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| **RISK ASSESSMENT:**  |
| **Remote and Club Based Land Training Sessions** |
| **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: | C.Steenhoff, HSC | Review date: | 31 August 2020 |

**PLEASE NOTE: Remote Land Training is undertaken by participants at their own risk. They should make sure preventative measures as outlined in this risk assessment are undertaken in advance of starting any home land training sessions. The Club has published guidance on undertaking Land Training Sessions entitled:** [Virtual Teaching and Learning, and Principles for Posting on Social Media (April 2020](https://uk.teamunify.com/hailsham/UserFiles/File/Membership%20information/hsc-virtual-training-and-learning-protocols-april-2020_028540.pdf)**)**

| **Potential****Hazard** | **Who is at risk?** | **Existing Control****Measures** | **Risk****Rating** | **Preventative****Measures** | **Risk Rating after Measures** | **Responsibilities** |
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| Injury sustained by participant from not following safe practices | Participant | * All direction of land training activities to be given by qualified fitness trainers (Level 2 Fitness Trainer or above)
* General safety protocols have been published by Club under Remote Land Training Guidance (Spring 2020)
* Swimmers must have attended land training sessions previously run by HSC staff
 | Medium | * Ensure exercise is appropriate for age, as advised by fitness training staff
* Ensure participant has watched videos of appropriate delivery and technique of exercise
* Appropriate mobilisation before and stretching after the activity as directed by the instructor
 | Low | * Fitness training staff
* Individual responsibility to undertake safe practice
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| Injury sustained as exercise was undertaken on the incorrect surface | Participant | * All direction of land training activities to be given by qualified fitness trainers (Level 2 Fitness Trainer or above)
* General safety protocols have been published by Club under Remote Land Training Guidance (Spring 2020)
* Swimmers must have attended land training sessions previously run by HSC staff
 | Medium  | * Ensure users have a fitness mat or are undertaking training outside with appropriate footwear
* Follow specific guidance from instructor at all times
* Appropriate mobilisation before and stretching after the activity as directed by the instructor
 | Low | * Fitness training staff
* Individual responsibility to undertake safe practice
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| Injury sustained as exercise was undertaken for longer then desired period | Participant | * All direction of land training activities to be given by qualified fitness trainers (Level 2 Fitness Trainer or above)
* General safety protocols have been published by Club under Remote Land Training Guidance (Spring 2020)
* Swimmers must have attended land training sessions previously run by HSC staff
 | Low | * Follow timescales based on ability and age, as set by fitness instructor
* Appropriate mobilisation before and stretching after the activity as directed by the instructor
 | Low | * Fitness training staff
* Individual responsibility to undertake safe practice
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| Video delivery session interrupted by improper content (malware, deliberate on-line crime) | Participant and Fitness Training Staff | * All direction of land training activities to be given by qualified fitness trainers (Level 2 Fitness Trainer or above)
* General safety guidance will be given at the start of any on-line
* General safety protocols have been published by Club under Remote Land Training Guidance (Spring 2020)
* Ability to cut session short or close session if there is improper conduct
 | Low | * Limit events to individual/discreet activities that are not advertised externally of the club
* Sign in only events via video conferencing software: ID and password protected
* Check safety precautions of software
* Ensure meeting can be closed quickly at any given time
 | Low | * All HSC Staff and Committee
* Individuals to ensure safe access to personal computers
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