

Name of club :	Alton & District swimming club				
Type of assessment :	Performance / Development / SwimFit / Masters Squads at Everyone Active (Alton / Bordon / Taro) and Churchers				
Date risk assessment carried out :	December 2020	Person :	Davina Malkin	Review date :	January 2021

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after controls	Actioned by
Spread of Covid-19 Coronavirus					
Car Park	Swimmers Parents / Guardians Coaches / teachers Volunteers	High	<p>Parental drop off / pick up only (if over 8 years). Parents need to remain contactable on their emergency number (as on TU) at all times during the session. Swimmers to have knowledge of this number on their own mobile phones or written on paper in their bag.</p> <p>Wear suitable warm / waterproof clothing as a wait outside is necessary. Masks to be worn</p> <p>All swimmers need to register with a COVID liaison rep at the entrance. They will be recognisable with an Alton & District item of clothing / clipboard etc</p> <p>All swimmers to arrive 10 minutes before session. Do not arrive earlier than this. No entry will be given for late arrivals and once the group has entered the building.</p> <p>Avoid lift sharing with those outside of your household or bubble. Always in line with government guidance.</p>	Low	<p>Everyone Active / Churchers College</p> <p>COVID liaison reps</p> <p>Parents / Guardians</p> <p>Swimmers</p>
Entrance / Reception area	Swimmers Parents / Guardians Coaches / teachers Volunteers	High	<p>Met by specific COVID Liaison rep that will stay with that group for the whole session</p> <p>Use of Hand sanitizer on entry</p> <p>Social distancing and Masks to be worn</p>	Medium	<p>Everyone Active / Churchers College</p> <p>COVID liaison reps</p> <p>Parents / Guardians</p>

			<p>Shoes removed into bag (Churchers only)</p> <p>Follow one way system to spectator area</p> <p>Door to be held open by COVID Liaison rep to avoid all swimmers touching the door</p> <p>Parents only to accompany their swimmer if prior agreement from COVID Lead. They will wait in designated area and will not accompany onto poolside / spectator area</p> <p>There will be no opportunity for siblings to arrive early / wait for another sibling to finish session. Arrangements will need to be made for a separate pick up or drop off, or for that child to wait outside of the building</p>		Swimmers
Poolside / Spectator area	Swimmers Coaches / teachers Volunteers	High	<p>Social Distancing and Masks to be worn</p> <p>All swimmers to arrive “beach ready”</p> <p>Use of small bags, and minimal items brought with them</p> <p>Change in designated area on spectator seating – socially distanced from next swimmer</p> <p>No re-entry to reception area</p> <p>There will be no spectators allowed</p>	Medium	<p>Lifeguards</p> <p>Coaches / teachers</p> <p>COVID liaison reps</p> <p>Swimmers</p>
Swim training session	Swimmers Coaches / teachers	High	<p>All clothes and bags to be taken onto poolside.</p> <p>Await instruction from coach to enter poolside, and when previous group has left</p> <p>Social distancing and follow one way system around the pool</p> <p>Enter pool at specific place instructed by coach</p>	Low	<p>Coaches/ teachers</p> <p>Life guards</p> <p>Swimmers</p>

			<p>Coach to remain socially distanced from swimmers</p> <p>6 swimmers only in a lane. Single Use lane.</p> <p>Remain in specific swimming order in lane as instructed by coach. Swimmers can be moved to a different lane, at coach discretion. Swimmers will remain in a Squad bubble.</p> <p>No swimmer to share equipment / water bottles</p> <p>Any headsets used by a coach remain with that coach and are fully cleaned and sterilised by them when finished</p> <p>Swimmers to take and replace their headset into the bucket. Coaches will not help swimmers put on their headsets and will not pass headsets to a swimmer with their hands.</p> <p>Toilet only to be used if absolutely essential and with agreement with the coach.</p> <p>If toilet is required, Swimmer to go straight and return promptly. (Disabled toilet only to be used at Churchers) COVID liaison rep to ensure that this happens. Swimmer to use hand soap to wash hands before returning to the pool</p>		
Exit / Changing room	Swimmers Volunteers	High	<p>Exit pool at specific place instructed by coach</p> <p>Coach to check all swimmers have taken all equipment and water bottles before they leave</p> <p>Return to designated changing area and dry off, collect bag. All Swimmers to return home in dry robe / clothes over top of costume and trunks. These need to be suitable for the winter weather.</p>	Medium	<p>Lifeguards</p> <p>Coaches / teachers</p> <p>COVID liaison reps</p> <p>Parents / Guardians</p> <p>Swimmers</p>

			<p>Shoes not to be put on until in reception area (Churchers only)</p> <p>Showers and cubicles will only be able to be used with prior agreement with COVID Lead (for specific reasons that the swimmer needs to fully change and for morning sessions to change for school / work)</p> <p>All swimmers to exit together through changing room. Follow one way system only out to exit. No re-entry to poolside. If items are forgotten they will be collected by the coach</p> <p>Socially distancing and Masks to be worn</p> <p>No use of drinks / confectionary machines</p> <p>No congregating in reception areas. Swimmers to leave the building immediately</p> <p>Parents to collect their swimmer promptly at the end of the session. The COVID Liaison rep will not be responsible for waiting with the swimmer once the session has ended.</p>		
Equipment	Swimmers Parents / Guardians	High	<p>Coach to advise what equipment is required for each session</p> <p>Swimmer only to bring required equipment. Coaches will not be able to lend or fix equipment, so goggles to be in full working order.</p> <p>No valuables to be bought as there will be no use of lockers.</p> <p>No swimmer to share equipment / water bottles</p> <p>All equipment to be clearly labelled</p> <p>All equipment to be fully cleaned after every session</p>	Low	<p>Coaches / teachers</p> <p>Parents / Guardians</p> <p>Swimmers</p>

Health screening / Pre-swimming information	Swimmers Coaches / teachers Volunteers	High	<p>Parents and swimmers to read the latest risk assessment to ensure they are aware of the updated guidance, access and exit procedures to the buildings and expectations.</p> <p>Swimmers have signed declarations and these remain relevant. This will be retained and if any swimmer does not follow guidance they may not be allowed to swim</p> <p>The signed health screening checklist remains relevant.</p> <p>If a swimmer is self isolating due to being in contact with a person who tested positive, or whilst waiting for a test, they should self isolate as per guidance. No other swimmers will be affected</p> <p>If a swimmer is tested positive, the COVID Lead or Coach to be notified immediately. A register is taken at each session and Test and Trace will be informed. All members of the squad bubble will be notified immediately and be expected to self isolate</p>	Low	<p>Coaches / Teachers</p> <p>COVID lead</p> <p>Parents / Guardians</p> <p>Swimmers</p>
Injury / Illness	Swimmers Parents / Guardians Coaches / teachers Volunteers	Low	<p>In the event of any injury this will be dealt with by lifeguard only</p> <p>Individual will be isolated in first aid room, or suitable area.</p> <p>Appropriate PPE will supplied by facility, and all appropriate protocols followed</p> <p>Parent to be contacted by COVID liaison rep or coach to collect immediately</p>	Low	<p>Everyone Active / Churchers College</p> <p>Lifeguard</p> <p>Swimmers</p>
Trials	Swimmers Parents / Guardians Coaches / Teachers Volunteers	High	<p>Head coach will speak to all swimmers and parents over the phone. Date and Time of the trial will be confirmed.</p> <p>Covid briefing and risk assessment will be shared by Head Coach and verbal agreement that no Covid symptoms are present</p>	Medium	<p>Lifeguards</p> <p>Coaches / Teachers</p> <p>Covid Lead</p> <p>Covid Liaison Reps</p>

			<p>Emergency details will be taken by Head Coach and passed to relevant coach</p> <p>Head Coach will inform Covid Lead so that Covid reps of session are aware of additional swimmer.</p> <p>Swimmer will meet Head Coach outside and be escorted into the building with them. They will swim in lane as directed by the coach. The Head Coach will escort them from the building at the end of the session.</p> <p>After trial, Head Coach will notify Admin of which squad to join. Registration forms, Covid Risk assessment, Health declaration and Return to swimming declaration forms will be sent. TU to be updated with emergency information and any health / additional needs.</p> <p>No swimmer will start until the above are all completed.</p>		<p>Lifeguards</p> <p>Club Administrator</p> <p>Parents / Guardians</p> <p>Swimmers</p>
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