwater; surface and stay afloat 30 seconds; swim 20 yards using backstroke or hand-over-hand stroke

Sponsoring Agency: Boys & Girls Clubs of America	Sponsoring Agency: Boys & Girls Clubs of America	Sponsoring Agency: Boys & Girls Clubs of America	Sponsoring Agency:
Course Title: Swordfish	Course Title: Intermediate	Course Title: Swimmer	Course Title:
Course Content: Lie on side and show scissors kick Lie on side and show side stroke Lie on side and do both of the above arm and leg movements Lie on back and show either scissors or breast stroke (frog) kick Lie on back and show elementary backstroke Lie and back and do together both of above arm and leg movements Lie face down and show crawl (flutter) kick Lie face down and show single overarm stroke Lie face down and do together the above leg and arm movements using rhythmic breathing Practice all of the above on land; demonstrate in the water	Course Content: Demonstrate three methods of artificial respiration Swim 50 yards using elementary backstroke Running jump into deep water Standing front dive into deep water Scull ten yards Float for one minute Turn from wall of pool using any standard type turn Tread water for thirty seconds Swim underwater width of pool Swim 100 yards, using only one type of standard stroke Show breast stroke kick across width of pool Combine kick and arm movements of breast stroke across width of pool Swim five minutes, using one or more standard strokes	Course Content: Swim breast stroke for 100 yards continuously Swim side stroke continuously for 100 yards Swim back crawl or crawl continuously for 100 yards Swim 50 yards continuously on the back, legs alone, using inverted breast stroke kick or the inverted scissors kick Demonstrate a standard turn in a closed course: (a) on the front, (b) on the side, (c) on the back Surface dive in good form to a depth of 8 feet and swim a distance of three body lengths underwater Tread water continuously for one minute using legs only Do a shallow plunge dive and continue in stroke Do a fully coordinated running front dive off both feet from either deck or springboard Swim for ten minutes, using a variety of strokes, if desired Review all of the safety skills	Course Content:

Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross
Course Title: Infant & Preschool Aquatic Program Infant (6-18 months)	Course Title: Infant & Preschool Aquatic Program Toddler (18-36 months)	Course Title: Infant & Preschool Aquatic Program Preschool (3-6 years)	Course Title: Longfellow's Whale Tales
Course Content: Water adjustment Getting wet Getting in from steps Getting in from ramp Getting in from ladder Getting in from side of pool Exploring pool Water entry Seated entry Jumping in Front kick Bubble blowing Prone glide readiness Prone glide passing Prone glide drafting Underwater exploration Back float Arm movement Combined skills, prone position Rolling over back to front Rolling over front to back Exiting pool from ladder Exiting pool from side	Course Content: Water adjustment Getting wet Getting in from steps Getting in from ramp Getting in from ladder Getting in from side of pool Front kick Bubble blowing Prone glide readiness Prone glide passing Prone glide drafting Prone glide drafting with breathing Prone glide Underwater exploration readiness Underwater exploration bubble blowing Underwater exploration scooping Underwater exploration opening eyes Back float Back glide Arm movement on back Combined skills on back Arm movement, prone position Combined skills, prone position Rolling over back to front Rolling over front to back Personal flotation device Changing positions vertical to prone Changing positions vertical to back float Kickup Parent safety Water exit	Course Content: Water adjustment Getting wet Getting in water Exploring pool Water entry Jumping in Front kick Breath control Rhythmic bobbing Rotary breathing Prone glide Prone float Underwater exploration Back float and recovery Combines stroke on back Beginner stroke, prone position Arm movement Arms and rhythmic breathing Arms and rotary breathing Arms, breathing, and kick Rolling over front to back Rolling over back to front Rolling over unassisted roll Changing direction Bobbing to safety Kickup Treading water Personal flotation device Combined safety skills Jumping in and rolling over Jumping in and changing direction Forms of rescue Rescue breathing	Course Content: Swim with a buddy in a supervised area Be cool, follow the rule Look before you leap Think so you don't sink Reach or throw, don't go Don't just pack it, wear your jacket Cold can kill Learn about boating

Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross
Course Title: Beginners	Course Title: Advanced Beginners	Course Title: Intermediate	Course Title: Swimmer
Course Content: Water adjustment skills Breath holding--10 seconds Rhythmic breathing--10 times Prone float and recovery Prone glide Back glide and recovery Survival float Prone glide with kick Back glide with kick Beginner stroke or crawl--15 yards Combined stroke on back--15 yards Leveling off and swimming Shallow water jump and swim Deep water jump, level off and swim Deep water jump, level off, swim on back Changing direction Turning over Cramp release Assist a nonswimmer to feet Reaching and extension rescues Use of PFD Demonstration of artificial respiration Safety information Combined skills--#1-3	Course Content: Deep water bobbing Rhythmic breathing to side Survival float--2 minutes Crawl stroke Elementary backstroke Survival stroke Treading--30 seconds Changing position, treading water Standing front dive Underwater swim--3-4 body lengths PFD--swimming PFD--jumping into water Artificial respiration Basic rescue skills Personal safety skills Safety information Combined skills--#1-3	Course Content: Sidestroke--arms Sidestroke--scissors kick Sidestroke--coordination Breaststroke--arms Breaststroke--kick Breaststroke--coordination Crawl stroke--improve Elementary backstroke--improve Survival float--3 minutes Survival stroke--3 minutes Back float--1 minute Sculling on back--10 yards Open turns--front and side Open turns--back Tread water--1 minute Swim underwater--15-20 feet Standing front dive Use of a backboard--demonstration Donning PFD in deep water Basic rescues Artificial respiration Safety information Combined skills--#1-5	Course Content: Sidestroke--review & improve Back crawl Breaststroke--review & improve Crawl stroke--review & improve Surface dives--pike, tuck Feet first surface dive Long shallow dive 1 meter board--jumping entry 1 meter board--standing dive Stride jump Inverted scissors kick Sculling--snail and canoe Open turns--front, back, side Survival float--review Survival stroke--5 minutes Underwater swim--20-25 feet Basic rescues Artificial respiration Safety information Combined skills--#1-6

Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross	Sponsoring Agency: American National Red Cross
Course Title: Advanced Swimmer	Course Title: Basic Water Safety	Course Title: Emergency Water Safety	Course Title: Safety Training for Swim Coaches
Course Content: Elementary backstroke--review Back crawl--review & improve Breaststroke--review & improve Sidestroke--both sides, both kicks Crawl stroke--review & improve Overarm sidestroke Inverted breaststroke Trudgen stroke Open turns--review & improve Surface dives--review & improve Survival float/survival stroke--fully clothed Standing dives--review & improve Jumping--1 meter board--review Running front dive--1 meter board Combined skills--#1-6	Course Content: Prevention of water accidents Emergency action plans Choosing a safe place to swim EMS system Hazards Waves and currents Dams Aquatic life Concealed objects Bad weather conditions Panic, cramps, exhaustion Hyperventilation Sunburn, heat stroke, heat exhaustion Problems of personal hygiene Swimming in inappropriate clothing Uncontrolled long hair Safety tips for swimming Safety tips for recreational water activities Infant and preschool swimming Ice skating and ice fishing Hunting and fishing Surfing, windsurfing, and bodysurfing Snorkeling and SCUBA diving Water skiing Tubing and rafting Boating, canoeing, and sailing Water polo and other water sports Summer camp Spas and hot tubs Diving safety Spinal injury PFDs Emergency response Self help in a water emergency Sudden Immersion skills Emergency response--helping others Spinal injury management Water assists Exposure to cold water Boating safety Introduction to rescue breathing	Course Content: Understanding drowning Water assists Human chain Water entries Stride jump Feet first jump Positioning Tows Rescue tube Wrist Armpit Collar Rescue breathing Rescue breathing, shallow and deep water Recovery of a submerged victim Surface diving Swimming underwater Escapes Block Front head hold Rear head hold Wrist/arm Removal from water Spinal injury management Boating emergencies (optional) Ice emergencies (optional) Snorkeling skills and rescue techniques (optional) Use of mask, fins, snorkel Water entries with equipment Swimming with equipment	Course Content: Safety awareness in competitive swimming Work-out and warm-up procedures Shallow water entries and racing starts Assists and rescues Safety considerations at aquatic facilities Emergency action plans Pool chemical safety Pool electrical safety Weather and environmental conditions Medical conditions and the competitive swimmer Exercise induced asthma Seizures Diabetes Emergency response Spinal injury management Hyperventilation and hypoxic training Temperature extremes Distressed swimmer recognition

Sponsoring Agency: YMCA	Sponsoring Agency: YMCA	Sponsoring Agency: YMCA	Sponsoring Agency: YMCA
Course Title: Polliwog	Course Title: Guppy	Course Title: Minnow	Course Title: Fish
Course Content: Personal Safety Pool rules Water adjustment Floating: back and front Personal flotation devices Stroke Development Front glide Front flutter kick Back glide Back flutter kick Paddle stroke Rhythmic breathing Water Sports and Games Water games Synchronized swimming Personal Growth Self confidence Rescue Victim/danger recognition Reaching assist Throwing assist	Course Content: Personal Safety Floating: front and back Personal flotation devices Treading water Stroke Development Rotary breathing Paddle stroke Front crawl Water Sports and Games Confidence in deep water Synchronized swimming Personal Growth Caution and patience Rescue Reaching assist Throwing assist Mouth-to-mouth resuscitation	Course Content: Personal Safety Survival floating Diving safety Treading water Stroke Development Front crawl Back crawl Introduction to diving Turns Water Sports and Games Water games Diving Personal Growth Self discipline Goal setting Fitness concepts Rescue Emergency procedures Mouth-to-mouth resuscitation	Course Content: Personal Safety Longer survival floating Treading water Skin diving safety Treating cramps Stroke Development Breaststroke kick Elementary backstroke Dolphin kick Front crawl Back crawl Water Sports and Games Cooperation games Head first dive Front dive Introduction to mask Underwater swimming Synchronized swimming Personal Growth Teamwork Rescue Mouth-to-mouth resuscitation Basic first aid

Sponsoring Agency: YMCA	Sponsoring Agency: YMCA	Sponsoring Agency: YMCA	Sponsoring Agency: Gus & Goldie
Course Title: Flying Fish	Course Title: Shark	Course Title: Porpoise	Course Title: Gus & Goldie
Course Content: Personal Safety Longer floating Longer treading Personal health issues Stroke Development Butterfly stroke Breaststroke Individual medley Open turns Water Sports and Games Water games Three step approach dive Underwater swimming Synchronized swimming Personal Growth Adventure and risk taking Fitness habits Rescue Extension assists Underwater search Mouth-to-mouth resuscitation	Course Content: Personal Safety Heat escape lessening posture Heat and cold disorders Stroke Development Front start Breaststroke start and turn Front flip turn Back open turn Back crawl start Life-saving medley Sidestroke Water Sports and Games Water games Back dives Feet-first dives Synchronized swimming Personal Growth Service to others Building a better world Rescue First aid Ice rescues Treatment for shock Mouth-to-mouth resuscitation	Course Content: This level is a club experience where the participant applies skills already learned to aquatic activities which may develop into lifetime pursuits.	Course Content: Promotional program developed in 1981 and owned by the City of El Paso, Texas, Aquatics Department to encourage swimming, promote water safety, and increase revenues at the municipal pools. The program has been adopted by cities throughout the U. S. and Canada, and by the National Spa & Pool Institute. Recognizable celebrity characters, available in walk-around costumes, hand puppets, and on video include Gus the Tuna, Goldie Goldfish, and friends Senor Gato the catfish, Jill the jellyfish, and Dunkin the dolphin. For a $1,500.00 franchise fee per year, a city or organization is awarded use of the logos, videos, TV commercials, billboard advertisements, and public service announcements. Any progressive swim program developed by an agency can be used in conjunction with the Gus and Goldie promotional program.

Sponsoring Agency: The Canadian Red Cross Society	Sponsoring Agency: The Canadian Red Cross Society	Sponsoring Agency: The Canadian Red Cross Society	Sponsoring Agency: The Canadian Red Cross Society
Course Title: Yellow	Course Title: Orange	Course Title: Red	Course Title: Maroon
Course Content: Safety Education Orientation to facility Safety Skills Enter and exit Safe movement through water Getting face wet Open eyes underwater Breath control--exhale underwater Front float (assisted) Front float and recovery (unassisted) Back float (assisted) Movement Skills Front glide Front glide and kick	Course Content: Safety Education When and where to swim Safety Skills Jump into chest deep water Rhythmic breathing (5 times) Surface support (15 seconds) Roll over front to back Roll over front to back Back float and recovery (unassisted) Movement Skills Weight transfer Back glide Back glide and kick Front swim (5 m) Back swim (5 m) Continuous Activity Jump in, swim 5 m Front glide, kick, change direction Back glide, kick, change direction	Course Content: Safety Education Lifejackets/PFDs Personal assists, buoyant objects Safety Skills Rhythmic breathing (10 times) Lifejackets, shallow water movement Jump into deep water Front float and recovery, deep water Back float and recovery, deep water Surface support, deep water Movement Skills Front swim, shallow water (10 m) Back swim, shallow water (10 m) Continuous Activity Jump in, swim 10 m on front, roll over 5 m on back, deep water	Course Content: Safety Education H. E. L. P. Personal assists, throwing assists Rescue breathing, basic steps Safety Skills Forward roll wearing PFD H. E. L. P. (1 minute) Surface support (1 minute) Front dive Movement Skills Front crawl (25 m) Back swim (15 m) Continuous Activity Roll, PFD, H. E. L. P., Swim 20 m Dive, swim 15 m crawl, back crawl 10 m

Sponsoring Agency:	Sponsoring Agency:	Sponsoring Agency:	Sponsoring Agency:
The Canadian Red Cross Society	The Canadian Red Cross Society	The Canadian Red Cross Society	The Canadian Red Cross Society
Course Title:	Course Title:	Course Title:	Course Title:
Blue	Green	Grey	White
Course Content: Safety Education Boating Personal assists, 2 reaching assists Rescue breathing, performance steps Safety Skills Front dive Tread water (2 minutes) Rhythmic breathing (1 minute) Movement Skills Front crawl (50 m) Back swim (25 m) Continuous Activity Front dive, swim 75 m, front or back	Course Content: Safety Education Ice Personal assist, line throwing assists Rescue breathing, turn victim and effective performance Safety Skills Stride entry Tread water (3 minutes) Movement Skills Front crawl (50 m) Back swim (50 m) Elementary back (25 m) Arms only finning or sculling (25 m) Continuous Activity Stride entry, swim 150 m using at least two strokes	Course Content: Safety Education Water hazards Lifejackets vs. PFDs Personal assists Rescue breathing, rescuer out and victim in Safety Skills Shallow dive Surface dives (head first) Surface dives (feet first) Tread water (4 minutes) Movement Skills Front crawl (50 m) Back crawl (50 m) Elementary backstroke (50 m) Breaststroke (25 m) Legs only (25 m) Continuous Activity Shallow dive, swim 300 m using at least three different strokes	Course Content: Safety Education Hypothermia Sport safety Personal assists Rescue breathing Safety Skills Shallow dive Stride jump Tread water (5 minutes) Surface dives with underwater swim Movement Skills Front crawl (50 m) Back swim (50 m) Elementary backstroke (50 m) Breaststroke (50 m) Sidestroke (50 m) Continuous Activity Stride entry, swim 400 m using at least four different strokes, plus 50 m arms only and 50 m legs only

Sponsoring Agency: The Canadian Red Cross Society	Sponsoring Agency: The American Swim Coaches Association	Sponsoring Agency: The American Swim Coaches Association	Sponsoring Agency: The American Swim Coaches Association
Course Title: Survival Level	Course Title: Swim America (Stations 1-3)	Course Title: Swim America (Stations 4-7)	Course Title: Swim America (Stations 8-10)
Course Content: Safety Education Hazards Cold water survival Personal assists, 2 reaching Rescue breathing, performance PFD/life jacket Safety Skills Water entries Surface support (1 minute) H. E. L. P. position Huddle position Movement Skills Swimming with PFD/lifejacket Front crawl (25 m) Back swim (25 m) Continuous Activity Don PFD, jump in, swim 50 m Water entry, 25 m front, 25 m back	Course Content: Station 1: Bubbles Skills to be learned Gradual water adaptation Movement in the water Breath holding and release Submersion of the face Open eyes underwater Blowing bubbles Bobbing with bubbles and air exchange Advancement goals 10 relaxed bobs Station 2: Floats and Glides Skills to be learned Front float and recover Front glide and recover Back float and recover Back glide and recover Advancement goals Front glide and recover (5 seconds) Back glide and recover (5 seconds) Station 3: Kicking Skills to be learned Porpoising Front kick, glide and recover Back kick, glide and recover Dolphin kick, glide, recover Advancement goals Front kick (15 feet) Back kick (15 feet)	Course Content: Station 4: Crawl Stroke Skills to be learned Rollover front to back Rollover back to front Finning and sculling Side, glide, kick Crawl armstroke Advancement goals Side, glide, kick (20 feet) Crawl stroke (20 feet, no breathing) Station 5: Freestyle Skills to be learned Crawl stroke with breathing Back crawl stroke Advancement goals Crawl stroke with breathing (30 feet) Station 6: Backstroke Skills to be learned Extended freestyle swimming Tread water Jump in and tread Sitting dive Kneeling dive Standing dive Advancement goals Swim freestyle 75 feet Swim backstroke 30 feet Tread water for 1 minute Station 7: Breaststroke and Butterfly Skills to be learned Breaststroke kick Breaststroke swim Butterfly arms Butterfly swim Advancement goals Swim freestyle 50 yards Swim backstroke 25 yards Kick breaststroke 20 feet	Course Content: Station 8: Turns Skills to be learned Freestyle with bilateral breathing Turns Advancement goals Swim freestyle for 100 yards, bilateral breathing for 25 yards of the swim Swim 25 yards breaststroke Swim 30 yards butterfly Station 9: Lifetime Strokes Skills to be learned Sidestroke kick Sidestroke swim Elementary backstroke Advancement goals Swim 200 yards freestyle, bilateral breathe for continuous 50 yards Swim 25 yards butterfly Swim 50 yards breaststroke Swim 50 yards elementary backstroke Swim 50 yards sidestroke Station 10: Individual Medley Skills to be learned Extended swimming and technique refinement in strokes and turns Advancement goals Swim 300 yards freestyle Swim 100 yards backstroke Swim 100 yards individual medley

Sponsoring Agency: Girl Scouts of America	Sponsoring Agency: Girl Scouts of America	Sponsoring Agency:	Sponsoring Agency:
Course Title: Swimming [Required Skills]	Course Title: Swimming [Complete 4 activities]	Course Title:	Course Title:
Course Content: *Go over ways to help yourself in case you fall in or get into trouble in the water. Show that you know when and how to: Select and wear a PFD Keep afloat with clothing and other flotation devices, Cooperate with someone who is trying to rescue you Use good sense in cold water, in deep water, in a current, and in rough waters Tread water *Use the buddy system when you swim: Use a checkboard system Pair off with a swimmer of equal ability Practice buddy calls until every pair of buddies gets together instantly.	Course Content: Show that you can breathe with a regular rhythm. Try one of these exercises for 2 minutes. Take breaths while you bob up and down in water over your head. Or, in shallow water, hold onto the side of a pool or dock and turn your head to breathe while you float face down. Look at ways other living things move through the water. Watch for creatures that are jet propelled or tails that act as rudders, feet that paddle, fins that flutter. Imitate animal actions in a water game that you make up. Show that you can swim: glide six feet, kick 25 yards, swim doing the crawl for 25 yards; do two of these strokes--crawl, elementary backstroke, sidestroke, or breaststroke, for 50 yards Show that you can help a swimmer who: has a cramp, is tired, is shivering from hypothermia, has a sunburn or heat exhaustion. Make a water safety checklist that includes ways to avoid: underwater hazards, falling through ice, falling in accidentally, overestimating your own swimming ability, polluting water that you swim in, swift currents Swim under the surface. Show that you can do a surface dive, a deep dive, or a jump, then swim underwater and bring up something from the bottom. Perform two different dives from a low board or deck. Be sure to check the water depths and look for hazards first.	Course Content:	Course Content:

Lifeguard Certification Courses

Sponsoring Agency: YWCA of the USA (In cooperation with the NPWLTP)	Sponsoring Agency: Royal Lifesaving Society Canada	Sponsoring Agency: Los Angeles County Department of Parks & Recreation	Sponsoring Agency: City of Huntington Beach Department of Beaches and Harbors
Course Title: YWCA Lifeguard	Course Title: National Lifeguard Service Award	Course Title: Pool Lifeguard Training Program	Course Title: Recurrent Lifeguard
Course Length: 16 hours Certification or License Period: 1 year	Course Length: 40 hours	Course Length: Certification or License Period: 1 year	Course Length: 55 hours Certification or License Period: 1 year
Course Content: Aquatic safety Being a professional lifeguard Legal liability People management Member and guest relations Types and stages of drowning Victim recognition Communications and operational safety First aid Basic assists Spinal injury management Shallow and deep water rescues Compact jump entry Approach stroking Front head hold escape Equipment rescues Front drive Rear huggie Duck pluck Cross chest carry Active victim underwater Two lifeguard rescue Dip swing do-si-do Feet first dive to the rear	Course Content: Core material plus material specific to the working environment The lifeguard concept Swimming pool operation and maintenance Waterfront design, operation and maintenance Surf conditions and beach operation Recognition and interpretation of an emergency Basic lifeguarding techniques Rescue procedures Search procedures and specific emergencies Aquatic emergency care Public education Public relations Program operation and administration Liability for swimming accidents and drownings Regulations, legislation and good sense Case studies Off season and unsupervised use of aquatic areas Intelligent use of the natural environment	Course Content: Pool lifeguard Role Assignments Salary Paychecks Duties and responsibilities Uniforms Employment records Pool rules Aquatic programs and adapted aquatics Recreational swim program "Learn To Swim" program Beginners Points to avoid in the six styles of swimming Elements of a good stroke Swimming skills test An orientation to adapted aquatics Preventive guarding Setting tone Common but preventable situations Duties Demonstrating swimming ability Problem (Hazard) areas around pool Lifesaving Follows ARC Advanced Lifesaving Course, modified for pool rescue Prescribed order of rescue First aid and emergency procedures Accident reports Emergency procedures Resuscitator operation and maintenance Pool maintenance	Course Content: Orientation General operations General orders Personnel policies Safety service equipment Swim Environmental hazards Rescue procedures Tower orientation Pier orientation, piling familiarization First aid Pier training Simulated rescues, beach towers Rescue boat procedures Pier training and rescue boat Law enforcement Bay orientation Boat familiarization In water cervical injuries Resuscitation review In water resuscitation Relief procedures Marine life Two mile run Simulated rescues Report writing and bulletin board CPR review and practice Swim-run-swim Review mouth-to-mouth and CPR Rescue breathing, CPR, obstructed airway, and resuscitator exams Pier jumping and rescue exam Simulated rescue exam Oral examinations

Sponsoring Agency: YMCA of the USA	Sponsoring Agency: American National Red Cross	Sponsoring Agency: Advanced Lifeguard Training USA	Sponsoring Agency: National Pool and Waterpark Lifeguard Training Program
Course Title: YMCA Lifeguard Training Program	Course Title: American Red Cross Lifeguard Training	Course Title: Advanced Lifeguard Training	Course Title: YWCA Lifeguard Shallow Water Lifeguard Deep Water Pool Lifeguard Deep Water Waterpark Lifeguard
Course Length: 28-36 hours Certification or License Period: 2 years	Course Length: 27 hours Certification or License Period: 2 years	Course Length: 27 hours Certification or License Period: 3 years	Course Length: 16-24 hours Certification or License Period: 1 year
Course Content: Introduction and importance of aquatic safety Personal safety including basic survival skills, swimming strokes, non swimming strokes Aquatic information about environments and science Aquatic rescues including situation assessment, use of rescue equipment, swimming rescues Special situations that include handling of spinal injuries, rescue breathing, SCUBA rescue, ice rescue, submerged vehicle escape, search patterns, basic first aid Lifeguard responsibilities and administration that includes duties, conditioning, suggested rules and emergency procedures, reports, pool maintenance.	Course Content: Philosophy of lifeguarding Preventive lifeguarding Rules and regulations; enforcement Facility capacities Supervision of bathers Victim recognition Reaching and equipment assists Throwing assists Selection and training Emergency classification Entries Approach stroking and ready position Surface diving and underwater swimming Recovery of a submerged victim Conditioning swims Communication systems Swimming approaches Swimming assists Tows and carries Health and sanitation Swimming pool maintenance Emergency action plans Removing a victim from the water Lifts, assists, and carries Defense and escapes Multiple near-drowning maneuver Special situations Using rescue equipment Records and reports Personal and safety equipment Rescue equipment and rescue breathing Spinal injuries Weather and environmental conditions Waterfront operations Snorkeling skills Search and recovery operations Rescue of a SCUBA diver Rescue boats Written exam and skills tests	Course Content: History of lifeguarding Lifeguarding as a profession Rescues with equipment Communication Basic rescue Scanning Rescue techniques Physiology of drowning Victim recognition Small craft First aid CPR Oxygen Equipment Spinals Emergency procedures Legal Aspects of Lifeguarding Administration and job of the lifeguard State Health Code In-service training Search and rescue Facility Operation Pool chemistry Facilities: pool, open water, surf Review and Practice Simulations Testing, evaluation and counseling	Course Content: Aquatic safety Being a professional lifeguard Legal liability People management Guest relations Types and stages of drowning Victim recognition Communications and operational safety First aid Basic assists Spinal injury management Shallow and deep water rescues Compact jump entry Approach stroking Front head hold escape Equipment rescues Front drive Rear huggie Duck pluck Cross chest carry Active victim underwater Two lifeguard rescue Dip swing do-si-do Feet first dive to the rear

Sponsoring Agency: United States Lifesaving Association	Sponsoring Agency: United States Lifesaving Association	Sponsoring Agency: United States Lifesaving Association	Sponsoring Agency:
Course Title: Class III Ocean Lifeguard	Course Title: Class II Ocean Lifeguard	Course Title: Class I Ocean Lifeguard	Course Title:
Course Length: 24-30 hours Certification or License Period:	Course Length: 32-40 hours Certification or License Period:	Course Length: 56 hours Certification or License Period:	Course Length: Certification or License Period:
Course Content: Orientation Objectives and goals of program Rules and regulations General operating procedures Chain of command Environmental hazards Riptides In-shore holes Backwash Lateral currents Other geographic abnormalities Dangerous marine life Introduction to equipment and facilities Rescue buoys Rescue boards Boats and vehicles Towers Other Introduction to "Job of a Lifeguard" Skills performed Responsibilities Physical fitness Preventative actions Public relations Communications Report writing Lifesaving Skills and Procedures Signs of distress Rescues with equipment Basic fundamentals General types Compound rescues Rescue variations Skin and SCUBA diving rescues Rescues without equipment Advanced First Aid Practical First Aid CPR	Course Content: Orientation Objectives and goals of program General orders, rules and regulations, disciplinary policy Chain of command and scope of authority Environmental hazards Introduction to equipment and facilities Rescue buoys Rescue boards Vessels Vehicles Stations and/or towers Binoculars Fins Other Introduction to "Job of a Lifeguard" Skills performed Responsibilities Physical fitness and in-service training Preventative actions Public relations Communications Report writing Lifesaving Skills & Procedures Signs of distress Rescues with equipment Basic fundamentals Types of rescues Compounded rescues Rescue variations Pier rescues Boat rescues Paddleboard rescues Skin and SCUBA diving rescues Cliff rescues Rescues without equipment Advanced First Aid	Course Content: Orientation Objectives and goals of program General orders, rules and regulations, disciplinary policy Chain of command and scope of authority Environmental hazards Introduction to equipment and facilities Rescue buoys Rescue boards Vessels Vehicles Stations and/or towers Binoculars Fins Introduction to "Job of a Lifeguard" Skills performed Responsibilities Physical fitness and in-service training Preventative actions Public relations Communications Report writing Lifesaving Skills & Procedures Signs of distress Rescues with equipment Basic fundamentals Types of rescues Compounded rescues Rescue variations Pier rescues Boat rescues Paddleboard rescues Skin and SCUBA diving rescues Cliff rescues Rescues without equipment Practical applications Emergency Care and Transportation of the Sick and Injured Cardiopulmonary resuscitation Practical and Written Examinations Written exams on all phases Practical exams on all phases Timed swims	Course Content:

HOW TO DO IT

Aquatics

Swimming Pool Site Inspection

Lawsuits often arise in the aquatic environment, not only for major catastrophic injuries such as drowning or spinal injury, but also for more minor injuries. Slip and falls are the most common injury occurring in natatoriums today. Claims are often filed against aquatic professionals because of hidden hazards--hazards which are not open and obvious to the injured person, ineffective supervision, inaccessible rescue equipment, unqualified staff, inadequate facility maintenance, lack of adequate warnings, and failure to prohibit swimming under dangerous conditions. If a patron is not aware of a hazard, or does not understand the consequences of his unsafe behavior, and is injured in the process, a negligence lawsuit may be brought against the organization and involved employees.

Many of the accidents which occur around swimming pools, can be prevented. As a Boys & Girls Club employee, you can help reduce the risk of injury to those utilizing or working in your facility by:

- making sure facilities and equipment are properly maintained
- keeping accurate records
- developing, posting, distributing and enforcing facility use and safety rules
- strictly complying with all state, local and federal bathing codes
- planning for emergencies and rehearsing emergency drills
- providing in-service training

- regularly testing staff competency and evaluating supervisory practices
- implementing risk management procedures

Risk management is the practice of identifying and assessing risks inherent in a program or facility, and systematically attempting to minimize or eliminate those risks through development, implementation, and continuing evaluation of control measures. Aquatic facilities, equipment, programs, supervisory practices, management policies, and maintenance procedures should be inspected or evaluated on a regular basis. Water quality problems, code violations, unsafe practices, design defects, maintenance or replacement needs, and environmental hazards should be noted in an attempt to identify and eliminate hazards, reduce risk of patron or staff injury, and avoid lawsuits. It is the "right thing to do" for an agency who cares about its members.

The attached "Pool Inspection Report" checklist is provided to help you begin implementing risk control measures at your facility.

BOYS & GIRLS CLUBS OF AMERICA

POOL INSPECTION REPORT

POOL _____ DATE: _____

Address: _____
City, State, Zip: _____
Phone: ( ) _____

Aquatic Director: _____
Maintenance Director: _____
Executive Director: _____

Pool shape: _____
Location: Indoors _____ Outdoors _____
Dimensions: Length _____ Width _____
Min. depth _____ Max depth _____
Area <5' deep = _____ ft^2
Area >5' deep = _____ ft^2
Volume: _____ gallons
Year built: _____

_____ 1. Main drain grates are bolted securely to the pool bottom.

_____ 2. A six inch black disk or the main drain grates are clearly visible from any point on the deck. Water is crystal clear and has less than .5 NTUs.

_____ 3. Multiple main drain grates, or anti-vortex drain covers are provided.

_____ 4. The circulation system is properly plumbed to provide uniform distribution of water throughout the pool and prevent hazards.

_____ 5. The pool is vacuumed daily or as needed. No settled debris is visible.

Vacuum type_____

_____ 6. Dye tests convey a uniform circulation pattern and absence of dead spots.

Dye used: _____ sodium fluorescein
_____ crystal violet

_____ 7. A hydrostatic relief valve has been installed on in-ground pools in areas where the ground freezes or where high ground water tables may pose a problem.

_____ 8. Algae growth is not visible in the pool. The water is not discolored from an algae bloom.

_____ 9. Coping stones and tile lines are not chipped, cracked or loose.

_____ 10. The pool shell is finished in a smooth but slip resistant, easily cleaned, water tight surface material, white or off-white in color. There are no cracks in the shell except structural expansion joints.

Pool construction material _____

Surface type _____

_____ 11. The presence of minerals or dissolved metals has not caused surface staining or water discoloration.

_____ 12. Correct water level is maintained to allow for the removal of floating debris and for the continuous overflow of water into the pool gutters or skimmers.

Type of perimeter overflow system:
_____ skimmers, number _____
_____ gutters, type _____

_____ 13. Skimmer weirs, equalizer lines, skimmer baskets, deck covers, and flow adjustment or anti-vortex control plates are all present and in good repair.

_____ 14. A current license or permit to operate a public pool is posted in a conspicuous place in the facility.

_____ 15. Adequate storage space has been provided for wet, dry and secure storage of equipment. Decks are uncluttered. They are not used for storage of teaching or maintenance equipment.

_____ 16. The pool is covered with an insulating pool blanket when not in use.

_____ 17. Pool equipment is not being improperly used or misused.

_____ 18. Emergency exit doors are unlocked, and crash bars are operational. An alarm sounds when an emergency door is opened.

_____ 19. All lights are operational, and installed in compliance with the National Electrical Code, Article 680.

_____ 20. The pool area is well lit and sufficient overhead and/or pool lighting is provided. Illumination at the water surface is at least 100 lumens per square foot for indoor pools and 60 lumens per square foot for outdoor pools.

Type of deck lighting _____
Number of deck lights _____
Wattage of each light _____ watts

Type of underwater lighting _____
Number of underwater lights _____
Wattage of each light _____ watts

Illumination level _____ footcandles

_____ 21. Glare from natural lighting does not interfere with the ability to see below the surface of the water.

Orientation of pool (direction) _____

_____ 22. Glare from artificial lighting does not interfere with the ability to see below the surface of the water.

Placement and location of lights _____

_____ 23. Ground fault circuit interrupters (GFCI) have been installed on all electrical outlets in the pool, locker rooms, and other wet areas of the facility.

_____ 24. The deck and all floors leading to the pool are slip resistant and meet minimum friction coefficients (0.6 - 0.7).

Deck surface material _____

_____ 25. Deck mats, raised grid interlocking tiles, or anti-bactericide runners, if used, are removed daily for cleaning and disinfection.

_____ 26. Decks are clean, disinfected at least twice weekly, and algae free.

Number of hose bibs _____
Hose bib location _____
Backflow prevention _____

_____ 27. Decks on all four sides of the pool are a minimum of 8 feet wide. A minimum of 12 feet of unobstructed deck space is provided where diving boards or starting blocks are installed. At least 10 feet of deck space separates the swimming pool from the wading pool, spa, or other pool in the same natatorium.

Minimum deck width _____ ft
Area of deck _____ ft^2

_____ 28. Decks are sloped properly to drain, and do not collect pools of standing water.

Number of deck drains _____
Maximum distance between drains _____
Coved wall bases present _____

_____ 29. All ladders, backstroke flag stanchions, guard chairs, rails and treads, deck plates, and other deck equipment are tightly secured in place.

_____ 30. When stanchions, starting blocks or other pieces of deck equipment are removed, anchor sockets are capped.

_____ 31. The fresh water fill spout is located so as not to be a tripping hazard. An air gap of at least six inches has been provided between the spout and the pool as a means of backflow protection.

Water supply source _____
Drought restrictions _____

_____ 32. A drinking fountain has been provided within the pool enclosure.

_____ 33. Backstroke flags and support stanchions are placed 15 feet (USS short course, NCAA, NFSHSA) or 16'5" (USS long course, FINA) from each pool edge.

_____ 34. Underwater observation windows are mounted flush with the pool wall. Hardware securing the window frame to the pool wall does not protrude or otherwise pose a hazard to bathers.

_____ 35. Spectator seating areas are physically separated from the pool deck.

_____ 36. Electrical wiring does not pass directly over the pool.

_____ 37. Towel and equipment hooks are installed on the walls in a way that does not present a hazard to bathers.

_____ 38. Swim lanes are a minimum of seven, and preferably ten feet wide.

_____ 39. Targets have been provided and are in alignment with swim lanes.

_____ 40. Floating lane lines are secured to the pool with recessed hooks. Lines are stored on a reel when not in use, and the lane line reel is covered and stored off deck.

_____ 41. Acoustical treatment has been considered in the design of the natatorium. Reverberation time and background noise do not make it difficult to carry on long distance conversations, hear instructions, or listen to information over loud speakers.

_____ 42. An adequate means of egress from the pool is provided.

_____ 43. The pool is handicapped accessible and in compliance with the ADA and barrier free design requirements.

_____ 44. Rescue equipment including rescue tubes, ring buoys, extension poles, and shepherd's crooks are all in good repair and immediately available for use.

_____ 45. The first aid kit is well stocked and instantly accessible. (Minimum: 24-unit first aid kit)

_____ 46. A back board, rigid cervical collars, head immobilizer, and straps are in good repair and immediately available for use. Guards are trained and practiced in current spinal management techniques.

_____ 47. An emergency telephone is located on the pool deck.

_____ 48. Emergency phone numbers are posted. Directions to the facility and other pertinent information to be conveyed to the 911 operator are posted next to the phone.

_____ 49. Pool rules, methods of enforcement, safety literature, and meaningful warning signs are posted.

_____ 50. Pool capacity (bather load) signs are posted. Capacity limits are not exceeded.

Method of determining bather load: _____
Maximum bather load _____

_____ 51. Depth markings are plainly and conspicuously marked at or above the water surface on the vertical wall of the pool and on the edge of the deck. Markings conform to local and state code as to size, color, and spacing. Depth is marked to indicate feet and inches. Numbers other than those indicating depth have been removed.

_____ 52. Depth or drop-off lines and/or buoyed life lines are correctly positioned in the pool to indicate sudden changes in slope.

_____ 53. A contour depth chart is posted next to the pool to help swimmers judge the depth and shape of the pool.

Slope ratio (shallow) _____ Slope ratio (deep) _____

_____ 54. Steps, treads, ramps, ledges or any other protrusion into the pool are marked with a color contrasting coating or tile on both the top and vertical rise.

_____ 55. Diving is not permitted into areas of the pool less than nine feet deep or where there is less than twenty-five feet of forward clearance.

_____ 56. One and three meter diving boards are located in water at least 12'6" and 13'2" deep respectively, and are positioned in accordance with state and local codes, recommendations of national certifying agencies, and common and acceptable standards of the aquatic industry.

Number : 1 m boards _____
3 m boards _____
Jump boards _____
Platforms _____ Height _____
Guard rails _____
Protective netting _____
Type of board and standards _____
Distance between boards _____ feet
Distance between board and nearest side wall _____ feet
Depth of water directly below board _____ feet
Depth of water 12 feet forward of board _____ feet
Overhead clearance _____ feet

_____ 57. Diving board surfaces are slip resistant. All nuts, bolts, hinges, fulcrums, rail mounting devices, band fasteners, and guard rails have been properly maintained and are in good condition.

_____ 58. Starting blocks are located in water at least nine feet deep. Warning labels are affixed. Blocks are removed from the deck except during competition or training for competition. Use of starting blocks is prohibited unless swimmers are under the direct supervision of an instructor or coach.

_____ 59. Adequate fencing, gates, barriers, alarms or other protective devices are installed to prevent entry, or alert staff to the unauthorized entry of a trespasser into the pool area.

_____ 60. The pool manager or operator is certified from a nationally recognized agency, and is knowledgeable in all aspects of pool operation, water chemistry and maintenance.

_____ 61. Pool water is tested at least once every two hours and analyzed at least one hour prior to use by the public.

_____ 62. Test kits are properly stored and reagents fresh.

Brand(s) of test kits _____

_____ 63. A system of regular testing, recording of findings and chemical adjustment of pool water has been implemented. A daily pool water analysis log is posted.

_____ 64. All water quality and chemicals levels are within acceptable ranges.

- _____ ORP
- _____ FAC
- _____ TAC
- _____ CAC
- _____ Cyanuric Acid
- _____ pH
- _____ Acid/Base Demand
- _____ Total Alkalinity
- _____ Calcium Hardness
- _____ Total Dissolved Solids
- _____ Iron
- _____ Copper
- _____ Nitrates
- _____ Water Temperature
- _____ Saturation Index

_____ 65. Bacteriological water analysis is performed on a regular basis by an independent laboratory as required by code.

_____ 66. Detailed maintenance checklists for daily opening and closing procedures, and seasonal and long term maintenance are maintained,completed daily and available for inspection.

Daily checklists _____
Preventative maintenance checklists _____

_____ 67. Trash containers are covered and emptied as needed.

_____ 68. Markings and graffiti have been removed.

_____ 69. Water temperature is maintained within acceptable levels and is appropriate for the primary activities being conducted in the pool.

Water temperature _____° F

_____ 70. Ambient air temperature is comfortable and at least three to seven degrees higher than water temperature.

Air temperature _____° F

_____ 71. Air quality is monitored. No unpleasant odors or irritating fumes are discernable.

_____ ppm of chlorine gas present in the air

_____ 72. Low humidity levels (50% - 60%) are maintained.

Type of air handling system _____
Humidity level (pool) _____ %
Humidity level (W locker room) _____ %
Humidity level (M locker room) _____ %

_____ 73. Fresh air is introduced into the pool area at a rate of 0.5 cfm per square foot of pool and deck area, in compliance with ASHRAE Standard 62-1989 "Ventilation for Acceptable Indoor Air Quality" and BOCA codes (1984 with 1986 supplement).

_____ 74. Upon visual inspection, the ceiling over the pool does not show any obvious signs of deterioration.

_____ 75. A safety orientation is provided to new members or guests before they are permitted to use the pool.

_____ 76. At least two certified lifeguards are in attendance at the pool during all times of operation, at least one of whom is positioned in an elevated guard chair and has no duties to perform other than the close general supervision of participants in water contact activities.

_____ 77. Lifeguards are at least 18 years old, medically fit, have good eyesight, and are physically able to meet the demands of the job.

_____ 78. Lifeguards and aquatic instructors possess current certifications appropriate to their job, have adequate training for the facility, are qualified and practiced in emergency procedures and other aspects of their job, including use of rescue equipment.

_____ 79. Lifeguards are properly dressed and readily identifiable to patrons.

Uniform _____
Hat or visor _____
Sunglasses _____
Protected from the sun _____
Whistle or other communication device _____
Rescue tube _____

_____ 80. The number of guards and supervisory personnel is adequate for the activities being conducted, age and skill level of participants, the size and shape of the facility, and environmental conditions which might limit their ability to provide necessary supervision.

Number of guards on duty _____
Location or position of guards:

_____ 81. Lifeguards are alert, rotated to different positions at least once every forty minutes, and are given frequent relief breaks away from surveillance duties.

Proper rotation _____

_____ 82. Supervision is being provided in accordance with the "10/20 Rule"

Average scan time over 3 minutes _____ seconds

_____ 83. The doors leading to the pump, mechanical and chemical rooms are locked and only accessible to authorized personnel. Appropriate signage and warnings are affixed to the outside of the doors.

_____ 84. The surge chamber is properly sized to hold 1 gallon of water for each square foot of pool water surface area.

_____ 85. The flowmeter is operational, accurate and properly located on a return line at operator eye level.

Flowrate _____ gpm
Type of rate of flow indicator _____
Straight length of pipe prior to the flowmeter _____ inches
Straight length of pipe after the flowmeter _____ inches
Pipe diameter _____ inches

_____ 86. Rate of circulation is appropriate to meet minimum turnover requirements and to accommodate peak bather loads.

Volume = _____ gallons
Flowrate = _____ gpm
Required flowrate = _____ gpm for _____ hour turnover
Turnover = _____ hours

_____ 87. The hair and lint strainer basket is clean of debris. Additional baskets and gaskets or o-rings are provided.

_____ 88. The centrifugal force pump is properly secured to its base, located so as to avoid cavitation, and is operating quietly.

_____ 89. The recirculation pump is properly sized according to the manufacturer's pump curve.

Influent pressure (psi) x 2.31 = _____ feet of head
Vacuum reading (Hg) x 1.13 = _____ feet of water
Feet of head + feet of water = _____ TDH
Minimum flowrate = _____ gpm
Pump horsepower = _____ hp

_____ 90. Pipes are not leaking, are properly supported, and do not show obvious external signs of calcification, corrosion or deterioration.

Pipe type _____

_____ 91. Air pressure relief valves have been installed on all pressure filter tanks.

Manual _____ Automatic _____

_____ 92. Diatomaceous earth, chemicals or discharged pool water are neutralized, separated, settled or otherwise properly disposed of.

_____ 93. Total filter surface area is adequate to meet recommended design flow rates.

Filter type_____
Number of filter tanks _____ x Design flow rate = _____ gpm/ft^2
Required filter size = _____ ft^2
Actual filter size = _____ ft^2

_____ 94. A clean sight glass or visual outfall of at least three feet has been provided.

_____ 95. A sump pit or backwash holding tank has been installed and has been properly sized to prevent water discharged during the backwash process from flooding the filter room.

_____ 96. Adequate drainage has been provided in the pump room.

_____ 97. Filter media or elements are clean. No channeling, mud ball formation or bridging is evident.

_____ 98. Pressurized filter tanks and hair and lint traps are properly sealed.

_____ 99. All influent and effluent pressure gauges, and vacuum gauges are operational and accurate.

Vacuum _____ Hg
Influent pressure_____ psi Effluent pressure _____ psi

_____100. The pool auxiliary rooms are clean, and maintained in a safe and acceptable manner, well lit and ventilated.

_____101. Diagrams and operating instructions are posted in the pump rooms. Operating manuals have been obtained from the manufacturers.

_____102. All piping, filters and components which are part of the mechanical operating system are labeled, tagged or color coded.

_____103. The heater is properly sized and maintained.

Type of heater _____
Efficiency rating _____ %
Variables reducing heater efficiency _____

_____104. An active solar heating system has been installed.

_____ Open loop (water) _____ Closed loop (antifreeze)

Panels: _____ flat plate _____ flexible plastic
_____ glazed _____ unglazed

Collector location _____

_____105. Automated chemical controllers are calibrated and operating properly.

Controller brand _____
Paper print-out or remote read-out _____
Automatic probe cleaner _____
Frequency of probe cleaning _____

_____106. MSDS sheets are posted for all chemicals stored on the premises. MSDS stations and a master file have been created.

_____107. Chemicals are properly stored, contained, labeled, transported, and handled in compliance with safe chemical storage practices.

_____108. Chemicals are correctly dispensed into the pool.

Primary bactericide _____
pH adjustment chemical _____
Chemical inventory:

_____109. Empty or used chemicals storage containers are rinsed and disposed of in accordance with manufacturers recommendations.

_____110. Equipment for containing and cleaning up chemical spills is available. Containment dikes, overpacks and chemical clean-up gear has been provided.

_____111. Emergency fresh water drench showers and eye washes are available for use by all persons required to handle chemicals.

_____112. Personal safety gear, such as goggles, full face shields, splash guard aprons, neoprene gloves, boots, respirators, gas masks and SCBAs are available, and staff members have been instructed in their proper use.

_____113. The facility is in compliance with all state bathing codes. [Contact your State Department of Health for a copy of the health and safety, building, general industry safety, and administrative codes that pertain to the design, construction, maintenance and operation of pools in your state. Refer to the attached listing of State Health Departments]

_____114. The facility is in compliance with the Uniform Fire Code, Article 80: "Hazardous Materials". [Refer to the attached checklist]

_____115. The facility is in compliance with the EPA SARA Title III: "Emergency Planning and Community Right -to-Know Act". [Refer to the attached checklist]

_____116. The facility is in compliance with the Dept. of Agriculture's Pesticide Safety Training requirements.

_____117. The facility is in compliance with OSHA's "Hazard Communication Standard". [Refer to the attached checklist]

_____118. The facility is in compliance with the state's Safe Drinking Water and Toxic Enforcement Act.
[For example: CA Proposition 65, NV Proposition 11]

_____119. The facility is in compliance with the OSHA "Occupational Exposure to Bloodborne Pathogens" requirements.

_____120. Fire extinguishers are charged and are located throughout the facility.

_____121. Lockers are provided in adequate numbers to provide storage for anticipated bather loads.

Tier design _____

_____122. Locker room maintenance is completed as needed. Sink basins, floors, mirrors, toilet bowls and urinals are cleaned and disinfected.

_____123. The locker room plumbing has been checked for dripping water or leaks. Showers, faucets and toilets are working and in good repair.

Showers: group _____ private _____ handicap _____

_____124. Toilet paper, towels, soap and other amenities are available and containers filled.

_____125. The suit dryer is operational and in good repair.

_____126. A diaper changing area and disposal can for soiled diapers has been provided.

_____127. Benches, chairs and tables are secure and in good repair.

_____128. The locker rooms are aesthetically pleasing, provide a comfortable and pleasant environment, and are adequately sized to provide patrons with a desired level of privacy.

_____129. Spa (15 minutes), and, sauna and steam room (30 minutes) timers are suitably located and operational.

_____130. Signs are posted instructing bathers on the proper use of saunas, steam rooms and spas, and warning bathers of the hazards associated with their use.

_____131. The sauna is satisfactorily maintained and operated, and is cleaned and disinfected daily.

_____132. A protective wood railing has been installed around the sauna heater.

_____133. The steam room is satisfactorily maintained and operated, and is cleaned and disinfected daily.

_____134. A safeguard has been installed to prevent bathers from accidentally coming into contact with the steam head.

_____135. The steam generator is properly sized for the steam room. (1 bhp or 33,478 BTU or 10 kw per 400 ft^3)

Steam generator size _____
Room dimensions: length _____ feet width _____ feet
height _____ feet area _____ ft^3

_____136. Doors to the sauna and steam room open out. A window has been installed in the door. No locking or latching devices are present.

_____137. Subdued lighting, a clock, thermometer, hygrometer and emergency alarms have been installed in the steam room and sauna, and are operating properly.

_____138. A temperature regulator has been installed to automatically shut off the heat or steam in the sauna or steam room when maximum temperature has been achieved.

_____139. Hourly costs of operation have been computed. Income generated equals or exceeds actual costs of operation.

_____140. An adequate number of nearby parking spaces have been provided in anticipation of maximum bather loads.

_____141. Measures are being taken to prevent infestation by roaches and other unwanted pests.

Comments:

DIAGRAM:

OSHA 29 CFR 1910.1200
Hazard Communication Standard

COMPLIANCE CHECKLIST

_____ Provide information and training to employees about hazardous materials to which they are exposed [1910.1200 (b)(1)]

_____ Make provisions for collecting and maintaining material safety data sheets [1910.1200 (b)(3)(ii)]

_____ Develop, implement and maintain in the workplace a written hazard communication program [1910.1200 (e)(1)]

_____ Provide a list of all hazardous chemicals known to be present for exposed employees [1910.1200 (e)(1)(i)]

_____ Inform employees of hazards associated with performing non-routine tasks [1910.1200 (e)(1)(ii)]

_____ Develop procedures for informing outside contractors of hazardous substances on the premises [1910.1200 (e)(2)]

_____ Provide a complete written program to employees or their representatives upon request [1910.1200(e)(4)]

_____ Ensure that containers are properly labeled with the identity of the hazardous chemical, appropriate hazard warnings, and the name and address of the responsible chemical manufacturer or importer [1910.1200 (f)]

_____ Ensure that labels show hazard warnings [1910.1200 (f)(4)]

_____ Ensure that hazardous chemical containers are properly labeled, tagged or marked [1910.1200 (f)(5)]

_____ Ensure that unlabeled temporary-use portable container requirements are met [1910.1200 (f)(7)]

_____ Ensure that labels are not defaced or removed from hazardous materials containers [1910.1200 (f)(8)]

_____ Ensure that all labels are legible, prominently displayed, and in English [1910.1200 (f)(9)]

_____ Make MSDS available for each hazardous chemical used [1910.1200 (g)(1)]

_____ Update employee training whenever a significant change to a chemical occurs which increases its hazard to exposed employees [1910.1200 (g)(5)]

_____ Establish procedures to obtain an MSDS if MSDS is not provided with a shipment of hazardous materials [1910.1200 (g)(6)]

_____ Obtain MSDS from retail distributors [1910.1200 (g)(7)]

_____ Maintain current and readily accessible MSDS files in the workplace [1910.1200 (g)(8)]

_____ Maintain a central location for MSDS files for employees who travel between workplaces [1910.1200 (g)(9)]

_____ Ensure that information is provided for each hazardous chemical in the work area and throughout each shift [1910.1200 (g)(10)]

_____ Train employees at the time of their initial work assignment involving handling or exposure to hazardous substances [1910.1200 (h)]

_____ Update employee training whenever a new chemical is introduced into the workplace [1910.1200 (h)]

_____ Implement provisions for informing employees about the OSHA Hazard Communications Standard [1910.1200 (h)(i)]

_____ Inform employees about work areas where hazardous substances are present [1910.1200 (h)(1)(ii)]

_____ Inform employees about the availability and location of the written hazard communication program [1910.1200 (h)(1)(iii)]

_____ Train employees about the methods and observations that may be used to detect the presence or release of hazardous materials [1910.1200 (h)(2)(i)]

_____ Train employees about the physical and health hazards in the workplace [1910.1200 (h)(2)(ii)]

_____ Train employees to protect themselves from hazards [1910.1200 (h)(2)(iii)]

_____ Train employees in the proper use of personal protective equipment [1910.1200 (h)(2)(iii)]

_____ Train employees in emergency procedures for accidental exposure [1910.1200 (h)(2)(iii)]

_____ Explain specific work procedures implemented by the employer that must be followed to protect employees while on the job [1910.1200 (h)(2)(iii)]

_____ Train employees to read labels to determine hazards [1910.1200 (h)(2)(iv)]

_____ Train employees to read and understand each section of the MSDS [1910.1200 (h)(2)(iv)]

_____ Train employees on where and how to obtain the appropriate hazard information and MSDS for a particular hazardous substance [1910.1200 (h)(2)(iv)

_____ Comply with all provision required by employers in the non-manufacturing sector by May 23, 1988 [1910.1200 (j)(1)]

For a complete copy of the Standard, or for more information, contact:

OSHA Publication Office
Room N-3101
Washington, DC 20210

U.S. EPA
SARA Title III: The Emergency Planning and Community Right-To-Know Act of 1986

COMPLIANCE CHECKLIST

Subtitle A

_____ Appoint an emergency coordinator

_____ Notify the state commission that you are subject to SARA Title III requirements

_____ Notify the emergency planning group when reportable quantities of chemicals are released into the environment

Subtitle B

_____ Provide local emergency response personnel and the public with access to information on hazardous chemicals stored on the premises

_____ File copies of MSDS sheets or a list of chemicals covered by the MSDS sheets with the local emergency planning committee, local fire department, and state emergency response commission

_____ Comply with the provisions of this subsection by October 17, 1987

_____ Submit emergency and hazardous chemical inventory forms to the local emergency planning committee, local fire department, and state emergency response commission

_____ Submit an annual report on the release of toxic chemicals that occur as a result of normal facility operations that might cause adverse effects on the environment or human health

For a complete copy of the Act, or for more information, contact:

U.S. Environmental Protection Agency
Washington, DC 20460

AMO592

Uniform Fire Code
Article 80: Hazardous Materials

COMPLIANCE CHECKLIST

_____ Obtain a permit to store, dispense, use or handle hazardous materials in excess of specified quantities [80.103 (a)]

_____ Post a permit to store, dispense, use or handle hazardous materials in excess of specified quantities [80.103 (b)]

_____ Develop a hazardous materials management plan [80.103 (a)]

_____ Submit a hazardous materials inventory statement [80.103 (a)]

_____ Report the release of hazardous materials [80.104 (b)]

_____ Collect and post MSDS sheets [80.104 (d)]

_____ Post UFC Standard No. 79-3 hazard identification signs [80.104 (e)]

_____ Train personnel responsible for areas in which hazardous materials are stored [80.106]

_____ Protect hazardous materials stored in above ground tanks [80.301 (b) (6)]

_____ Post required signage and placard storage tanks [80.301 (d)]

_____ Construct and brace storage shelves [80.301 (i)]

_____ Develop a chemical storage plan [80.301 (k)]

_____ Provide spill control, drainage and containment [80.301 (l) (1)]

_____ Provide spill control [80.301 (l) (2)]

_____ Secondary containment [80.301 (l) (4)]

_____ Ventilate chemical storage areas [80.301 (m)]

_____ Separate incompatible hazardous materials [80.301 (n)]

_____ Provide hazardous materials storage cabinets [80.301 (o)]

_____ Provide fire extinguishing systems [80.301 (p)]

_____ Provide explosion venting or suppression [80.301 (q)]

_____ Provide manual alarms or emergency signal devices outside exit door of chemical storage area [80.301 (u)]

_____ Comply with requirements for storage of compressed gasses [80.303]

_____ Comply with requirements for storage of flammable solids [80.305]

_____ Comply with requirements for storage of liquid and solid oxidizers [80.306]

_____ Comply with requirements for storage of water reactive materials [80.310]

_____ Comply with requirements for storage of corrosives [80.314]

_____ Ensure safe handling of containers, cylinder, tanks and drums used for transport of hazardous materials [80.402 (b)]

For a complete copy of the Code, or for more information, contact:

Western Fire Chiefs Association
5360 S. Workman Mill Road
Whittier, CA 90601

National Fire Protection Association
Batterymarch Park
Quincy, MA 02269

State Health Departments

State of Alabama
Billy W. Knight, Director
Div. of Food & Lodging
434 Monroe Street
Montgomery, AL 36130-1701

State of Alaska
Dept. of Environmental
Conservation
Pouch O
Juneau, AK 99811-1800

State of Arkansas
Becky S. Binz, Dir. of Sanitation
Dept. of Health, State Bldg.
4815 W. Markham Street
Little Rock, AR 72201

State of Arizona
Margaret McClelland, Director
Dept. of Health, State Bldg.
1740 W. Adams Street
Phoenix, AZ 85007

State of California
J. David Quinton, Dept. of Health
State Office Building 8
714 P Street, Room 600
Sacramento, CA 95814

State of Colorado
Div. of Engineering & Sanitation
Department of Health
4210 E. 11th Avenue
Denver, CO 80220

District of Columbia
Dept of Consumer &
Regulatory Affairs
P.O. Box 37200
Washington, DC 20013

State of Connecticut
Frederick Adams, Com.
Dept of Health Services
150 Washington Street
Hartford, CT 06106-4474

State of Delaware
Michael Joyce, Environmental Eng.
Division of Public Health
P.O. Box 637
Dover, DE 19903

State of Florida
Dept. of Health & Rehabilitation
Environmental Health Programs
1317 Winewood Blvd.
Tallahasse, FL 32399

State of Georgia
Dept. of Human Resources
522 Health Building
47 Trinity Avenue, S.W.
Atlanta, GA 30334

State of Hawaii
Dept. of Health,
Sanitation Branch
591 Ala Moana, 1st Floor
Honolulu, HI 96813

State of Idaho
Administrative Procedure Section
Dept. of Health & Welfare
450 W. State St., 3rd Floor
Boise, ID 83720

State of Illinois
Department of Public Health
535 W. Jefferson Street
Springfield, IL 62761

State of Indiana
State Board of Health
1330 W. Michigan Street
P. O. Box 1964
Indianapolis, IN 46206-1964

State of Iowa
Department of Public Health
Pool and Spa Program
Lucas State Office Bldg, 4th Fl.
Des Moines, IA 50319-0075

State of Kansas
Stephen N. Paige, Director
Dept .of Health & Environment
Landon State Office Building
Topeka, KS 66612-1290

State of Kentucky
Roger Conn, Chief Engineer
Dept .for Health Services
275 E. Main Street
Frankfort, KY 40621-0001

State of Louisiana
Dept. of Health & Human Resources
325 Loyola Avenue, Room 206
P. O. Box 60630
New Orleans, LA 70160

State of Massachusetts
Department of Public Health
600 Washington Street
Boston, MA 02111

State of Maine
Dept. of Human Services
Division of Health Engineering
State House, Station 10
Augusta, ME 04333

State of Maryland
Michael Hurney, Div. Chief
Dept. of Health & Hygiene
4201 Patterson Avenue
Baltimore, MD 21215-2222

State of Michigan
Division of Environmental Health
3423 N. Logan Street
P. O. Box 30195
Lansing, MI 48909

State of Minnesota
Rex Strouquist, Dept. of Health
717 Delaware Street, S. E.
P. O. Box 9441
Minneapolis, MN 55440

State of Mississippi
Alton Cobb,State Health Officer
2423 N. State Street
P. O. Box 1700
Jackson, MS 39215-1700

State of Missouri
Div. of Health, Dept. of Soc. Ser.
High Street & Broadway
P. O. Box 570
Jefferson, City, MO 65102-0570

State of Montana
Dept. of Health & Env.. Science
W. F. Cogswell Building
Lockey Street
Helena, MT 59620

State of Nebraska
State Health Department
301 Centennial Mall, South
P. O. Box 95007
Lincoln, NE 68509

State of Nevada
James Pierce
Department of Human Services
505 E. King Street
Carson City, NV 89710

State of New Hampshire
Joyce Perrault, Ex. Secretary
Dept. of Env.. Services
P. O. Box 95
Concord, NH 03302-0095

State of New Jersey
Department of Health
Health & Agriculture Building
C. N. 360
Trenton, NJ 08625-0364

State of New Mexico
Edward Horst, Program Mgr.
Health and Environment Dept.
1190 Francis Drive
Santa Fe, NM 87503

State of New York
Robert Burhans, R. S., Chief
Dept. of Health - Corning Tower
Empire State Plaza
Albany, NY 12237

State of North Carolina
Stacy Covil, Chief
Dept. of Environmental Health
P. O. Box 2767
Raleigh, NC 27611-7687

State of North Dakota
Charles A. Abel, Engineer
Department of Health
1200 Missouri Avenue
Bismarck, ND 58502-5520

State of Ohio
Department of Health
246 N. High Street
P. O. Box 118
Columbus, OH 43266-0118

State of Oklahoma
Department of Health
N.E. 10th & Stonewall Streets
P. O. Box 53551
Oklahoma City, OK 73152

State of Oregon
Hal Nauman, Dept. of Health
1400 S.W. 5th Ave, Room 611
P. O. Box 231
Portland, OR 97201

State of Pennsylvania
John D.Fronko
Dept. of Environmental Resources
P. O. Box 2357
Harrisburg, PA 17120

State of Rhode Island
Department of Health
209 Cannon Building
3 Capitol Hill
Providence, RI 02908-5097

State of South Carolina
J. Luke Hause, Manager
Department of Health
Aycock Bldg., 2600 Bull Street
Columbia, SC 29201

State of South Dakota
Dept. of Water & Natural Resources
Office of Drinking Water
523 E. Capitol Street, Rm 221
Pierre, SD 57501-3181

State of Tennessee
Wayne Scharber, Assistant
Dept. of Health & Environment
150 9th Avenue, North
Nashville, TN 37219-5404

State of Texas
Department of Health
1100 W. 49th Street
Austin, TX 78756

State of Utah
Wendall Stewart , Health Dept.
288 North 1460 West
P. O. Box 16690
Salt Lake City, ut 84110-0690

State of Vermont
Department of Health
60 Main Street
P. O. Box 70
Burlington, VT 05401

State of Virginia
Department of Health
James Madison Building
109 Governor Street
Richmond, VA 23219

State of Washington
Department of Health
208 State Office Building 3
1800 Washington Street, East
Charleston, WV 25305

State of West Virginia
Department of Health
208 State Office Building 3
1800 Washington Street East
Charleston, WV 25305

State of Wisconsin
Dept. of Health & Social Services
280 W. Wilson Street
P. O. Box 309
Madison, WI 53701

State of Wyoming
Howard Hutchings, Director
Dept of Health & Soc. Services
2300 Capitol Avenue
Cheyenne, WY 82002