

Blue Ribbon Carnival – Quick Health & Safety Guide

For: Team Managers, Officials & Volunteers

Event:	Ice Breaker Aquatics – Blue Ribbon Carnival
Venue:	Freyberg Pool, Palmerston North
Date:	Sunday, 12 October
Time:	10:00am – 5:30pm
Competitors:	~200 swimmers

1. Purpose

This guide is a quick reference version of the full Health & Safety Plan. It summarises what every Team Manager, Official and Volunteer needs to know to help keep everyone safe and respond quickly if something happens.

2. Key Contacts

Event Safety Officer – Ice Breaker Aquatics Committee

Meet Director – Anthony Devonport

Chief Warden – Freyberg Pool Duty Manager

Announcers – Jeff & Sarah

First Aid – Freyberg Lifeguards / Onsite Medic

3. Emergency Whistle Signals

1 blast: Attention – stop and listen.

2 blasts: Alert – prepare to leave pool.

3 blasts: Evacuate immediately.

When you hear three blasts:

- Stop all activity
- Guide swimmers and spectators calmly to exits
- Follow warden instructions
- Move to the assembly point on the grassed field
- Team Managers complete head counts

4. Safety Reminders

- ✓ Report all injuries or hazards immediately.
- ✓ Walk—don't run—on pool decks.
- ✓ Keep clear of cables and pool equipment.
- ✓ Spectators must stay behind barriers.
- ✓ Warm-ups are supervised and one-way.
- ✓ Warm up will commence at an earlier time of 11am and be split into two age group sessions. 13 years and over 11am to 11.20am, 12 years and under 11.20am to 11.40am.
- ✓ IBA will provide a marshall to escort swimmers from the marshalling area to the start.

5. Evacuation Overview

Wardens: 1 Chief, 2 Poolside, 2 Changeroom, 1 Spectator

- Leave via nearest exit and meet at the grassed playing field beside the pool.
- Keep driveways clear for emergency services.

6. Medical or First Aid

- First Aid station is poolside near meet control.
- Lifeguards and first aiders are available all day.
- Call 111 for serious incidents and alert the Facility Manager.

7. Team Manager Checklist

Before: Review this guide, identify exit routes, keep medical info handy.

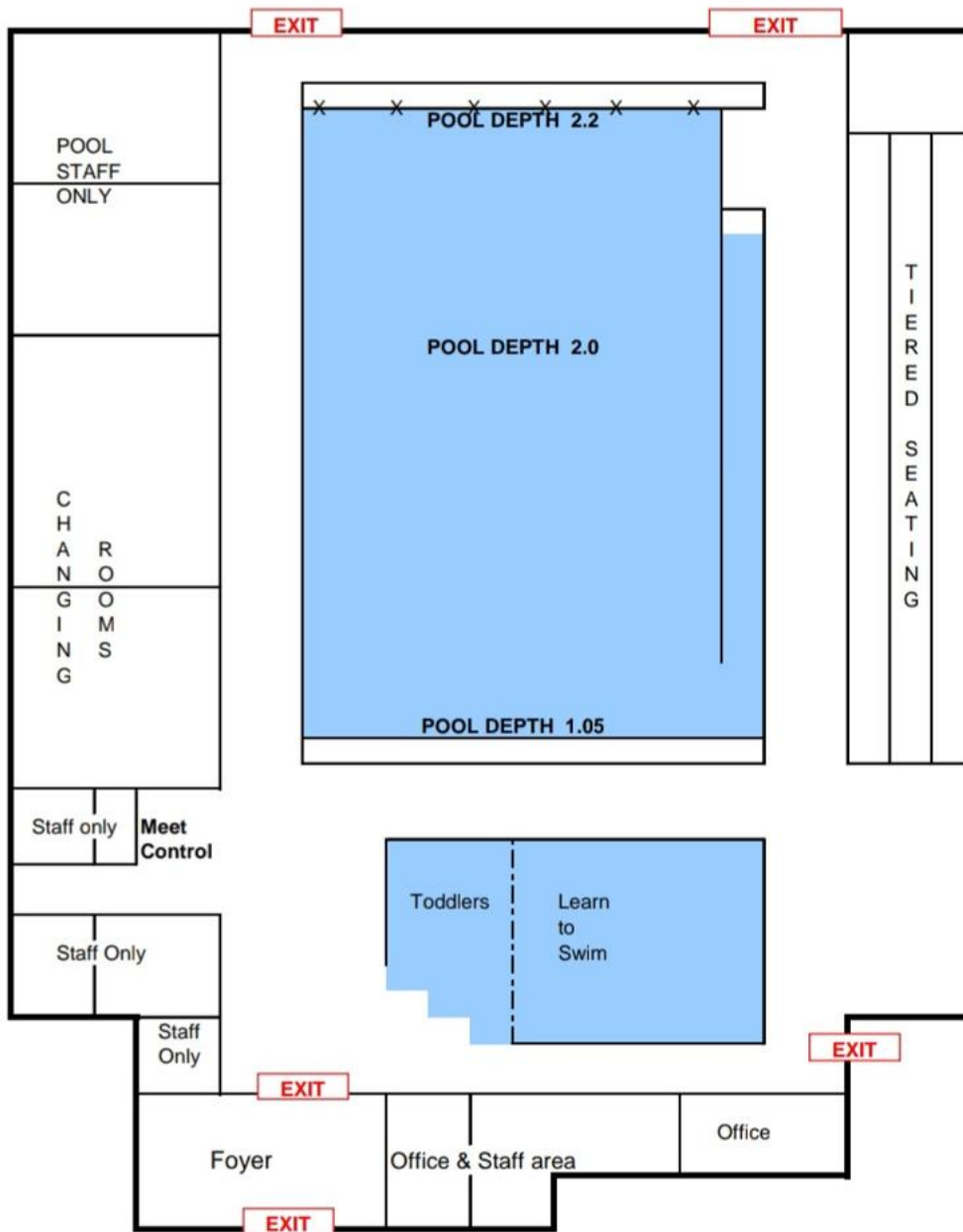
During: Watch for unsafe conditions, assist if needed.

After: Report any incidents and feedback.

8. Key Message

- Stay calm, be aware, and look out for each other.
- Follow directions from wardens and lifeguards.
- Safety is everyone's responsibility.

FREYBERG POOL - Palmerston North



PLEASE ENSURE ALL FIRE EXITS ARE KEPT CLEAR

Assembly point is on the grassed area adjacent to the pool