

USA Diving

Safety Training For Competitive Diving Coaches

STUDY GUIDE FOR ONLINE EXAM

I. PROVIDING A SAFE PHYSICAL ENVIRONMENT: FACILITIES, EQUIPMENT, ENVIRONMENTAL AND WEATHER CONDITIONS

FACILITIES

- FINA Dimensions- minimum water depths (vertical and horizontal)
- Sanctioning compliance
- Facility inspections
- Electrical ground fault circuit interrupters (GFCI)
- Water and air quality issues (divers with asthma)
- Pool operation protocols for prevention of intestinal parasites' introduction into the pool
- Meet director responsibilities
- Water entry safety guidelines
- Pool with a non-conforming dimension(s)
- Insurance exclusions and inclusions

EQUIPMENT

- Risk of collision-Diving board and platform equipment configurations
- Standard equipment for diving programs: Competitive Duraflex boards (dryboards and wetboards), trampolines, overhead mounted spotting rigs (trampolines, dryboards, dry platforms and wetboards), spotting belts, in-ground and above ground sparging system, spas and hot tubs
- Diving equipment dimensions/specifications
- Diving equipment intended usage
- Diving equipment maintenance

ENVIRONMENTAL AND WEATHER CONDITIONS

- EPI PEN (injectible epinephrine) usage – Allergic reaction to bites and stings (*anaphylactic reaction is life threatening in some individuals*)
- Inhaler usage – divers with asthma
- Fecal contamination concerns in a swimming pools
- Protocols for outbreak of fecal contamination
- Hydration awareness
- Heat exhaustion preventive strategies-loss of bodily fluids
- Emergency weather plan
- Pool clearance and re-entry policies for lightning
- Weather service technology available for coaches
- Health problems and precautions related to overexposure to the sun's ultraviolet radiation
- Duties of the referee
- Postponing events (see rule book)

II. MEDICAL CONDITIONS, EMERGENCY PLANNING AND RESPONSE, INJURY MANAGEMENT

MEDICAL CONDITIONS

- Annual pre-participation screening evaluation
- Clearance to participate
- Existing medical conditions
- Injuries common in diving – low back and shoulder
- Signs and symptoms of posttraumatic stress
- Coach care for athletes who have signs of posttraumatic stress
- Protocols for divers with asthma
- Predisposition to injury
- Pre-hab to avoid chronic injury to the shoulder
- Precipitating factors that contribute to injury-rotator cuff, low back, wrist and hand

EMERGENCY PLANNING AND RESPONSE

- Effective emergency action plans (EAP)
- EAP for trauma
- Contents of first aid kits
- Rescue equipment for a diving program
- Rescue equipment for a dealing with blood-borne pathogens
- Emergency Information
- Consent for treatment of a minor
- Coaches role in the EMS system and action steps
- Pre-test for swimming readiness to dive into deep water
- Drowning recognition: Distressed swimmer, passive drowning and active drowning victim
- Non-swimming assists equipment and procedures
- Swimming assists-stride jump, approach stroke, and waveless water entry for suspected spinal cord injury
- Procedures for retrieval of an unconscious victim on surface and underwater, an upper extremity injury, lower extremity injury, semi-conscious victim on surface (unable to grab tube)
- Procedures for removal of an unconscious victim on surface (two person lift), conscious victim on surface (upper extremity injury, lower extremity injury)
- Signs of spinal injury
- Severity of injury in aquatics spinal cord injury victims
- In-line stabilization
- Spinal injury management-head-splint supine on surface, head-splint prone on surface, head-splint underwater, procedural sequence for backboarding
- Blood spill procedures for diving board or platform
- Protocols for water rescue if the victim is bleeding and active

INJURY MANAGEMENT

- Equipment for removing victim with a lower extremity injury from diving pool
- Dispelling “play through pain” attitudes
- Inflammation defense mechanism
- Transport decisions
- Rehabilitation for different types of tissue

- Providing a coordinated sports health care program
- Integrated approach to meet individual needs
- Annual screening by licensed physician with sports medicine training
- Avoid overtraining
- Symptoms of acute and overuse injuries
- Preventive taping and bracing
- Considerations for children wearing protective equipment in diving
- Attending physician's report
- Guidelines for return to diving activities
- Indications of compensatory motion
- Chain of command for return to play decisions
- Preventing chronic trauma from repeated impacts of high magnitude
- Psychological responses to injury
- Coach's role in the healing process
- Building injured athlete's self confidence for return to play
- Providing a supportive environment during rehabilitation

Life-threatening emergencies

- Shock
- Breathing emergencies
- Special situations in water-Heimlich maneuver
- Laryngospasm
- Concussion
- Fractured skull
- Facial injuries
- Spinal injuries
- Internal bleeding
- Seizures in the water
- Heat Exhaustion-heat stroke

Non-life threatening emergencies

- Soft tissue injuries-wounds, stitches
- Scalping
- Musculoskeletal injuries
- Strains and sprains
- Rotator cuff injury
- Muscle spasms
- Dislocations
- Fractures
- General care for musculoskeletal injuries
- Impact injuries (eye, nose, ruptured ear drum, genital injuries, dental injuries)
- Sinus squeeze (barotrauma)