

RECREATION AND SPORT SPACE BOOKINGS

TERMS AND CONDITIONS FOR BREATH HOLDING ACTIVITIES

1 CONDITIONS OF HIRE

The Terms and Conditions listed below are in addition to the general conditions of hire at a Recreation and Sport Facility and are specific to breath-holding activities.

- Lifeguards are trained to regard anyone who is submerged or face down and motionless as a passive drowning victim and are therefore required to check on the person's condition immediately. It is difficult for lifeguards to know when a breath holder (static apneist) requires assistance due to the very nature of the sport.
- When lifeguards find themselves in the position of having to supervise breath-holding activities, it decreases the level of attention required for other pool users.
- It may also be more difficult for lifeguards to detect a breath-holding problem event as the scenario may develop inconspicuously at the bottom of the pool, rather than the water's surface. Therefore all breath holders are required to adhere to the following rules:

1.1 PROHIBITED ACTIVITIES:

- The following activities are prohibited:
 - o Training for, or competition involving, any breath-holding activities involving static apnea;
 - o Hyperventilation in a deliberate attempt to increase the time spent underwater or otherwise;
 - o Any breath-holding activities that have not been pre-approved;
 - o Any breath-holding activities during normal recreation periods or as part of public recreational swimming times;
 - o Any activity not satisfying the requirements detailed in the 'management of permissible breath-holding activities' below.

1.2 PERMISSIBLE BREATH-HOLDING ACTIVITIES:

- Breath-holding activities which are permitted include, but are not limited to:
 - o Dynamic apnea (purposely breath-holding whilst swimming underwater distances);
 - o Competition and/or recreational games which involve some requirement to breath-hold;
 - o Breath-holding during diving from a board (board diving) or platform;
 - o Breath-holding during use of water craft such as kayaks or canoes;
 - o Breath-holding activities during practice or training or assessment of personnel including, but not limited to, lifeguards, rescue workers and safety officers;
 - o Breath-holding during synchronized swimming activities.

1.3 MANAGEMENT OF PERMISSIBLE BREATH-HOLDING ACTIVITIES

- **During swimming programmes**
 - o Breath-holding activities as part of teaching, tutoring or learn to swim programmes, on behalf of the Christchurch City Council, are permitted under these guidelines, providing that the activity:
 - Forms part of an approved teaching program or series of planned lessons;
 - Is supervised by an appropriately trained employee or other authorized pers
 - Adopts approved emergency procedures;

- Adheres to all other Christchurch City Council policies and procedures.
- **Facility booking requests by an external user/body**
 - Individuals, groups or organisations, may request the use of Christchurch City Council's aquatic facilities to partake in activities which include breath-holding. All requests are subject to the following conditions:
 - All breath-holding activities must be pre-approved by the host facility subject to the requirements of the facility and the standard Terms and Conditions apply;
 - All breath-holding activities shall be performed in a designated roped lane or other pre-approved area of the facility, which is free from other users;
 - Prior to any breath-holding activity commencing, the Aquatics Manager or Pool Supervisor, shall agree and be satisfied that acceptable emergency plans and procedures are able to be implemented and that all participants are aware of these procedures and the appropriate action to be taken in an emergency including the use of any specialized rescue equipment;
 - All permitted breath-holding activities shall have a nominated person in charge appointed and this person shall be responsible for ensuring that:
 - The Pool Supervisor is notified of the start and completion of all breath-holding activities;
 - All participants involved in approved breath-holding activities shall be over 16 years of age or provide parental/guardian approval in writing prior to participation;
 - All participants involved in any permitted breath-holding activity are aware that breath-holding activities can be potentially dangerous;
 - Users adhere to all directions and/or instruction of any Council lifeguard at all times;
 - All participants are reasonably fit and healthy to partake in the activity;
 - Appropriate levels of supervision are allocated at all times.
 - All participants involved in approved dynamic apnea training, practice or activity shall have a nominated person to act as a safety swimmer ('buddy'). The buddy shall remain in the immediate vicinity of the breath hold swimmer at all times to offer immediate assistance if required.
 - The Pool Supervisor has the authority to prevent any activity at any time if he/she believes safety is being or about to be compromised.