



**BALMORAL BEACH CLUB**



**BBC Safety Plan – Events  
(Swimming & Athletics)**

**Balmoral Beach Club**

**6 The Esplanade**

**Balmoral Beach NSW 2088**

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# BBC Safety Plan – Events (Swimming & Athletics)

## 1.1. Intent of the Plan

The intention of the Event Safety Plan is to:

- Set out guidelines for the running of BBC events that are able to be maintained simply, therefore providing guidance for an appropriate level of safety
- Allocate tasks for Club events
- Provide a plan for risk management for the safety of race participants, ensuring that participants understand that they are taking part at their own risk and that they make their own assessment of those risks
- The plan is to be reviewed at the commencement of each summer season
- The Emergency plan is intended to provide the ability to bring to the attention of people on the beach and swimmers, of an emergency situation and to do what is reasonable practicable to bring a swimmer in trouble to the beach while professional help is on its way. This plan is to provide a very basic process for personnel to follow.

## 1.2. Convenors

Convenors are appointed for each Club event as follows:

- Sunday swims : **Martin Quinn & Traicha Janderra**
- Saturday swims : **Terry Carroll**
- Easter, Christmas & Public holiday swims : **Terry Carroll**
- Nippers : **See separate safety plan**
- Athletic events : **Chris Webb**
- Masters : **Rosslyn Skinner**
- Juniors : **Traicha Janderra**
- 500m Saturday Morning **Charm Frend**

Convenors for an event may nominate a delegate for that event.

## 1.3. Conditions assessment

**The convenor (or delegate) has the discretion to cancel an event. The decision may be based upon the following:**

- Consultation with experienced swimmers/life guards at the BBC
- Heavy seas and/or high surf, including heavily dumping waves at the beach and the inability to secure buoys
- Strong rips and turbulence as a result of high surf
- Severe pollution as a result of high rainfall over an extended period
- Receiving advice as to the presence of a shark at Balmoral Beach
- The convenor may assess if an 'extraordinary conditions' warning is appropriate to issue to participants due to abnormal and potentially hazardous conditions
- Note that conditions at Edwards Beach are generally safe given the protected nature of the beach. Conditions requiring modification of courses or cancellation of events are unusual.

***In any event, participants need to make their own decision to participate in events.***

## 1.4. Event Running

### A. Trained Personnel

Two trained personnel, proficient in CPR and rescue are required to be in place for all swimming and athletic events with a swimming component, that are listed on the BBC event calendar. They are to be present for the start of, and duration of these events.

In the absence of two trained personnel, one may be substituted by a BBC member who is surf lifesaving proficient, to make up the two personnel required. Events will not proceed without these personnel on duty.

### B. Equipment

**The following equipment is generally available to assist in the effective running of swimming and athletics events**

- First Aid Kit (male & female change rooms)
- Stretcher (male change room)
- Surf rescue float (hanging on the wall in the eastern passage)
- Yellow rescue tubes (male change room)
- Resuscitation instructions (registration desk)
- Defibrillator (registration desk)
- Swimming race tags for members & visitors (registration desk)
- Telephone (office)
- Ambulance directions information (throughout club)
- Waiver forms (office)
- Loud hailer (office)
- Yellow risk warning signs (office)
- Red and white flag to clear the water

The trained personnel, if present, will have immediate access to the following;

- spinal board
- neck brace
- oxyviva
- 2 standard waterproof radios
- safety signs
- portable first aid kit tool box

### C. Briefings

- The Convenor is to remind participants that they are participating at their own risk and that they must assess conditions themselves prior to entering an event. This can be done verbally or by placing signs for that purpose at the top of the beach stairs
- Participants of athletics are to be reminded of the risks of athletics with traffic hazards.

- The convenor may choose to warn the participants of extraordinary hazards peculiar to a particular situation. This warning should be given by the convenor prior to the commencement of the race advising of the unusual circumstances or hazard.
- The warning needs to reiterate to members and their guests that they participate at their own risk and that they are to read the BBC 'Notice to Participants' such that they understand the risk of the event.

#### **D. Waiver**

Each person participating in a BBC event is required to read acknowledge and sign a personal waiver form. The form explains some of the risks and hazards a participant may encounter, the BBC requirements and obligations of a participant.

The BBC is not a Surf Life Saving Club. Trained personnel who may be in attendance at BBC events do not relieve members of their responsibility to assess that conditions are safe before participating.

#### **E. Specific Event Conditions**

##### **Athletics**

- For runs, movement on roads is to be kept to an absolute minimum, and avoided totally if possible. Marshalls are required at corners and crossing points commensurate with the convenors risk assessment of the route.
- A sweeper is required at the back of any athletics run. The sweeper is to carry a mobile phone for emergencies.

#### **1.5. Emergency Plan**

The Emergency Plan is intended to act as a guideline in the event of an emergency. In the event of an emergency, the following procedures apply:

1. Should the beach volunteers or the sweeper at the back of any athletics spot any person requiring assistance, attract attention by sounding the horn on the loud haler (if near the club) or send a runner to the club house to bring help.
2. If first aid or medical help is required, volunteers are to call 000 from the office phone or 112 from a mobile.
3. The lifeguards, if on duty, are to take control and coordinate rescue efforts.
4. Rescuers are to bring the swimmer to the beach on the rescue board or by rescue tube.
5. The defibrillator(at the club room sink) is to be brought from the club room to the patient, and used as per it's instructions.
6. Lifeguards, rescuers and convenor may seek the assistance of medically qualified Club member (if one is readily available) to administer first aid. The patient is to be monitored until medical assistance is available.