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| **Name of Club: Calverton & Bingham Swimming Club – SDS 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 date  Coach in charge | Ongoing  Ongoing |  |
| 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 report  Coach to remind | Ongoing |  |
| Possible risks within a training session  Slack lane rope  Pool flags  Swimming butterfly in both directions within a swim lane  Use of hand paddles  Use of fins | Swimmer  Swimmer  Swimmer  Swimmer  Swimmer | A loose lane rope can cause swimmers to not swim straight which can then put them in closer contact with swimmers from the opposite direction  or  swimmer 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 injury  The use of hand paddles should be voluntary, as the extra strain could lead to shoulder injury.  And  The use of oversized hand paddles could create serious injury if there is a clash of hands with another swimmer  The 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 direction  Individual swimmer to decide on use of paddles  Large hand paddles should be avoided  Individual swimmer to decide on use of fins. | Swimmers to be reminded of this by the coach  The stubby fins are the preferred style of fin. | Ongoing  Ongoing  Ongoing  Ongoing  Ongoing  Ongoing |  |
| General items  Such 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**

All sessions are always covered by a lifeguard.

**Monday Session**

Covered by 2x L1 coaches and L1 teacher with several years’ experience of working with this squad. The session is set by the Squad coach, who is L3 qualified, and therefore content of session is suitable for swimmers, and poolside coach / teacher are supervising session.

**Wednesday session**

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

**Thursday session**

This is a mixed session, shared with another squad (JDS) and session is covered a L1 coach, 2x L2 teachers and a L1 Teacher with over 15 years’ experience of working with these groups. The session is set by the Squad coach, who is L3 qualified, and therefore content of session is suitable for swimmers, and poolside coach / teacher are supervising session.

**Friday session**

This session is run by a L2 teacher, with many years’ experience of working with this group. There is also a L2 coach on poolside, coaching other swimmers, but always there as support.

**Saturday session**

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

**NB some of the L1 coaches are wanting to qualify as a L2 coach when an appropriate training course can be arranged locally by Swim England / IOS**