

# Safety document for the Nordic open championships and Finnish championships in artistic swimming

**Service provider:** Helsingin Uimarit ry and Finnish Swimming Association

**Service:** Nordic open championships and Finnish championships in artistic swimming

12.-14.6.2026

**Venue:** Helsinki, Pirkkola swimming hall (Pirkkolan metsätie 6, Helsinki)

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## 1. PEOPLE IN CHARGE OF SAFETY:

Contact person (correspondance before and after the competition)	Heidi Tuominen
Head volunteer (contact person during the competition at the venue)	Vuokko Haaparanta
First aid responsibility	First aid person on the pool side
Harrasment contact person during the competition	Peppi Hietanen hairintayhdyshenkilo@helsinginuimarit.fi
Competition doctor (assesment in case on injuries/illnesses)	Emilia Toikkanen
Life guard (during warm up and competition sessions)	Alla Kiseleva (Friday) ja Emma Blomqvist (Saturday and Sunday)

## 2. POSSIBLE DANGERS DURING THE EVENT:

### Possible dangers and risks:

Slipping and hitting your head.	First aid according to the situation. Always checking the situation first by talking to the injured person. Calling 112 if needed.
A cut to a foot etc.	Cleaning and covering the wound.
Contusion.	First aid according to the situation.
A person going under water / a drowning situation.	<ul style="list-style-type: none"> <li>• search – rescue - check</li> <li>• CPR (first blowing five times in to the mouth, then a resuscitation rhythm of 30:2)</li> </ul>
An unconscious person.	<ul style="list-style-type: none"> <li>• Why are they unconscious?</li> <li>• Are they breathing normally?</li> <li>• If yes – help them to a side laying position</li> <li>• Call 112</li> <li>• Constantly checking their breathing and situation</li> </ul>
Possible cervical spine injury	<ul style="list-style-type: none"> <li>• Supporting the cervical spine</li> <li>• Call 112</li> <li>• Get help from other people</li> <li>• Supporting the victim in the water, if they are breathing normally</li> <li>• Lifting the victim from the water whilst supported, if they are not breathing normally</li> <li>• CPR if needed</li> </ul>
A person panicking on the surface.	<ul style="list-style-type: none"> <li>• Rescue them using rescue equipment, while making sure the rescuer is safe!</li> <li>• Assessing the situation after the rescue, first aid to possible injuries and helping to further care if needed.</li> </ul>

### **3. ACTIONS TAKEN TO PREVENT DANGEROUS SITUATIONS:**

All volunteers and coached are taking care of safety of the competitors. All volunteers, employees and participants are given this safety document before the competition.

The emergency exits must be kept clear during the competition. In case rescue personnel is needed on the venue the swimming hall staff will open the gates to the backyard and the rescue personnel will enter through the back doors straight to the pool site. Exiting the pool site is either to the backyard or down the stairs to the lobby and out of the front doors. There are two emergency exits on the locker room hallway and two on the hallway leading from the showers to the pool (these two lead to the backyard of the swimming hall). There are also an emergency exit on the end on each of these hallways.

Pelastusvälineiden käyttö – pelastajan turvallisuus. Uimahallissa on defibrilaattori sekä allastiloissa että aulassa.

In case of an emergence please use emergency equipment to make sure you are safe as a rescuer. There is a defibrilator at the lobby and on pool side.

There is a first aid person, life guard and a competition doctor on site during the whole competition. The first aid person takes care of small injuries, the life guard will help with rescuing from the pool and starting the first aid afterwards and the competition doctor will make assessments in case of serious injuries/illnesses. There is also a Helsinki city staff member (life guard) on the competition venue at all times and they will help in case of an injury or an emergency.

### **4. DAILY THINGS TO CHECK REGARDING THE EVENT:**

All volunteers must check the safety on their own volunteering place and around it's area. In case they see any safety risks they must inform the head volunteer (Vuokko Haaparanta) and contact person (Heidi Tuominen).

### **5. PROFESSIONAL AND SAFETY QUALIFICATIONS OF THE STAFF:**

All the employees of the organizing have attended a yearly pool safety course and a test swim for rescuing tasks. There will be a life guard, first aid person and a competition doctor (for more serious injuries and illnesses) available during the whole competition weekend.

### **6. SAFETY ON THE VENUE:**

The competition venue Pirkkola swimming hall has it's own safety document. The city of Helsinki is responsible for the swimming hall area's and equipment's safety.

All volunteers must check the safety on their own volunteering place and around it's area. In case they see any safety risks or broken equipment they must inform the head volunteer (Vuokko Haaparanta) and contact person (Heidi Tuominen).

## **7. INFORMATION, GUIDANCE AND SURVEILLANCE OF THE PARTICIPANTS:**

All participants, employees and volunteers will receive this safety document before the event. The safety document will be available printed at the competition venue.

## **8. VENUE AND PARTICIPATION RESTRICTIONS:**

All Finnish participants must have a valid licence from the Finnish swimming association and they will be checked before the competition to ensure they are valid.

In case of a problem occurring with the competition venue (power failure, fire alarm or pool water contamination etc) the competition will be postponed. An emergency will also result in postponing the competition.

The competition will be stopped completely if the use of the competition venue is permanently prohibited.

## **9. NUMBER OF PARTICIPANTS:**

There will be around 200 artistic swimmers and around 100 coaches, team leaders, judges, controllers and volunteers. The expected attendee for the audience is around 50-100 people per session.

## **10. POSSIBLE DANGERS TO BYSTANDERS:**

The swimming hall is closed for public swimmers during the competition so there will be no other customers at the venue during the event. The audience is advised to move carefully in the pool area, especially because of the wet floor. Everyone must purchase a ticket to enter the audience, so no outsiders can enter the venue as tickets will be checked at the doors.

## **11. ACCIDENT ACCOUNTING:**

In case of incidents they must all be informed to the competition's contact person Heidi Tuominen. All events will be documented and informed to the board of Helsingin Uimarit ry.

## **13. UPDATING THE SAFETY DOCUMENT:**

This document will be updated for future competitions as needed.

**ATTACHMENTS:**

Pirkkola swimming hall's emergency exits are marked with green arrows (poolside on the left and swimming hall lobby and locker room hallways on the right):

