

# Durrington Otters ASC Risk Assessment for Swimming Training at Durrington Leisure Centre – Version 3.1

Name of Club:	Durrington Otters Swimming Club				
Date risk assessment carried out:	31 August 2024	Person:	Paul Kealey – Chair	Review date:	31 August 2025

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
<b>Training sets: The club must ensure the training is consistent, tailored skills and safe across days and sessions.</b>	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> </ul>	<b>MEDIUM</b>	<ul style="list-style-type: none"> <li>Swim England guidance requires all swim sessions to be planned by a (Level 2) Coach or teacher. <a href="http://www.swimming.org/library/documents/3684/download">www.swimming.org/library/documents/3684/download</a></li> <li>All training sets will be approved by a Level 2 coach</li> <li>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</li> <li>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.</li> </ul>	<b>LOW</b>	Coaches Poolside Helpers
<b>Swimming pool general training</b>	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> </ul>	<b>MEDIUM</b>	<ul style="list-style-type: none"> <li>Head trainer / coach pre-session checks with swimming pool staff</li> <li>Changing room checked: Focus on empty and secure.</li> </ul>	<b>LOW</b>	Coaches Athletes Poolside helpers

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

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

Review for Version 3.1

Major Update 3.0

- Removed final section on covid-19