

GENERAL RISK ASSESSEMENT FOR SWIMMERS/COACHES & POOLSIDE HELPERS

PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB



RISK ASSESSMENT REVIEW CARRIED OUT ON THE 23/01/2018 BY JAMES RYAN – HEAD COACH

REVIEW DATE: JAN 2019

HAZARD OBSERVED	WHO MAY BE HARMED?	RISK RATING BEFORE CONTROLS	CONTROL MEASURES	RISK RATING AFTER CONTROLS	ASSESSMENT BY INITIALS
<u>Pool/Venue Hazards</u> <ul style="list-style-type: none"> Fire exits are obstructed delaying evacuation in an emergency/fire. 	<ul style="list-style-type: none"> Swimmers Club officials Helpers Spectators 	High	<ul style="list-style-type: none"> Coaches/Poolside Helpers to ensure that all emergency exits are kept clear and free from obstruction at all times during swim sessions. 	Medium Low	JR/SR
<u>Pool/Venue Hazards</u> <ul style="list-style-type: none"> Pool steps/Access Winch left in and swimmers catch themselves on steps/mechanism. 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Ensure all steps and access winches have been removed before the warm-up commences by Parkwood Leisure staff. 	Low	JR/SR
<u>Pool/Venue Hazards</u> <ul style="list-style-type: none"> No backstroke flags in place. Backstroke swimmers hitting head or hands on the wall at turns or finishes. 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Ensure both sets of backstroke flags are put in place at correct distance (5m) from ends of pool by Parkwood Leisure and remain in place. 	Low	JR/SR
<u>Pool/Venue Hazards</u> <ul style="list-style-type: none"> Starting blocks unstable or too high causing over deep dive – hitting head/hands on pool floor. 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Parkwood Leisure staff to ensure each block checked for stability and compliance with ASA regulations before warm-up commences. Maximum height of Starting Block is 750mm above water surface. 	Low	JR/SR
<u>Pool/Venue Hazards</u> <ul style="list-style-type: none"> Lack of and condition of Safety Equipment ie: Alarms, Ropes, Poles, Lifebuoys. 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Safety Equipment evenly spread around the pool and location signage. Checked and tested by Parkwood Leisure management. 	Low	JR/SR
<u>Hygiene</u> <ul style="list-style-type: none"> Food on pool side. Floors of changing rooms. 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Coach to ensure no food is brought on to pool side. Signage to ban food on the pool side. (Parkwood Leisure). Parkwood Leisure staff to inspect and keep changing rooms clean. 	Low	JR/SR
<u>Short term Health Issues</u> <ul style="list-style-type: none"> Muscle aches, cramps, cold/flu, Asthma, allergies Dehydration 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Parents/Guardian must advise Coaches of any short term health issues. Coach to decide if swimmers can swim. Lifeguard made aware of any health issue. Medication available on pool side if required. Parent/Guardian to remain within the centre and be contactable. Swimmers advised to drink regularly whilst swimming. No glass bottles 	Low	JR/SR



GENERAL RISK ASSESSEMENT FOR SWIMMERS/COACHES & POOLSIDE HELPERS PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB

RISK ASSESSMENT CARRIED OUT ON THE 23/01/2018 BY JAMES RYAN – HEAD COACH

REVIEW DATE JAN 2019

HAZARD OBSERVED	WHO MAY BE HARMED?	RISK RATING BEFORE CONTROLS	CONTROL MEASURES	RISK RATING AFTER CONTROLS	ASSESSMENT BY INITIALS
<u>Special Needs Disability</u>	<ul style="list-style-type: none"> Swimmers 	Medium High	<ul style="list-style-type: none"> Their participation may be fully integrated and supported. Their specific needs can be determined through direct consultation with the individual or parent, their swimming background and observation on how the disability affects their swimming style. 	Medium	JR/SR
<u>First Aid Provision</u>	<ul style="list-style-type: none"> Swimmers Coaches Poolside Helpers 	Low	<ul style="list-style-type: none"> Adequate levels of trained First Aiders on site. A fully stocked First Aid kit is easily accessible. Face shields should be available on request from staff for resuscitation. Communication network in place (phone for emergency services) 	Low	JR/SR
<u>Child Protection</u> DBS Checks	<ul style="list-style-type: none"> Coaches Poolside Helpers 	Medium Low	<ul style="list-style-type: none"> Any coaches or committee members should be subject to the DBS checks before commencing work or committee activities. Occasional volunteers that help out swimming sessions no DBS required, otherwise all volunteers must have DBS check. 	Low	JR/SR
<u>Level and Quality of Supervision for Sessions</u> <ul style="list-style-type: none"> Risk of drowning 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Competent/trained staff in place. Induction and ongoing staff training. All coaches to have adequate Lifeguard Qualifications. Swimmers to keep within lane ropes and swim as directed by the coach. Ratio of competitive swimmers per level 1 coach 20:1 as per ASA guidelines. 	Low	JR/SR
<u>Epilepsy/Seizure</u>	<ul style="list-style-type: none"> Individual Swimmer 	High	<ul style="list-style-type: none"> Coaches/swimmers/lifeguards made aware. Individual Risk Assessment must be completed. 	Medium/Low	JR/SR