

Durrington Otters ASC Covid-19 Risk Assessment for Swimming Training – Version 1.7

Name of Club:	Durrington Otters Swimming Club				
Date risk assessment carried out:	29 December 2021	Person:	Paul Kealey COVID-19 Lead	Review date:	1 April 2022

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
Member Knowledge: members lack awareness of new Covid-19 protocols and risk assessment	<ul style="list-style-type: none"> • Athletes • Parents / Guardians • Coaches • Volunteers 	HIGH	<ul style="list-style-type: none"> • Email Risk Assessment to all parents. 	MEDIUM	Secretary Covid-19 Lead
Health screening: Risk of members be ill with Covid-19, vulnerable or lacking general fitness	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	HIGH	<ul style="list-style-type: none"> • All cases of covid-19 for our members or their households must be notified to Otters by email immediately to enable track and trace and risk management. • All athletes, coaches and volunteers must notify Covid-19 lead and Secretary of any relevant changes (Covid-19 symptoms or change in Vulnerable status) and obtain permission to return to swimming. • Self-isolation and track & trace is a legal requirement in England. 	MEDIUM	Lead Coaches/Covid-19 Officer
Covid-19 Transmission in Leisure Centre:	<ul style="list-style-type: none"> • Athletes • Parents/ Guardians 	HIGH	<ul style="list-style-type: none"> • The viewing gallery is open for parent use. • 14 people is the recommended capacity. 	MEDIUM	Club Committee/Covid-19 Officer

Maintaining social distancing.	<ul style="list-style-type: none"> Coaches Volunteers 		<ul style="list-style-type: none"> Viewers are recommended, but it is not mandated, to wear a face covering in the leisure centre. It is recommended that the foyer and changing rooms should be passed through wearing a face mask. Social distancing when possible is still recommended A record of swimmers per session and per lane will be kept to support Track & Trace. 		
Ensure Safe Entry: Moving from Car to entering water	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	HIGH	<ul style="list-style-type: none"> Poolside helpers will enter the pool promptly to be poolside at the start time, following leisure centre signage to the right-hand changing room. Swimmers are encouraged to arrive “beach style” in their costumes. Kit/Bags will be left in the changing room. 	MEDIUM	Club Committee and Facility Operator
Covid-19 Risks to Athletes whilst Swimming and Poolside	<ul style="list-style-type: none"> Athletes 	MEDIUM	<ul style="list-style-type: none"> Single lanes will be used for training. Social group “bubbles” will not be used between sessions, but swimmers will be assigned to a lane. Land training will not occur. 	LOW	Lead Coaches
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	

<p>Swimming pool general training</p>	<ul style="list-style-type: none"> • Athletes • Coaches 	<p>MEDIUM</p>	<ul style="list-style-type: none"> • Head trainer / coach pre-session checks with swimming pool staff • Changing room checked: Focus on empty and secure. • Lifeguard supplied by pool to be in attendance with first aid training before any swimmers enter the water. Life guard will have Covid-19 PPE available for emergencies. • A Club official with a DBS check and Safeguarding qualification trained must be in attendance and pool side for duration of training. This person may also be the Covid Liaison Officer. • 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. 	<p>LOW</p>	<p>Coaches Athletes Poolside helpers Covid Liaison Officers</p>
<p>Illness during a session: Dealing with someone who becomes unwell (general or Covid-19)</p>	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	<p>MEDIUM</p>	<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, with respiratory or other Covid-19 indicator then they are to stop swimming, and be collected by their parent/guardian. Poolside helpers should maintain social distance, wear a provided face mask when supporting the swimmer. The parent will be called to collect their swimmer. 	<p>LOW</p>	<p>Covid-19 Officer Facility officer / Lifeguard (depending on hire agreements)</p>

			<ul style="list-style-type: none"> Athletes will be reminded of gov.uk information on Covid-19 testing and self-isolation protocols. Swimming may continue in all lanes. Parents will be notified of a suspected or actual Covid-19 case, but names cannot be shared. 		
Exiting Leisure Centre: Poolside to Car	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	HIGH	<ul style="list-style-type: none"> Exit will be through the main door in reception. Swimmers are recommended to wash hands before eating or drinking after swimming. Otters will maintain Safeguarding protocols by seeing swimmers collected in the car park. 	MEDIUM	
Equipment	<ul style="list-style-type: none"> Athletes 	HIGH	<ul style="list-style-type: none"> Submerging equipment in adequately disinfected swimming pool water will reduce the risk of transmission of enveloped viruses. Individuals should avoid handling others kit and ensure they take their home for cleaning. 	LOW	
New Members	<ul style="list-style-type: none"> New Athletes 	MEDIUM	<ul style="list-style-type: none"> Ensure all new members are properly inducted, including all Covid risks Mentoring from a competent swimmer, but with strict adherence to social distancing. 	LOW	
Falls in general. <ul style="list-style-type: none"> Equipment lying around. Weather conditions Horse play 	<p>All swimmers, coaches, spectators.</p> <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	<p>Swimmers</p> <ul style="list-style-type: none"> 	MEDIUM	<ul style="list-style-type: none"> 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 Facemasks and hand gel will be provided for coaches and volunteers. Swimmers will be provided with these if required. Swimmers with injuries or medical complaints should let these be known to their coach. Coachers 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	

Changes to V1.7

- Removed information rules on kit poolside, and entry / exit changing room details. Swimmers now use righthand changing room.
- Removed rules on waiting outside the pool. Swimmers can now judge when to enter their changing room.

Changes to V1.6

- No changes – just updated dates after approval to extend 3 months by C Angel for Wiltshire Council

Changes to V1.5

- Deleted risk for over-confidence. Covid-19 is now understood by the community
- Deleted risk on about car park transmission. This is outside the control of the club
- Changed viewing gallery to be a recommended limit of 14. Controls on who attends (using an app) have been removed.
- Social distanced updated to be “recommended”. Face covering is now recommended.
- Swimmers will still be invited into the pool, and should still attend beach style. Swimmers will still leave personal belongings poolside.
- Showers are now available and can be used after swimming. Lockers, although available, are not recommended.
- Deleted risk on toilets and unnecessary detail
- Limits on swimmer numbers and distance between swimmers have been removed.
- Removed reference to social distancing on poolside.

- Changed exit to be through main door, not fire escape.
- Removed comment on sharing equipment.
- Removed reference to Health Declarations. This is not required in current guidelines

Changes in V1.4

- The most significant changes are to Covid-19 transmission in the Leisure Centre. Controls added to explain how the Gallery will be used and how parents must wear face coverings, and not exceed 8 people.
- Removed controls of emailing parents about “Covid measures”, moving reliance on Covid Liaison Officers (Poolside helpers) to support rule following
- Simplified by removing repetition Swimming and Poolside controls to leave control as Coach will socially distance from swimmers.
- Adjusted Covid car park risk to remove unnecessary detail.

Changes in V1.3

- Removed risk that used government Tier systems, as this control measure has been dropped by Her Majesties Government.
- English corrections as spotted

Changes in V1.2

- Added risk on Regional Covid Risk, to link new government Tier approach to this Risk Assessment.
- In Health Screen risk, added text to highlight need for notifying club of cases in members households and need for speed sharing that information.
- In Covid-19 transmission in Car park risk, added text to highlight parents should collect swimmers from the fire exit door of the leisure centre.
- Added explicit text on Training sets to show compliance with Swim England guidance.

Changes in V1.1

- Added text for black plastic chair for swimmers kit on poolside
- Added text to indicate there will be no showers
- Changed exit instructions from changing room, exit now from bottom of stairs fire escape.