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| **RISK ASSESSMENT:** |
| **First Aid** |
| **Reviewed: June 2020** |

The Risk Assessment has been amended in June 2020 in order to incorporate important measures that will allow HSC to return to training in a safe environment, following the COVID-19 pandemic. The Club intend to resume training in July 2020. These measures are detailed in the HSC Return to Training Action Plan (July 2020) and follow Government and Swim England advice on how swimming clubs should operate at such time. The primary focus of the measures is to ensure social distancing and minimise transmission through appropriate hygiene measures. The Club will enforce the rules and codes of conduct that are outlined in its Action Plan, and have updated its Risk Assessment as follows:

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| Name of Club: | HAILSHAM SWIMMING CLUB | | | | |
| Date risk assessment carried out: | June 2020 | Person: | D.Barden, HSC | Review date: | 31 August 2020 |

| **What are the Hazards** | **Who is at Risk** | **Risk rating before controls** | **Controls required** | **Risk rating after controls** | **Actioned by** |
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| Spread of Covid-19 coronavirus | | | | | |
| Cuts and abrasions  Slips and trips | Swimmers  Coaches  Teachers  lifeguard | High | * Adequate levels of trained first aiders * When administering first aid staff to wear PPE and casualty encouraged to wear facemask * Fully stocked 1st aid kit – easily accessible * Encourage self-treatment if possible to maintain current social distancing guidelines * Dispose of PPE and soiled dressing etc. safely in a biohazard bin * Staff to fully wash down area after treatment * Staff to thoroughly wash hands and bare skin after treatment with disinfectant * Report incident to Covid-19 lead in club and any subsequent Covid-19 symptoms | Medium to low | Committee members and teaching/coaching staff |
| Sports injuries  Strains and cramps | Swimmers  lifeguard | Medium | * Adequate levels of trained first aiders * When administering advice, maintain social distancing guidelines * When administering first aid staff to wear PPE and casualty encouraged to wear facemask * Encourage self-treatment if possible * Staff to thoroughly wash hands and bare skin after treatment with disinfectant * Report incident to Covid-19 lead in club and any subsequent Covid-19 symptoms | Low | Teaching and coaching staff |
| Choking | Swimmers  Teachers  Coaches  lifeguard | High | * PPE should be worn to encourage coughing, to administer back blows or perform abdominal thrusts * If casualty collapses, first aiders should follow CPR guidelines using a pocket mask (paediatric only – adults to be given chest compressions * Staff to thoroughly wash hands and bare skin after treatment with disinfectant | Medium | Teaching and coaching staff |
| CPR | Swimmers  Teachers  Coaches  lifeguard | High | * PPE should be worn by swimming teachers giving CPR or assisting, PPE should be immediately available to prevent delay (bum bag or emergency grab bag should be considered). A towel/cloth/pocket mask/face mask should also be immediately available to be used in the event of CPR * Panic button to be pressed to request AED assistance (in reception) * Staff to thoroughly wash hands and bare skin after treatment with disinfectant * Report incident to Covid-19 lead in club and any subsequent Covid-19 symptoms | Medium | Teaching and coaching staff |
| Difficulty in water  Cramp | Swimmers  Lifeguard  Teaching staff | High | * Swimmer to be encouraged to reach the side by themselves with no contact * Swimmer to be encouraged to exit the water with no contact * Throw bags/noodles/reach pole/torpedo to be used to limit contact if casualty cannot reach side independently. * Report incident to Covid-19 lead in club and any subsequent Covid-19 symptoms | Low | Teaching and coaching Staff |
| Allergies and reactions to chlorine/PH levels  Asthma | Swimmers  Lifeguard  Teaching staff | Low | * Encourage casualty to utilise any medication they have for their allergies (inhaler/epi pens/antihistamines and maintain social distancing guidelines | Low | Swimmers and staff |
| Head injuries/collisions | Swimmers  Lifeguard  Teaching staff | Medium | * Application of icepacks encourage the casualty to administer independently * Check cognitive awareness/response using social distancing guidelines * Staff to thoroughly wash hands and bare skin after treatment with disinfectant * Report incident to Covid-19 lead in club and any subsequent Covid-19 symptoms | Low | Coaching and teaching staff |