

Durrington Otters ASC Risk Assessment for Competitions – Version 1.3

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 is new issue and controls activities at competitions away from the home pool.

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after controls	Actioned by
Swimming pool general Environment	<ul style="list-style-type: none"> • Athletes • Coaches • Team Managers 	MEDIUM	<ul style="list-style-type: none"> • Coach/Team Manager pre-session check-ins with hosting club. • Squad directed to changing facility by Team Manager and be met poolside and shown to team area. • Lifeguard supplied by hosting pool to be in attendance before any swimmers enter the water. • Competition safety brief mandated by Swim England. • Team Managers with a DBS check and Safeguarding qualification trained must be in attendance and pool side for duration of the competition in accordance with Swim England policy SE1048. www.swimming.org/SE1048 • Standard swimming pool rules: no entry into pool without coach's/Team Managers authority. • Swimmers checked in with Team Manager at the pool lobby and handed back to parents after competition. • During the competition the swimmers will be guided to marshalling areas and be under the supervision of the hosting club until their race is complete. • Swimmers have adequate supply of refreshments. 	LOW	<ul style="list-style-type: none"> • Coaches • Team Managers • Athletes

<p>Warm up sets: The club must ensure the swimmers receive an adequate and safe warm up across varying durations as available.</p>	<ul style="list-style-type: none"> • Athletes 	<p>MEDIUM</p>	<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/SE3684 • All warm up sets will be approved by a Level 2 coach • The Level 2 Coach can authorise specific warm up sets sessions that can be supervised by a Level 1 Assistant Coach or Teacher (annex A) • In exceptional circumstances where neither a Level 1 or Level 2 coach are available, swimmers will be guided by Team Managers to swim an appropriate simple warm up (warm up set authorised in advance by a Level 2 coach). • Level 1 coaches will not coach beyond their qualification. No diving will be critiqued. • Team Managers will ensure welfare, they will not coach, but can limit numbers in warm up lanes. 	<p>LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers
<p>Members new to competition: Environment</p>	<ul style="list-style-type: none"> • Athletes 	<p>MEDIUM</p>	<ul style="list-style-type: none"> • Ensure all new members are ‘buddied’ with a competent swimmer and given one to one instruction on sequence of events (marshalling, starts and post race) and locations. 	<p>LOW</p>	<ul style="list-style-type: none"> • Team Managers
<p>Collisions between swimmers : Impact injuries</p>	<ul style="list-style-type: none"> • Athletes 	<p>MEDIUM</p>	<ul style="list-style-type: none"> • Balance swimmer numbers across lanes if multiple lanes available during warm up. • Warm up numbers to be carefully monitored • Stop warm up if they get too chaotic and unsafe • Always supervised 	<p>LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers
<p>Physical injuries from normal activities related to swimming : Impact injuries, pulls strains</p>	<ul style="list-style-type: none"> • Athletes 	<p>MEDIUM</p>	<ul style="list-style-type: none"> • Swimmers should warm up and cool down properly before and after. • Swimmers with injuries or medical complaints should let these be known to the Coach/Team Manager • 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 Team Managers. 	<p>LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers • Athletes

Illness during a competition: Dealing with someone who becomes unwell	<ul style="list-style-type: none"> • Athletes • Coaches • Team Managers 	<p style="text-align: center;">MEDIUM</p>	<ul style="list-style-type: none"> • All accidents, both small or risk to life will be attended by the hosting Pool's 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. 	<p style="text-align: center;">LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers • Hosting Pool Manager / Lifeguard
Slips Trips and Falls: due to unfamiliar surroundings, Equipment lying around, Horse play	<ul style="list-style-type: none"> • Athletes • Coaches • Team Managers 	<p style="text-align: center;">MEDIUM</p>	<ul style="list-style-type: none"> • Qualified Coaches and Team Managers to monitor swimmers behaviour. • Coaches and Team Managers ensure team areas clear, eg no swim bags left lying around • General good housekeeping. • All areas are well lit. 	<p style="text-align: center;">LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers • Hosting Pool Manager
Jewellery: Sharp, hard	<ul style="list-style-type: none"> • Athletes 	<p style="text-align: center;">LOW</p>	<ul style="list-style-type: none"> • All jewellery has to be removed. Coaches/Team Managers check this. 	<p style="text-align: center;">LOW</p>	<ul style="list-style-type: none"> • Coaches • Team Managers • Athletes

Initial issue v 1.3

Annex A. Warm Up Plan – Competitions

11 and under 10 minutes

Reps	Distance	Stroke	Comment
2	50	FC	Easy
2	50	BC	Easy
4	25	FC	Fast
4	25	Stroke of race	O.T.B

- Note on Dives:
1. Use designated sprint lane
 2. BC use separate lane
 3. Ensure club swimmers dive of same block
 4. Ensure lane is clear before sending swimmer off block
 5. Keep to Meets sprint times.

12 and over 10 minutes

Reps	Distance	Stroke	Comment
2	100	FC	Easy
2	50	BC	Easy
4	25	FC	Fast
4	25	Stroke of race	O.T.B

Rev. Oct 2023

R. Searle