Graphical user interface

Description automatically generated with medium confidence**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. |
| 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. |
| 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. |
| 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. |
| 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. |
| Injury/illness that occurs during the session.   * Falling on poolside. | Low | * Careful walking at all times. * Safe deposit of any swim kit bags/equipment. |
| 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. |
| 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. |
| 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. |
| Serious illness/injury to swimmer. | Low | * Coach to immediately inform lifeguard and follow their instructions. |
| 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. |

*Dated June 2022*