

Durrington Otters ASC Risk Assessment for Swimming Training at Durrington Leisure Centre – Version 3.0

Name of Club:	Durrington Otters Swimming Club				
Date risk assessment carried out:	24 Sept 2023	Person:	Paul Kealey – Treasurer	Review date:	31 August 2024

This Risk Assessment supersedes all Durrington Otters Risk Assessments for Club Training sessions at Durrington Leisure Centre.

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after controls	Actioned by
Training sets: The club must ensure the training is consistent, tailored skills and safe across days and sessions.	<ul style="list-style-type: none"> Athletes Coaches 	MEDIUM	<ul style="list-style-type: none"> Swim England guidance requires all swim sessions to be planned by a (Level 2) Coach or teacher. www.swimming.org/library/documents/3684/download All training sets will be approved by a Level 2 coach The Level 2 Coach can risk assess and then authorise specific training sessions that can be supervised by a Level 1 Assistant Coach or Teacher In exceptional circumstances where neither a Level 1 or Level 2 coach are available, swimmers will be guided by poolside helpers to swim a very simple set authorised by the Level 2 coach – this will be limited to that appropriate in a public lane session for exercise. Poolside helpers will ensure welfare, they will not coach, but can write the set on the whiteboards and read it out. 	LOW	Coaches Poolside Helpers
Swimming pool general training	<ul style="list-style-type: none"> Athletes Coaches 	MEDIUM	<ul style="list-style-type: none"> Head trainer / coach pre-session checks with swimming pool staff Changing room checked: Focus on empty and secure. 	LOW	Coaches Athletes Poolside helpers

			<ul style="list-style-type: none"> • Lifeguard supplied by pool to be in attendance with first aid training before any swimmers enter the water. • A Club official with a DBS check and Safeguarding qualification trained must be in attendance and pool side for duration of training. • Standard swimming pool rules: compliance with poolside rules including no running, no entry into pool without coach's authority and lifeguards being present. • Swimmers checked in with club rep poolside and handed back to parents after session in car park. • Diving blocks visibly checked before use to ensure secure and in good state of repair. • Swimmers have adequate supply of refreshments. Drinks should not be refilled in the Leisure Centre. • All swimmers to leave water before any follow on session commences. 		
Illness during a session: Dealing with someone who becomes unwell	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	MEDIUM	<ul style="list-style-type: none"> • All accidents, both small or risk to life will be attended by the Leisure centre staff. These protocols include appropriate PPE (personal protective equipment). • If an Athlete reports being unwell then they are to stop swimming, and be collected by their parent/guardian. 	LOW	Poolside helper. Duty Manager / Lifeguard
New Members	<ul style="list-style-type: none"> • New Athletes 	MEDIUM	<ul style="list-style-type: none"> • Ensure all new members are properly inducted • Mentoring from a competent swimmer 	LOW	
Falls in general. <ul style="list-style-type: none"> • Equipment lying around. • Weather conditions • Horse play 	All swimmers, coaches, spectators. <ul style="list-style-type: none"> • May be injured if they trip over objects 	MEDIUM	<ul style="list-style-type: none"> • Qualified coaches • General good housekeeping. • All areas are well lit. • Coaches keep training areas clear, eg no training equipment left lying around • Close supervision and monitoring of general area 	LOW	

Collisions between swimmers : Impact injuries	Swimmers <ul style="list-style-type: none"> • 	MEDIUM	<ul style="list-style-type: none"> • Balance swimmer numbers across lanes • Activities to be carefully monitored • Stop activities if they get too chaotic and unsafe • Coaches set clear Boundaries • Always supervised 	LOW	
Jewellery: Sharp, hard	Swimmers <ul style="list-style-type: none"> • Puncture wounds 	LOW	<ul style="list-style-type: none"> • All jewellery has to be removed. Coaches check this. 	LOW	
Physical injuries from normal activities related to swimming : Impact injuries, pulls strains	Swimmers <ul style="list-style-type: none"> • Impact injuries, 	MEDIUM	<ul style="list-style-type: none"> • Swimmers should warm up and cool down properly before and after. • An adequately stocked first aid kit available • Swimmers with injuries or medical complaints should let these be known to their coach. • Coaches need to be informed of medical condition i.e. Asthma • All accidents and incidents to be documented in the relevant poolside book by the poolside helpers. 	LOW	

Major Update 3.0

- Removed final section on covid-19