

# Safety Insights<sup>SM</sup>

Safety & Risk Management News & Notes

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**New Americans with Disabilities Act pool and spa requirements have been enacted.** Information about the new codes and a [Factsheet](#) are available from the [Association of Pool and Spa Professionals \(APSP\)](#). APSP is also hosting [Obligations and Opportunities under the 2010 ADA Regulations](#) in a 30-minute webinar.

**Advanced directives are written instructions that outline the wishes of a person regarding their medical treatment.** Some individuals may utilize these directives in order to communicate their desired standard of care when they become incapacitated. A common advance directive that some organizations may come in contact with is the Do Not Resuscitate (DNR) Order. While DNRs have been part of the medical system for years; they are now recognized in some states for outside the hospital. Professional rescuers such as American Red Cross (ARC) CPR certified lifeguards should be informed of their state's requirements and their responsibilities. Organizations should prepare for DNR requests in advance by checking with their ARC chapter, State EMS office or Attorney General.

**Now is the time to prepare for the New Year.** Many YMCAs will see a significant increase in participation this winter in part because of New Year's resolutions. Much of it will be due to new members and guests. Thoughtful planning can help you cope with folks who aren't familiar with your Y. Guest procedures should be reviewed to provide enhanced security. All new users should be given an orientation to facilities and equipment... and do not forget to utilize a signed waiver for all users; including guests. All staff should review procedures and be prepared to provide support to and evaluation of new members. Supervisors must ensure proper staff-to-user ratios in fitness, aerobics, child-care and other programs. Emergency plans, such as safety, first aid, communication and housekeeping procedures, should be reviewed by staff and a scenario-based drill should be conducted and documented.

**Preparing for International Camp Staff is important.** Many camp professionals have begun their planning for incorporating international staff into their plans for the summer of 2011. The American Camp Association has a useful outline of *Best Practices for International Staff in Camps*. These best practices have been identified as those that directly contribute to the success of the cultural exchange experience for the camp and for the staff member. They also support the legal and regulatory obligations of the exchange visa program. Read more [HERE](#).

### **Forming a Safety Committee signals a commitment for your organization.**

Plan now to organize a safety committee for 2011. Many organizations struggle with their safety efforts because their programs lack clear direction and support. Forming a safety committee can help employees and volunteers follow a clear path that is supported through monitoring efforts. The purpose of the safety committee is to provide information to senior management about organizational and operational issues that are causing injuries and accidents. The function of the committee is to monitor the effectiveness of your safety and risk management program. Where change is necessary, the committee should provide the direction to integrate the changes into the day-to-day operation of the organization. Read more [HERE](#).

**Managing stress can be a challenge;** especially as the holidays and year-end near. When you're under stress, you're more susceptible to various ailments, and more likely to cause stress in those around you. Here are some tips for reducing stress: **Get organized.** Put things where they belong so you won't cause stress by looking for them. (This applies to the workplace as well as the home.) **Live in the present.** Try to take one day at a time. If your body is "in" the present, but your mind is in the past or future, the result can be hazardous. **Help others.** Looking outside yourself to other people and their problems tends to diminish your own concerns. **Laugh.** Laughter from whatever source is known to have healthful effects. Finding humor in a problem means you're on the road to solving it. **Let other people "do their own thing."** Realize—at home and at work—that not everyone will do things your way. If you don't expect it, you won't feel the stress of disappointment. **Give people a break.** If you see your spouse, kids, co-workers or supervisor doing something wrong, unsafe or unwise, help rather than condemn. **Monitor your frame of mind.** If that "self talk" that goes on in your head makes you begin to feel stressed, stop yourself and try to think in a positive way. **Treat yourself right.** That means eat healthy, exercise, get enough sleep and take time—a little each day—for something that gives you pleasure. **Change your vocabulary.** Instead of calling something a problem, call it an opportunity. Use the term "finish line" rather than "deadline." Turn a hassle into a challenge. **Practice responding calmly.** When a potentially stressful situation arises, you can choose to respond in a stressful way or in a calm way. Remember, you control your own response.

This month's issue of *Safety Insights* is now available [Online](#).

#### Topics include:

*ADA Requirements for Pools*

*Advance Directives and DNR Orders*

*New Year Preparations*

*Working with International Staff at Camp*

*Safety Committees*

*Managing Stress*

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