



## Grangemouth Triathlon Club

### Training Operating Procedures at Grangemouth Sports Complex

This information reflects discussion towards safe and effective operation of the current training programme of Grangemouth Triathlon Club (“GTC”) at Grangemouth Sports Complex. It aims to address the need for adequate pool session supervision and to ensure that minimum standards of insured supervision can be provided, and that a degree of comfort and assurance is factored into this supervision. It is the basis for understanding by all involved, in relation to how the Triathlon Club can safely conduct its training sessions during normal operating hours, and out-with normal core opening hours when there are fewer fully qualified staff members on site.

It is noted that on 10<sup>th</sup> March 2022, 17 members of Grangemouth Triathlon Club successfully completed a Pool Safety Responder Course within the Sports Complex, which provides site-specific knowledge and skills in relation to casualty recognition and effective rescue, with additional basic first aid training included.

Grangemouth Triathlon Club agrees that a list of those members attaining the above qualification will be provided to the Sports Complex, with dates of renewal for the qualification. It is further agreed that any members either leaving or joining this list will be notified to the Sports Complex.

It is also agreed that this information will be discussed and amended as required, with updates provided at least 6-monthly to ensure accuracy in terms of normal operations, training days/times, and any other pertinent circumstances.

It is noted that training times are currently established as below and agreed that any change to these days/times will be communicated between the Sports Complex and Grangemouth Triathlon Club.

Following discussion, these pages provide some insight and explanation of the current session plans, together with a view of the facility and indicative locations for key emergency or first aid provision.

#### **Tuesday Morning Sessions 05:45 – 07:00**

The Tuesday morning session will comprise of adult/senior swimmers together with Juniors aged 14 and over.

Grangemouth Sports Centre cannot provide a lifeguard for this session therefore the following protocols will apply:

- GTC will ensure a qualified Pool Responder, who is not coaching, is present for the duration

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of the session. The Pool Responder should be fully focused on safety and supervision of the group.

- A GTC coach will also be present to provide instruction and guidance to swimmers in relation to the session content.
- If there is no GTC coach present the Pool Responder should refrain from Coaching when athletes are swimming during sets.
- If the coach is not a Pool Responder, then unless there is an athlete who is qualified to take on the role of Pool Responder and not take part in the session the session cannot take place.

As there is no lifeguard present the GTC Pool Responder must have a fully charged mobile phone poolside in case of emergency and be aware emergency procedures and first aid locations.

### **Thursday Evening Sessions 19:00 – 21:00**

This session is currently divided into two 1-hour sessions.

The first 1-hour session comprises of Junior members of which there is a range of swimming abilities from inexperienced, through competent, to experienced.

It is agreed that in addition to coaching staff on poolside, that a Sports Complex lifeguard will be provided to lifeguard this 1-hour session, given the younger, less experienced aspect of this session.

If, for some reason, the Sports Complex cannot provide a lifeguard, the session may go ahead as long as a minimum of one GTC coach or coaching assistant, who is a qualified Pool Responder, removes themselves from coaching duties and focuses solely on the safety and supervision of the group.

It is agreed that a club member will have the use of a walkie-talkie during this session if no lifeguard is present. Guidance of its use will be provided by Sports Complex staff.

The second 1-hour session comprises of adult/senior swimmers.

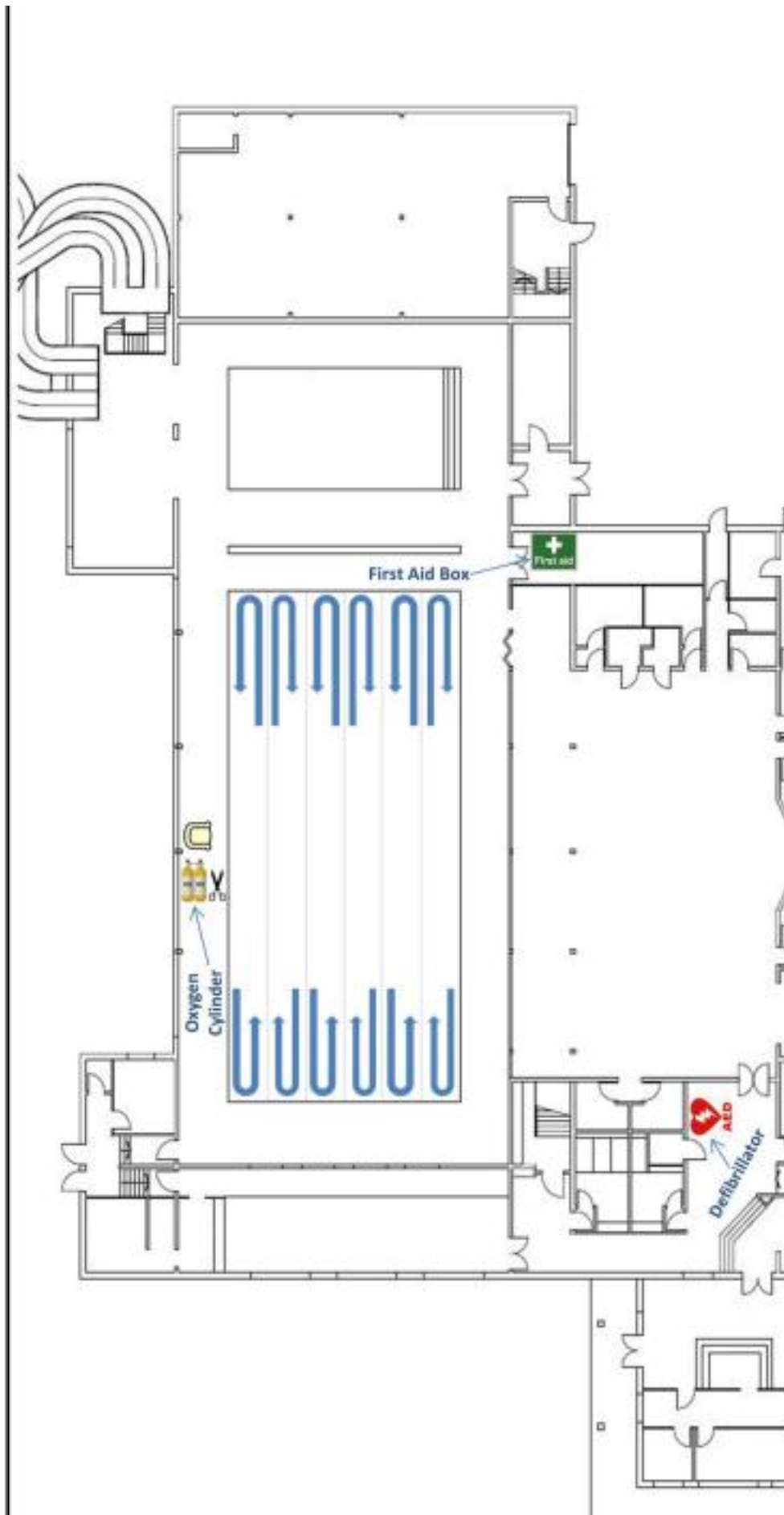
The Sports Complex will provide a qualified lifeguard within the complex but who may not be present poolside. During this session, 2 coaches will be in attendance each responsible for 3 lanes. If both are Pool Responders both can coach providing that they keep a focus on safety and supervision within their lanes.

If there is 1 coach who is a Pool Responder and 1 who is not, the Pool Responder will allow the other coach to lead the session and they will take a step back taking on overall safety and supervision of all lanes, their main role is the safety and supervision of all lanes.

If only one coach is available or both coaches are not pool responders, then a Sports Complex Lifeguard will be provided to lifeguard this one-hour session. Coaches will be made aware that if they arrive and this is the case, they will notify reception at the start of the session in order to have a lifeguard in place. It is however, reasonably expected that sufficient numbers of club members will routinely be available during this second session to provide both coaching and Pool Responder roles.

It is agreed that a GTC club member will have the use of a walkie-talkie during this session. Guidance of its use will be provided by Sports Complex staff.

A plan view of the Sports Complex pool area is attached, and indicates the basic pool lane direction etiquette, together with the location of key items - Oxygen cylinder, Defibrillator, First Aid Box.



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**Listed below are GTC members who are currently qualified as Pool Responders with the Club: [Dates of renewal to be notified.](#)**

Amie Hunter

Derek Simpson

Duncan short

Les Markin

Elliot Sedman

Leigh Ritchie

Angus Campbell

Willie McGuire

Chris Ritchie

Catriona Hutchison

Linda Lucey

Fiona Macfarlane

Fiona Ross

Alan Mackay

Robert Myler

John Marrs

Barbra Ann Hogarth