



The ASA has produced a full Risk Assessment for swimming for clubs. Otter Swimming Club has adopted the principles to produce their own Risk Assessment below.

RISK ASSESSMENT FOR SWIMMING TRAINING

Club	Otter Swimming Club
Pool Locations	Queen Mothers Sport Centre (Vauxhall), Guys Hospital (Southwark), Crystal Palace (South London) City of London Girls School (City) London Aquatic Centre (LAC) Marshall Street King Cross, St Pancreas
Name of person completing assessment	Lesley Davies
Qualification	CMIOSH, DIP2OSH, MRMA, ASA Teacher, ASA Coach,
Date Assessment Completed/updated	30 th July 2020

Scope of Risk Assessment

This RA covers Otter swimming training sessions using several pools within the London area.

The club caters for a wide range of ages. Swimming range between 18 years of age up to 80+. This risk assessment covers swimming for participants above the age of 18 years of age. No under 18-year olds attend swimming sessions.

This risk assessment has been revised to incorporate controls for COVID 19 while training

	Hazard	Persons at Risk	Likelihood	Severity	Risk rating	Control in place	Residue risks
Pool booking management	Hire agreement: Lack of written documentation of hire which includes clarity of responsibilities	Coaches and Swimmers	2	2	4	<ul style="list-style-type: none"> All hire of pool time confirmed with club treasurer and committee. Hire agreement held with treasurer 	1
Pool booking management	Lack of understanding if pool rules during COVID 19 pandemic	Coaches and swimmers	3	3	9	<ul style="list-style-type: none"> Assigned swimmers to have relationship with pool operators to act as link between the pools and the club Relationship swimmers to obtain and share the pool rules with the committee Guidance document on pool rules developed and shared with swimmers 	3
Entrance to facilities	Risk of contact with COVID 19 on entrance to the facilities.	Coaches and swimmers	3	3	9	<ul style="list-style-type: none"> Swimmers and Coaches not to attend session if they feel unwell The club will use the Swim England health declaration form which all swimmers need to complete prior to attending initial session 	3
Access to facilities/pool	Risk of contact with COVID 19 on entrance to the facilities and waiting for session to start	Coaches and swimmers	3	3	9	<ul style="list-style-type: none"> Swimmers to follow the access rules for the facility and only enter by nominated entrance Swimmers and coaches to enter the facilities at designated time agreed with the pool operator Swimmers and coaches to practice physical distancing when waiting to enter the facilities and once let into the building 	3
Access to facilities/pool	Risk of contact with COVID 19 due to crowding in changing rooms before session	Swimmers	3	3	9	<ul style="list-style-type: none"> Number of swimmers allowed to attend session to be controlled. Swimmers to arrive "beach ready" to avoid using changing rooms at start of session (see individual pool rules document) Swimmers to arrive a designated time for session Swimmers to wash hands or sanitise on entry to the pool and before entering the water Coaches and swimmers to avoid use of toilets and wash facilities before entering pool 	3

During session	Risk of contact with COVID 19 during session due to swimmers carrying virus	Coaches and Swimmers	2	3	6	<ul style="list-style-type: none"> No swimmer or coach to attend session if they are unwell Number of swimmers per lane to follow guidelines for pool operators and to ensure swimmers can socially distance. (see individual pool rules for actual numbers) Coaches to devise sessions which are based on long sets to avoid crowding at the of the pool Coaches to devise session to avoid possible clashes between swimmers (consider no fly/backstroke) End sets mid pool to be used where possible Swimmers to physical distance from others while in the water as far as possible. It is acceptable for swimmers to pass each other. For sessions with more than 15 swimmers a COVID liaison will be considered to ensure swimmers are following guidance (in addition to the coach) and to refuse entry or ask swimmer to leave if guidance is not being followed. 	3
During session	Risk of contact with COVID 19 due to swimmer being taken ill during session with COVID symptoms	Coaches and swimmers	2	3	6	<ul style="list-style-type: none"> Coach and COVID Liaison to follow pool guidance for such a situation 	3
Supervision (club coaches cover safety)	Lack of monitoring from poolside	Swimmers	2	3	6	<ul style="list-style-type: none"> Pool lifeguards on deck as well as coaches at CP, QMSC, Guys, Marshall Street, Kings Cross and LAC 	2
Supervision (club coaches cover safety)	Coaches unaware of emergency procedure for the relevant pool	Swimmers	2	3	6	<ul style="list-style-type: none"> All coaches to be familiar with emergency procedure for the relevant pool 	2
Supervision (club coaches cover safety)	Coaches unaware of position of safety equipment	Swimmers	2	3	6	<ul style="list-style-type: none"> All coaches familiar with position of safety equipment 	2
Supervision (club coaches cover safety)	Lack of first aid provision	Swimmers	2	3	6	<ul style="list-style-type: none"> Coaches rescue course include basic first aid 	2

Equipment	Risk of contact with COVID 19 during sessions due to contact with equipment	Coaches and swimmers	2	3	6	<ul style="list-style-type: none"> Swimmer to use their own equipment (kick boards, pull buoys, flippers) Swimmers to clearly mark their drinks bottle and to leave them on poolside with gap between other bottles 	3
Safety Equipment	Lack of safety equipment	Coaches and Swimmers	2	2	4	<ul style="list-style-type: none"> Ensure all safety equipment is accessible prior to session starting 	1
Safety Equipment	Poor repair of safety equipment	Coaches and Swimmers	2	2	4	<ul style="list-style-type: none"> Coaches to report any damaged safety equipment to pool hirer 	1
Safety Equipment	Poor or no access to emergency phone	Coaches and Swimmers	2	2	4	<ul style="list-style-type: none"> All pools have emergency phone on poolside and/or pool lifeguards. All coaches have mobiles 	1
Swimming session	Starting blocks sharp edges or insecure fixing	Swimmers	2	2	4	<ul style="list-style-type: none"> Coaches to check starting blocks before use 	1
Swimming session	Lane ropes sharp edges	Swimmers	2	2	4	<ul style="list-style-type: none"> Coaches to report any hazards to management of pool 	1
Swimming session	Wrongly positioned backstroke flags	Swimmers	2	2	4	<ul style="list-style-type: none"> Check flag position and highlight to swimmers if not in correct position 	1
Swimming session	Depth of water for dives	Swimmers	2	2	4	<ul style="list-style-type: none"> Warn swimmers not to dive into shallow water end 	1
Swimming session	Depth of water for turns	Swimmers	2	2	4	<ul style="list-style-type: none"> Ensure swimmers are aware of depth if an issue for turning 	1
Swimming session	Projecting ladders	Swimmers	2	2	4	<ul style="list-style-type: none"> Ensure swimmers are aware of projecting ladders 	1
Swimming session	Lane swimming lack of etiquette	Swimmers	2	2	4	<ul style="list-style-type: none"> Club provides all new club members with lane etiquette rules and coaches police Coaches to manage lanes and provide guidance on lane etiquette if required. 	1
Masters Swimmers	Lack of fitness to train	Swimmers	2	2	4	<ul style="list-style-type: none"> Club has a basic standard for entry to the club which is policed by coaches. All swimmers have to be able to swim all 4 strokes, swim 800m continuously, and keep up with other swimmers. 	1

Masters swimmers	Lack of fitness to compete	Swimmers	2	2	4	<ul style="list-style-type: none"> Ensure competitors are aware of the need to seek appropriate medical advice if they have concerns as to the state of their health. This is highlighted on entry forms 	1
Post session	Risk of contact with COVID 19 due to crowding in changing rooms after session	Swimmers	3	3	9	<ul style="list-style-type: none"> Number of swimmers entering changing rooms to be controlled and follow pool guidelines 	3
Post session	Risk of spread of COVID 19 due to infected swimmer attending session	Coaches and swimmers	3	3	9	<ul style="list-style-type: none"> Register of swimmers to be maintained for each session to allow track and trace to be carried out if required 	3