



**TAVISTOCK SWIMMING CLUB**  
Established 1990

**RISK ASSESSMENT: POOL TRAINING AT MOUNT KELLY DURING PANDEMIC**

RISK LEVEL				
<b>LIKELIHOOD</b>	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 Mount Kelly, 25m and 50m 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		
<b>NON-CORONAVIRUS RISKS</b>									
<i>Before training: out of doors</i>									
<b>Parking area: moving to/ from pool and parking area</b> Pedestrian hit by vehicle.	2	2	4		2	2	4	➤ Parking area is small and well lit ➤ People periodically asked to be careful ➤ Many pedestrians cross car park, so drivers tend to be careful	
<b>Parking area: moving to/ from pool and parking area</b> Slips, trips and falls	2	1	2		2	1	2		
<i>Before training: indoors</i>									
<b>Movement around poolside (and changing area en route to toilets)</b> Slips, trips and falls	2	3	6	➤ Appropriate footwear only ➤ Enforce no running rule	1	2	2		Parents Coach Centre staff
<b>Poolside warm-up</b> 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

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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
<b>Poolside warm-up</b> Injuries due to messing around	1	2	2		1	2	2	➤ Warm-up supervised	
<b>Poolside warm-up</b> Serious accident 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
<b>During training</b>									
<b>Drowning</b>	2	4	8	➤ Lifeguard on duty throughout	1	3	3		Centre staff
<b>Diving</b> Falls from blocks	1	1	1		1	1	1	➤ Coach to ensure blocks are secure and the correct height	Coach
<b>Diving</b> Collision Banging head/ body on bottom of pool	2	2	4		2	2	2	➤ Blocks only at deep end ➤ Diving in shallow end only if closely supervised by coach and with permission of lifeguard ➤ Lifeguard on duty throughout	Centre staff Coach
<b>Backstroke</b> Injury through colliding with wall	3	2	6	➤ Ensure backstroke flags in place	1	2	2		Centre staff Coach



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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
Lane ropes Entanglement; collision	3	2	6	<ul style="list-style-type: none"> <li>➤ Ensure lane ropes securely fixed in place</li> <li>➤ Do not overcrowd lane</li> </ul>	2	2	4		Centre staff Coach
Injury during training Overheating	2	3	6	<ul style="list-style-type: none"> <li>➤ Water and surroundings generally kept at a temperature suitable for high level training. Training should not take place if water temperature above 32C</li> <li>➤ Participants to have free access to water bottles</li> <li>➤ First aider present</li> </ul>	1	2	2		Centre staff Coach Parents
Injury during training Exhaustion	3	2	6	<ul style="list-style-type: none"> <li>➤ Coach to ensure activity matches ability</li> <li>➤ Coach to monitor swimmers throughout session</li> </ul>	2	1	2		Coach
Medical issues during training Panic attack. Participants hyperventilating or becoming distraught	2	2	4		2	2	4	<ul style="list-style-type: none"> <li>➤ Coach awareness</li> <li>➤ Trained first aider present</li> </ul>	Coach Centre staff
Medical issues during training Pre-existing conditions	2	3	6	<ul style="list-style-type: none"> <li>➤ Coach has full access to details held as part of club membership (TeamUnify)</li> <li>➤ Ensure swimmer has access to any inhalers etc. they might</li> </ul>	2	2	4		Coach Centre staff Parents

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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
				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 where swimmer might need help in managing their condition. Ultimately, where risk comes from condition rather than activity, parent + child to decide whether risk is acceptable.					
<b>Injury/ disease due to water quality</b>  Excess treatment chemicals => poisoning Inadequate chemicals => excess bacteria/ viruses	2	3	6	➤Staff monitor water quality at least daily	1	2	2		Centre staff
<b>Emotional or physical abuse</b>	2	4	8	➤Wavepower guidelines followed re DBS checks ➤Safeguarding training for	2	2	4	➤Changing area not in use except with permission ➤Child welfare is everyone's	TSC trustees Welfare

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	Likelihood	Impact	Risk		Likelihood	Impact	Risk		
				coaches and several parents ➤Welfare Officer details on website ➤Club captains system encourages older children to look out for others				responsibility	Officer Everyone
<b>Child leaves complex and becomes lost/ injured</b>	2	3	6	➤Swimmers must not leave poolside during session without getting permission ➤If swimmer has to cease 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	1	2	2	➤Parental contact details available via TeamUnify ➤Primary school aged children seldom swim in Mt Kelly sessions	Coach Parents
<i>Extra risks if coach is qualified to L1 (assistant) only</i>									
<b>Poolside</b> • Injury through inappropriate behaviour: coach not sufficiently experienced to control	2	3	6	➤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	1	3	3		Coach Trustees

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behaviour • Injury through jumping in: ditto				deal strictly with any inappropriate behaviour					
<b>Diving</b> (collision/ banging head): coach overestimates swimmers' competence	2	3	6	<ul style="list-style-type: none"> <li>➤Inexperienced swimmers not permitted to dive except as part of a structured diving course</li> <li>➤No diving at all at shallow end</li> <li>➤Lifeguard present throughout</li> </ul>	1	3	3		Coach
<b>During training</b> • Exhaustion/ injury due to swimmers being pushed beyond their capability • Exhaustion due to L1 coach being less able to recognise the signs than a more experienced coach	2	2	4		2	2	4	<ul style="list-style-type: none"> <li>➤L1 coach to limit themselves to session content which they have prior experience of delivering to swimmers of this standard</li> <li>➤L1 coach to be aware of the risk and to err on the side of under-training</li> <li>➤Whenever possible, L1 coach to have checked their session plan with a more senior coach beforehand</li> <li>➤L2 or L3 coach (wherever possible) to brief L1 coach before session commences to ensure they are clear about session to be delivered.</li> </ul>	Coach Head coach
Injury due to lack of	2	2	4		2	2	4	➤Additional adult to be present	Coach



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supervision if coach becomes distracted during session								on poolside during the session to help with any issues which arise	Trustees
<b>Any time: major incidents</b>									
<b>Fire or chemical spill</b> Burns Smoke/ toxic gas inhalation Crush injuries while escaping	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 >Lifeguards and coaches to be aware of the evacuation plan, exits and muster points >Emergency phone and pool alarm available throughout the session	1	3	3	<b>ALL MUST LISTEN TO LIFEGUARD INSTRUCTIONS</b>	Coach Centre staff
<b>Other major incident</b> E.g. bomb threat, terrorist event	1	4	4		1	4	4	<b>ALL MUST LISTEN TO LIFEGUARD INSTRUCTIONS</b>	
<b>CORONAVIRUS: RISK OF DEVELOPING COVID-19</b>									
>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,	2	2	4		2	2	4	>Covid-19 Rules	Coach





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caught as a result of mixing of people on arrival/ at the end			4				4		Parents
Covid-19 infection, caught by a swimmer on poolside from another swimmer or the coach	2	2	4	➤Covid-19 Rules	2	2	4	➤Covid-19 Rules	Parents Coach
Covid-19 infection, caught by the coach from a swimmer or someone else	2	2	4		2	2	4	➤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	➤Covid-19 Rules	Parents
Covid-19 infection, caught by contact with contaminated surfaces [swimmer or coach]	1	2	2		2	2	4	➤Risk of surface transmission now regarded as very low ➤Virus does not survive in pool water	
Swimmer (U18) develops possible Covid-19	2	2	4		2	2	4	➤Child will be isolated in the First Aid Room, with anyone else from their household.	Coach Parents



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

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								➤All participants will follow the instructions of the NHS test & trace team	
Coach develops Covid-19 symptoms during the activity	2	2	4		2	2	4	<ul style="list-style-type: none"> <li>➤Activity terminated. All children to leave the pool and sit with their equipment.</li> <li>➤Coach to inform all parents and ask them to collect children</li> <li>➤Coach will take a register for all sessions &amp; give the names etc of all participants to the NHS test &amp; trace</li> <li>➤All participants will follow the instructions of the NHS test &amp; trace team</li> </ul>	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"> <li>➤Covid-19 Rules</li> <li>➤TSC not responsible for precautions taken by lifeguard</li> </ul>	Parents/ swimmers
Any of the above, but with severe Covid-19 developing in a swimmer, the coach or someone else, due to an underlying condition	2	4	8	➤Covid-19 Rules: no-one with symptoms permitted to attend training	1	4	4	➤Widespread vaccination	Covid-19 lead Parents



Assessment carried out by: Caroline Furze  
Date: 22<sup>nd</sup> July 2020. Updated 5<sup>th</sup> Sept 2020 to add coaches.  
Updated 24<sup>th</sup> May 2021 to alter the isolation times and downgrade risks of transmission via contaminated surfaces.  
Updated 3<sup>rd</sup> Sept 2021 in light of changes in Covid-19 risk and government guidance and to add L1 coach  
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