



DEPARTMENT OF THE NAVY

UNITED STATES NAVAL ACADEMY

121 BLAKE ROAD

ANNAPOLIS, MARYLAND 21402-5000

USNAINST 5100.20B
4/Safety
4 November 1997

USNA INSTRUCTION 5100.20B

From: Superintendent

Subj: RECREATION, ATHLETICS, AND HOME SAFETY

Ref: (a) OPNAVINST 5100.25A
(b) OPNAVINST 5100.12F
(c) CNO ltr Ser 42/500774 of 3 Jan 91 (NOTAL)
(d) USNAINST 5100.11B

1. Purpose. To publish safety regulations governing members of the Naval Academy staff, faculty, Brigade of Midshipmen, and visitors using Naval Academy facilities for athletics and recreation.
2. Cancellation. USNAINST 5100.20A
3. Background. Per references (a) and (b), the Navy has placed a greater emphasis on recreation and athletics safety. Jogging, cycling, and walking have become popular forms of exercise to promote physical fitness. The Naval Academy offers two highly attractive and important features to exercisers - scenic courses and safety.
4. Application. Any individual using Naval Academy facilities for the purpose of recreation and athletics is subject to the regulations outlined in this instruction, as governed by references (a) and (b).
5. Regulations. All individuals using Naval Academy facilities for the purpose of recreation or athletics must dress in appropriate attire. Exercisers must also wear light-colored clothing (during reduced visibility, reflective apparel is required). Additionally, all people engaged in specified hazardous recreational activities on government property or participating in command-sponsored events off base will use approved personal protective equipment. Exercisers may not wear headsets of any type.
 - a. Jogging. Jogging on any road or street should be done facing traffic. Reflective clothing will be worn during periods of reduced visibility and after sunset. Joggers should be cautious of cars entering the roadway from cross streets and obey all traffic rules and regulations. All personnel are required to remain clear of the "Ceremonial Area" bounded by Bancroft Hall, Michelson Hall, Chauvenet Hall, Mahan Hall, Preble Hall, the Administration Building, the Chapel, and Buchanan House when exercising. (A)
(D)
 - (1) Faculty, staff, and midshipmen. Per reference (c), jogging will be allowed on Naval Academy perimeter roads at all times. Personnel should use sidewalks during peak traffic hours (0630-0800 and 1530-1630 Monday-Friday, except holidays) on Cooper, Porter, Holloway, Decatur, and McNair Roads. (A)
(A)
 - (2) Visitors. Visiting joggers may pass through the Naval Academy between the hours of 0630 and sunset. They may enter and leave by Gates 1,3, or 8. Joggers are limited to the roads and sidewalks in areas along the sea wall, Hospital Point, Decatur Road from Alumni Hall to Gate 8, and the perimeter wall from Gate 8 to Gate 1. For the safety of other tourists and to maintain proper decorum in the Yard, other areas are off limits to visiting joggers. (R)

b. Bicycling. Bicyclists are required to wear helmets approved by the American National Standards Institute or Snell while riding on government streets and roadways. They must also wear light-colored clothing. During reduced visibility, they must wear reflective apparel. Visiting bikers are limited to the same roads as outlined in paragraph 5a(2). (D)

c. Pet Walking. Personnel walking their pets are limited to the same roads as outlined in paragraph 5a(2). Additionally, pets must be kept on leashes at all times and owners are responsible for cleaning up after them. (A)

d. Roller skating, roller blading, and skateboarding. These activities are prohibited due to safety considerations.

e. Playground Safety. Swingsets, slides, trampolines, etc. and other playground recreational equipment installed by residents on Navy housing facilities must meet or exceed Consumer Product Safety Commission guidelines. The installation of such equipment must be approved by the Recreation, Athletics, and Home Safety (RAHS) Program Manager. Plans and specifications of recreational facilities must be reviewed by the RAHS Program Manager. The RAHS Program Manager is located in the Safety Department, ext. 35667.

f. Swimming Safety for indoor pools. Death and injury related to swimming pool accidents increase each year as more and more people take to the water. The key ingredients to preventing such accidents are proper pool design, maintenance, and supervision. The following guidelines will be followed: (A)

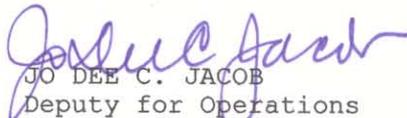
(1) One lifeguard is required for up to 50 bathers, and an additional guard is required for each designated diving area. Based on pool occupancy, additional guards may be required. Pools will be posted "closed" during periods without appropriate lifeguard supervision. Lifeguards will be trained and certified in basic rescue and life-saving techniques.

(2) First-aid and life-saving equipment. Each pool will have the following first-aid and life-saving equipment:

(a) Back board

(b) At least two poles, two shephard crooks, and two life rings attached to throw ropes, or other approved devices capable of reaching past the center of the pool.

6. Hazard Awareness Training. Education is vital to the success of any safety program. Military personnel must receive RAHS Hazard Awareness Training at least quarterly. Participation of civilian personnel is recommended. Training topics will include personal protective equipment requirements and other procedures to ensure RAHS activities are not just fun, but safe. Training topics will be applicable to the season. This training shall be conducted by the workplace supervisors or other departmental personnel. Training can be combined with monthly Occupational Safety Health training, following the guidelines in reference (d).


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