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| **Name of Club: Calverton & Bingham Swimming Club – CDS Squad** | **Name of Risk Assessor: Mark Patterson** | **Date of Risk Assessment: 08.04.2022** |
| What are the hazards? | Who might be harmed  | Controls considered | Additional Controls | Action by who? | Action by when? | Done |
| Lack of poolside observation | Swimmer | All sessions have a lifeguard, provided by the pool operator.All sessions have a responsible coach on poolside (see session details below) | Lifeguard is not responsible for actual swimming content they are expected to keep a watching brief to ensure no swimmer gets into any difficulty.Session is fully explained to all swimmers. | Lifeguard / pool operator to also ensure training is up to dateCoach in charge | OngoingOngoing |  |
| Content of swimming session | Swimmer | All sessions should be set by a Level 2 coach, or someone with sufficient experience to fully understand the abilities of each swimmer, and to set a session that is within the capabilities of those swimmers in each lane. |  If anyone else sets a session then the content should be checked and approved by L2 coach or higher as being acceptable | Current teacher / coaches setting sessions | Ongoing |  |
| Existing Illness or injury | Swimmer | It is the responsibility of the parent /swimmer to report any illness, injury or any other medical condition to the coach prior to the session, so that there is a clear understanding that this individual should not work beyond their own limitations. | Reminders of this requirement will be stated by the coach / teacher on a regular basis. | Swimmer to reportCoach to remind | Ongoing |  |
| Possible risks within a training sessionSlack lane ropePool flagsSwimming butterfly in both directions within a swim laneUse of hand paddlesUse of fins | SwimmerSwimmerSwimmerSwimmerSwimmer | A loose lane rope can cause swimmers to not swim straight which can then put them in closer contact with swimmers from the opposite directionorswimmer can catch their hand on loose lane rope causing burn or injury. A failure to have warning flags across the pool could cause swimmer to hit wall This can cause a clash or arms / hands and create possible injuryThe use of hand paddles should be voluntary, as the extra strain could lead to shoulder injury.AndThe use of oversized hand paddles could create serious injury if there is a clash of hands with another swimmerThe use of fins should be voluntary, as the extra strain on your legs could lead to injury | Report to poolside coach or lifeguard so lane rope can be tightened.Pool operator is expected to supply flags, so coach to report immediately to life guard if they are missing.Swimmers should switch to fly drill when passing swimmers in opposing directionIndividual swimmer to decide on use of paddlesLarge hand paddles should be avoidedIndividual swimmer to decide on use of fins. | Swimmers to be reminded of this by the coachThe stubby fins are the preferred style of fin. | OngoingOngoingOngoingOngoingOngoingOngoing |  |
| General itemsSuch as pool entry / exit use of changing rooms etc | Swimmer | These items are covered by CABSC general risk assessment on pool use | See separate RA | CABSC Risk Assessment coordinator | Ongoing |  |

**Further information relating to individual swim sessions**

**Tuesday**

Covered by L1 Coach (who is also L2 Teacher). There is also a L2 coach on poolside, coaching other swimmers, but always there as support.

**Thursday and Sunday Sessions**

Covered by L1 coach (who is also a L2 teacher) and additional L1 teachers, who have many years’ experience of working with this squad.

Session is always covered by a lifeguard.

**Wednesday session**

This is a mixed session, shared with other squads (Junior and JDS) and session is covered a L1 coach and a L1 teacher with over 15 years’ experience of working with these groups.

Session is always covered by a lifeguard.

**Saturday session**

Covered by a L3 coach, plus other poolside coaches / teachers for assistance.

Session is always covered by a lifeguard.