

Risk assessment ADSC Online/ Virtual Land Work

Company name: Alton & District Swimming Club

Assessment carried out by: Luke Surplice

Date of next review: 31/09/2021

Date assessment was carried out: 20/10/2020

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Space Available	Athletes, object in way can be kicked or trip athlete	Check at beginning of the session. Reminder before session starts.	Re check in the breaks in training to move items if more space is needed.	Coach Parents Athletes	Start of sessions	
Can athletes be seen and supervised effectively	Athletes	Using Zoom for video to supervise.	Parents should be in the same building or room esp for younger swimmers	Coach Parents	Start of sessions	
Correct clothing	Athletes – Clothing must be suitable. No flipflops etc Safeguarding – non suitable clothing includes clothing that	Email info for land work so they know they have to have correct clothing.	If at start of the land training they don't have correct clothing on will be asked to change to something more suitable.	Coach, Parents, Athletes	Start of sessions	

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		Exercises are demoed before the start of each session / set. Participants given chance to ask questions before set starts.				
Communication With Coach	Athletes & Coach	Using Global chat function in zoom platform.	Chat is saved for each zoom session for future reference if needed.	Coach	End of each session	
Room Suitability	Athletes – Does room have suitable ventilation? Is the floor safe and stable. Safeguarding of swimmers	Parents to make sure the room has suitable ventilation. Use of a mat is recommended, but not mandatory. Where possible bedrooms should not be used.	Coach to monitor and remind swimmers during sessions.	Parent Parent and Coach	Start of session. Start of session. Start of session.	