



RISK ASSESSMENT-Training (Swimming) At Hartham, Haileybury, S Balle and John Warner Pools.

Potential Hazard	Who is at risk?	Existing Precautions	Risk with precautions		Personnel Responsible
			Severity of injury	Likelihood	
In Pool: Swimming activity Hazards causing drowning/injury	Club Swimmers Up to 150 swimmers distributed between various club sessions	General Precautions: All training sessions are led by SE-qualified teachers and coaches. Lifeguard supplied by venue or Club, or lead Club NRASTC-qualified teacher or coach, is on poolside at each session, before swimmers enter the water. NPLQ & NRASTC certificates must be in date. Those for Club staff are checked for date/validity & kept on file by Club volunteer administrator. At Simon Balle pool, at least 2 adults must be present on poolside at any time. At least one must be the lead NRASTC-qualified coach. Club understands the pool NOP's and EAP's. Club has own EAP linked to pool EAP. Copy of club EAP present at each session. Emergency phones and rescue equipment present.	L to H	L	Club Teachers, coaches and lifeguard. Facility staff. Volunteer administrator for checking certificates and keeping on file.
Specific Session Hazards Collisions. Swimmer-swimmer collision Swimmer –poolside collision	Swimmers	Wave or circuit swimmer formation in learner pool. Lane ropes for lengths sessions. Uni-directional swimming each side of every lane rope. Swimmers warned to exercise caution within a lane regarding butterfly in both directions eg 1-arm only when passing by oncoming swimmer. Backstroke flags used in main pool. Strict supervision in learner pool. Caution with backstroke.	M L/M	L L	Teachers and Coaches Facility staff setting up flags Teachers and Coaches supervising.
Diving/somersaults Spinal and head injuries	Swimmers	Learner Pool: No diving or somersaults allowed. Main Pool: Progressive diving training initially in deepest water (diving pit, deep end main pool). The Preliminary Competitive Start Award must be gained before diving into shallow water.	M/H	L	Teachers and coaches

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Jewellery- Cuts of self, or of others in collision. Self-entrapment in pool fittings, lane ropes	Swimmers	No jewellery while swimming, strictly enforced. NB Pulse watches are allowed in training, under supervision.	L/M	L	Swimmers to remove their jewellery. Teachers/coaches or lifeguard to request they do so, if needed.
Training- related physiological conditions e.g. cramps, exhaustion and dehydration	Swimmers	Coaches and teachers regulate the training programmes and monitor the levels of training for individuals to reduce risk. Ensure adequate hydration before, during and after training. Fluids in plastic bottles are allowed on poolside	L	L/M	Teachers and coaches
Medical Conditions of Swimmers Hazard: e.g. Asthma, Diabetes, Epilepsy causing risk of drowning or injury (eg during epileptic attack)	Swimmers	Swimmers' Medical Details declared on club membership forms and transferred to class registers so that session teachers and coaches are aware of them. Individual extra supervision of a swimmer may be provided.	L/M/H	L	Teachers and Coaches. Lifeguard
Poolside Wet poolside Hazard :Slips, Trips and Falls Club changing room exits to poolside at deep end. Hazard: weak/non-swimmer falling in, drowning	Swimmers and staff	All swimmers are warned to take care at the edges of the pool, not to run and to behave in an orderly manner. Club members who do not comply are formally warned. Potentially hazardous conditions reported to facility staff. As above. Lifeguard present at deep end	L/M	L/M	Club and facility staff Swimmers, Club staff, Lifeguard
Equipment defects/or causing obstruction Increased accident risk from e.g. sagging lane ropes & loose blocks. Hazard: Cuts, Slips, Trips and Falls.	Swimmers	The Club is pro-active and reports all defects in equipment to the Facilities Manager. Equipment is to be stored safely in storeroom where appropriate.	L/M	L	Club staff to report, ensure personnel safety. Facility staff to rectify defect.
Building Defects Increased accident risk from e.g. faulty lights, sharp pool tiles etc. Hazard: Cuts and various injuries depending on circumstances.	Swimmers and staff	The Club is pro-active and reports all defects in the pool, on poolside and in the building to the Facilities Manager.	L/M	L	Club staff to report, ensure personnel safety. Facility staff to rectify defect.
Fire, Bomb alert etc requiring evacuation of pool/building.	Swimmers and all staff/spectators	Follow EAP as outlined in general precautions.	L/M/H	L	All Club and Facility staff