



TAVISTOCK SWIMMING CLUB
Established 1990

RISK ASSESSMENT: POOL TRAINING AT MEADOWLANDS DURING PANDEMIC

RISK LEVEL				
LIKELIHOOD	4	8	12	16
	3	6	9	12
	2	4	6	8
	1	2	3	4
	IMPACT			

LIKELIHOOD X IMPACT = ACTION					
LIKELIHOOD		IMPACT		ACTION	
Almost Certain	4	Death	4	High	Avoid Risk
Likely	3	Hospitalisation	3	Medium	Mitigate Risk
Possible	2	First Aid or home treatment at location or subsequently	2	Low	Monitor Risk
Unlikely	1	Discomfort	1	Remote	Accept Risk
<p>Multiply the incident Likelihood by the Impact rating for a particular hazard category to determine the Risk level on the Assessment chart (Left). E.g. A Likelihood of 3 multiplied by an Impact of 2 will indicate a low risk of 6.</p>					

Details of event: swim training at Meadowlands, 25m pool.

Reduced coronavirus precautions. Coach: James Lake (L3), Izzy Teague (L2), Amy Warnett (L2) or other coach.



Hazard	Risk Analysis before Controls			Controls	Risk Analysis after Controls			Further notes	Responsibility
	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
NON-CORONAVIRUS RISKS									
<i>Before training: out of doors</i>									
Parking area: moving to/ from pool and parking area Pedestrian hit by vehicle.	1	3	3		1	3	3	➤ Parking area is small and well lit ➤ Entrance to parking area is before where swimmers cross the road to reach the pool ➤ Use pavements ➤ Parents to decide whether child needs to be accompanied ➤ Extra care needed after dark	Parents Car drivers
Parking area: moving to/ from pool and parking area Slips, trips and falls	2	1	2		2	1	2	➤ Parking area and route to pool kept in good repair ➤ Adequate lighting	Centre staff/ Council
<i>Before training: indoors</i>									
Movement around poolside (and changing area en route to toilets) Slips, trips and falls	2	3	6	➤ Lighting and floors to be checked by Fusion on a regular basis ➤ Enforce no running rule ➤ Appropriate footwear only ➤ Bags should be left in lockers or safely stowed away from	1	2	2	➤ Changing areas & showers not in use except with express permission	Parents Coach Centre staff

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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
				gangways ➤ As far as possible, keep areas in changing rooms and around pool clean & dry ➤ If excessive water on floor, notify centre staff					
Poolside warm-up Strains & sprains/ other injuries due to incorrect technique	2	2	4		2	2	4	➤ Everyone instructed in correct warm-up ➤ Exercises are gentle, not strenuous ➤ Oversight from coach	Coach
Poolside warm-up Injuries due to messing around	1	2	2		1	2	2	➤ Warm-up supervised	Coach
Poolside warm-up Serious injuries due to messing around – eg. someone falls into pool & bangs head	1	4	4		1	4	4	➤ Swimmers not allowed poolside until a responsible adult is there	Centre staff Coach Parents
During training									
Drowning	2	4	8	➤ Lifeguard on duty throughout	1	3	3		Centre staff
Backstroke	3	2	6	➤ Ensure backstroke flags in place	1	2	2		Centre staff



Hazard	Risk Analysis before Controls			Controls	Risk Analysis after Controls			Further notes	Responsibility
	Likeli hood	Impact	Risk		Likeli hood	Impact	Risk		
Injury through colliding with wall									Coach
Diving Falls from blocks	1	1	1		1	1	1	➤Coach to ensure blocks are secure and the correct height	Coach
Diving Collision Banging head/ body on bottom of pool	2	4	8	<ul style="list-style-type: none"> ➤Signage about pool depth ➤Diving to be supervised by coach ➤Swimmers trained and certified to carry out shallow competitive dives from blocks. Those who have not completed their dive training to dive under close supervision only ➤Lifeguard on duty throughout 	1	2	2		Centre staff Coach
Lane ropes Entanglement; collision	3	2	6	<ul style="list-style-type: none"> ➤Ensure lane ropes securely fixed in place ➤Do not overcrowd lane 	2	2	4		Centre staff Coach
Injury during training Overheating	2	3	6	<ul style="list-style-type: none"> ➤Water and surroundings generally kept at a temperature suitable for training. Cancel training if water temperature above 32C ➤Participants to have free access to water bottles 	1	2	2		Centre staff Coach Parents



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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
				➤First aider present					
Injury during training Exhaustion	3	2	6	➤Coach to ensure activity matches ability ➤Coach to monitor swimmers throughout session	2	1	2		Coach
Medical issues during training Panic attack. Participants hyperventilating or becoming distraught	2	2	4		2	2	4	➤Coach awareness ➤Trained first aider present	Coach Centre staff
Medical issues during training Pre-existing conditions	2	3	6	➤Coach has full access to details held as part of club membership (TeamUnify) ➤Ensure swimmer has access to any inhalers etc. they might require during session ➤Emergency phone and pool alarm available throughout ➤Parents/guardian must advise the coach of any short-term (non-Covid) health issues; coach to decide if swimmer can swim. ➤Significant long-term conditions: parent/ carer to remain poolside in all cases	2	2	4		Coach Centre staff Parents

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				where swimmer might need help managing their condition. Ultimately, where risk comes from condition rather than activity, parent + child to decide whether risk is acceptable.					
Injury/ disease due to water quality Excess treatment chemicals => poisoning Inadequate chemicals => excess bacteria/ viruses	2	3	6	➤Meadowlands staff monitor water quality at least daily	1	2	2		Centre staff
Emotional or physical abuse	2	4	8	➤Wavepower guidelines followed re DBS checks ➤Safeguarding training for coaches and several parents ➤Welfare Officer details on website ➤Club captains system encourages older children to look out for others	2	2	4	➤Changing area not in use except with permission ➤Child welfare is everyone's responsibility	TSC trustees Welfare Officer Everyone
Child leaves complex and becomes lost/ injured	2	3	6	➤Swimmers must not leave poolside during session without getting permission ➤If swimmer has to cease	1	2	2	➤Parental contact details available via TeamUnify	Coach



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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
				training, parent/ carer will be notified and child must wait where coach can see them ➤Primary school aged swimmers not permitted to leave the building except in the care of a responsible adult unless prior parental permission has been given for this					
<i>Extra risks if coach is qualified to L1 (assistant) only</i>									
Poolside <ul style="list-style-type: none"> • Injury through inappropriate behaviour: coach not sufficiently experienced to control behaviour • Injury through jumping in: ditto 	2	3	6	<ul style="list-style-type: none"> ➤Coach to have another adult present on poolside to help them control behaviour if necessary ➤Coach to inform lifeguard in advance, so lifeguard knows to deal strictly with any inappropriate behaviour 	1	3	3		Coach Trustees
Diving (collision/ banging head): coach overestimates swimmers' competence	2	3	6	<ul style="list-style-type: none"> ➤No diving permitted unless coach is also a fully (L2) qualified teacher 	1	4	4		Coach
During training <ul style="list-style-type: none"> • Exhaustion/ injury due 	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤L1 coach to limit themselves to session content which they have prior experience of delivering to 	Coach Head coach

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to swimmers being pushed beyond their capability <ul style="list-style-type: none"> Exhaustion due to L1 coach being less able to recognise the signs than a more experienced coach 							swimmers of this standard ➤L1 coach to be aware of the risk and to err on the side of under-training ➤Whenever possible, L1 coach to have checked their session plan with a more senior coach beforehand ➤L2 or L3 coach (wherever possible) to brief L1 coach before session commences to ensure they are clear about session to be delivered.		
During training Injury due to lack of supervision if coach becomes distracted during session	2	2	4		2	2	4	➤Additional adult to be present on poolside during the session to help with any issues which arise	Coach Trustees
Any time: major incidents									
Fire or chemical spill Burns Smoke/ toxic gas inhalation	2	4	8	➤Precautions taken by centre re handling of chemicals etc ➤Centre Fire Evacuation Plan ➤Exits to be kept clear of bags and equipment	1	3	3	ALL MUST LISTEN TO LIFEGUARD INSTRUCTIONS	Coach Centre staff

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Crush injuries while escaping				<ul style="list-style-type: none"> ➤ Lifeguards and coaches to be aware of the evacuation plan, exits and muster points ➤ Emergency phone and pool alarm available throughout the session 					
Injury from building E.g. fall of part of roof	1	4	4		1	4	4	<ul style="list-style-type: none"> ➤ Roof has been inspected and passed as safe by Fusion ➤ Lifeguards trained in evacuation ➤ ALL MUST LISTEN TO LIFEGUARD INSTRUCTIONS 	Centre staff
Other major incident E.g. bomb threat, terrorist event	1	4	4		1	4	4	ALL MUST LISTEN TO LIFEGUARD INSTRUCTIONS	Centre staff
CORONAVIRUS: RISK OF DEVELOPING COVID-19									
<ul style="list-style-type: none"> ➤ Covid-19 Rules to minimise the risk of spreading the virus: swimmers with symptoms should test before training; swimmers with a positive test should self-isolate. ➤ The majority of (but not all) adults have now been vaccinated, so any Covid-19 infection is likely to be mild. 									
Covid-19 infection, caught as a result of mixing of people on arrival/ at the end	2	2	4		2	2	4	➤ Covid-19 Rules	Parents
Covid-19 infection, caught by a swimmer on	2	2	4		2	2	4	➤ Covid-19 Rules	Parents

Hazard	Risk Analysis before Controls			Controls	Risk Analysis after Controls			Further notes	Responsibility
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poolside from another swimmer or the coach									Coach
Covid-19 infection, caught by the coach from a swimmer or someone else	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤ Covid-19 Rules ➤ Coach to remain 2m away from swimmers whenever possible ➤ If closer contact is needed, it should be kept as brief as possible and ideally not be face to face 	Coach Parents
Covid-19 infection, caught by a swimmer from another swimmer during activity	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤ Covid-19 Rules 	Parents
Covid-19 infection, caught by contact with contaminated surfaces [swimmer or coach]	1	2	2		1	2	2	<ul style="list-style-type: none"> ➤ Risk of surface transmission now regarded as very low ➤ Virus does not survive in pool water 	
Covid-19 spread between parents/ carers	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤ Spectators should remain outside except with express permission of centre staff ➤ People should socially distance if inside 	Parents/ carers
Swimmer (U18) develops possible Covid-19 symptoms during the	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤ Child, plus any other swimmers from their household, will be isolated in the First Aid Room 	Coach Parents

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activity							<ul style="list-style-type: none"> ➤Coach or child contacts child's parents for child to be collected ASAP ➤Anyone with Covid-19 symptoms may not return to training for 10 days unless their test is negative ➤Coach will take a register for all sessions & give names etc of all participants to NHS test & trace on request ➤All participants will follow the instructions of NHS test & trace 		
Swimmer (adult) develops possible Covid-19 symptoms during the activity	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤Swimmer, plus any other swimmers from their household, to leave the pool and the venue ASAP ➤Anyone with Covid-19 symptoms may not return to training for 10 days unless their test is negative ➤Coach will take a register for all sessions & give names etc of all participants to NHS test & trace on request ➤All participants will follow the 	Swimmer

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								instructions of NHS test & trace	
Coach develops Covid-19 symptoms during the activity	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤Activity terminated. All swimmers to leave the pool. Children to gather their equipment and wait at the far end of the pool where they can be seen by the coach ➤Coach to inform all parents and ask them to collect children ➤Coach will take a register for all sessions & give the names etc of all participants to NHS test & trace ➤Coach with symptoms not to return for at least 10 days unless his/her test is negative ➤All participants will follow the instructions of NHS test & trace 	Coach
Transmission of coronavirus between lifeguard and swimmer if lifeguard rescues/ gives first aid to a swimmer	2	2	4		2	2	4	<ul style="list-style-type: none"> ➤No-one to participate in training if they have any Covid-19 symptoms ➤TSC not responsible for precautions taken by lifeguard 	Parents/ swimmers
Any of the above, but with severe Covid-19 developing in a swimmer,	2	4	8	➤Covid-19 Rules: no-one with symptoms permitted to attend training	1	4	4	➤Widespread vaccination	Parents Covid-19



<i>Hazard</i>	<i>Risk Analysis before Controls</i>			<i>Controls</i>	<i>Risk Analysis after Controls</i>			<i>Further notes</i>	<i>Responsibility</i>
	<i>Likeli hood</i>	<i>Impact</i>	<i>Risk</i>	<i>Likeli hood</i>	<i>Impact</i>	<i>Risk</i>			
the coach or someone else, due to an underlying condition									lead

Assessment carried out by: Caroline Furze

Date: 4th September 2021

Date of review: After any of: (1) change in relevant government or Swim England guidance; (2) change in the activity; (3) near-miss or incident