

LAND TRAINING RISK ASSESSEMENT FOR SWIMMERS

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>Weights</u> <ul style="list-style-type: none"> Trapping of weights Back Injury Pulled muscles Overexertion 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Swimmers to use the equipment under supervision of a coach/instructor at all times. Proper lifting to be carried out at all times. Spotters to be present when lifting weights. Warm up and down appropriately Complete stretches appropriately Suitable clothing and footwear 	Low	JR/SR
<u>Gym Equipment</u> <ul style="list-style-type: none"> Back Injury Pulled muscles Overexertion 	<ul style="list-style-type: none"> Swimmers 	Medium	<ul style="list-style-type: none"> Swimmers to warm up before use and cool down after use. Complete stretches after exercise To use equipment as instructed by coach/teacher. 	Low	JR/SR
<u>Minor Injuries</u> <ul style="list-style-type: none"> Trips, cuts, falls Broken equipment Wet floor surface 	<ul style="list-style-type: none"> Swimmers Coaches 	Medium	<ul style="list-style-type: none"> Coach to check equipment before the session starts. Coach to report any broken equipment to Parkwood Leisure manager. Floor surface to be checked by coach before session starts. All injuries to be recorded by club and Parkwood Leisure. 	Low	JR/SR

NOTE.....Risk Assessment to be carried out on the use of the B.I.T 's after the training has been given and before use by swimmers.