**Risk Assessment and Action plan for Somerset RC tri Swimming sessions at Blackbrook and Station Road pools.**

**These ARE coached sessions**

**To successfully mitigate all risks, coaches and swimmers must adhere to the following…..**

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| **Risk identified** | **Level of risk** | **Risk mitigated by** |
| Any risks identified by the centre in their RA – see separate document. | As determined by centre in their RA | All coaches and members to follow instructions of centre staff |
| Mis communication of session instructions. | High | * Coach to communicate clearly and audibly either to whole session or each individual lane.
* Swimmers to listen appropriately and ask coach if clarification is needed.
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| Contagious illnesses – including COVID 19. | Medium | * Coaches and swimmers to exclude themselves from attending if experiencing any relevant symptoms and/or testing positive for COVID 19.
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| Injury management – any injury that a swimmers has before then start of the session. | Medium | * Swimmer must inform coach of the nature of the injury and both to agree how to manage this during the session.
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| Injury/illness that occurs during the session.* Collision of swimmers in same lane.
 | Medium | * Relevant gaps between swimmers – set by coach, adhered to by swimmers.
* Coach to ensure that swimmers are in an appropriate lane – this might varying during a session.
* Swimmers to avoid crossing center line of lane.
* Swimmers to take care when turning at end of length.
* Swimmer must leave session if skin is broken.
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| Injury/illness that occurs during the session.* Collision of swimmers in adjacent lane.
 | Medium | * Coach to ensure correct swim direction of each lane.
* Swimmers to be aware of and accountable if there is a risk if wearing a watch.
* Swimmer must leave session if skin is broken.
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| Injury/illness that occurs during the session.* Falling on poolside.
 | Low | * Careful walking at all times.
* Safe deposit of any swim kit bags/equipment.
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| Injury/illness that occurs during the session.* Onset of cramp or muscular injury.
 | Medium | * Swimmer must exit water and discuss next steps with coach – both to agree what follows.
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| Injury/illness that occurs during the session.* Overcrowded lanes.
 | Medium | * Coach to distribute swimmers to balance numbers and abilities.
* Where possible lanes for less able swimmers should have fewer swimmers.
* According to BTF guidelines the maximum in pool is 20 so no more than 4 in any one lane. (We have a level 3 coach who can coach up to 24 swimmers but when cover is needed this must be reduced to 20)
* If more than 20 swimmers are in attendance a lane (most able swimmers) with no coaching should be identified.
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| Injury/illness that occurs during the session.* Swimmer collides with lane rope.
 | High | * Swimmer to inform coach.
* Coach to check tightness of lane ropes.
* Coach to inform lifeguard/pool attendant.
* Coach to advise swimmer if the issue is to do with swimming style.
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| Serious illness/injury to swimmer. | Low | * Coach to immediately inform lifeguard and follow their instructions.
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| Welfare issue | Low | * All current coaches (NS, RA, JC, MS have DBS and Safeguarding for Adults certificates)
* Any swimmer who wishes to raise an issue should in the first instance speak with the relevant coach. If this isn’t appropriate contact our Welfare officer, Andrea Fielding – details available via Head of Coaching or Chairpersdon.
* Coaches keep a digital register of attendees at all sessions to enable checking of who was present at a particular session.
* We are an 18+ club, so child safeguarding is not an issue.
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*Dated June 2022*