

Northern Westchester Swim Conference  
**Safety Procedure Recommendations**

The following is a list of safety procedures, recommended by the representatives of the NWSC. Inc. to assure a safe meet:

1. There should be a minimum of two lifeguards on duty during the warm-up, and one during the meet.
2. Warm-up procedures should be adhered to.
3. Spectators should not be allowed near the starter's gun. An area should be roped off for the official.
4. Jumping/throwing into the pool after a meet should not be allowed.
5. First aid supplies/emergency equipment such as ice packs, gloves and gauze pads, should be available at all facilities. HOST TEAM IS RESPONSIBLE FOR PROVIDING SUPPLIES.
6. An emergency plan of action should be prepared and practiced, in the event of an accident. An accident report is strongly suggested.