

**Club / Society:** Swimming

**Event / Activity:** Training

**Date of Activity:** Ongoing Throughout 2016/17

**RA Completed By:** Karl Swales (Sports Coordinator)

**Location of Event / Activity:** Yearsley / St Peters Swimming Pool

**Date of Risk Assessment:** 19/08/2016

**RA Verified By (SU Use Only):**

Hazard	Who May be Harmed?	Risk Score (without EC)	Existing Controls (EC)	Risk Score (with EC)
Risk of Drowning	Athletes / Trainers / Coaches	10	<ul style="list-style-type: none"> <li>▪ Lifeguards on poolside at all times during training, qualified lifeguards (NPLQ) should be out on poolside prior to any session participants or coaches coming poolside</li> <li>▪ Club lifeguards must engage in regular training, YSJSU also promotes CPD for all lifeguards, health and safety officers and coaches</li> <li>▪ Displaying safety signs (especially pool specific such as no diving and signs detailing the depth of the water)</li> <li>▪ Reduce glare on the pool, to ensure coaches and trainers can see all areas of the pool</li> <li>▪ Place staff in a better position to avoid glare &amp; staff rotation at different points</li> <li>▪ All swimmers / session participants must provide adequate evidence to coaches and the Club committee that they are competent swimmers, athletes that are noted to be inexperienced must be carefully monitored by a qualified coach at all times</li> </ul>	5
Hard to Observe Areas	Athletes / Trainers / Coaches	12	<ul style="list-style-type: none"> <li>▪ Ensuring Coaches and Trainers are UKCC Level 1 Swimming trained and have relevant lifeguarding qualifications (NPLQ)</li> <li>▪ The coach must ensure the facility is displaying clear safety signage in these areas</li> </ul>	6
Slipping on the Poolside	Athletes / Coaches	5	<ul style="list-style-type: none"> <li>▪ Cleaning up spills &amp; ensure that equipment is stored properly</li> <li>▪ Coaches / Trainers / Athletes must wear sensible shoes at all times</li> <li>▪ Placing non-slip mats in areas which are high risk</li> <li>▪ Ensure that equipment can be stored in a suitable receptacle</li> </ul>	3

Ladder Access	Athletes / Trainers / Coaches	5	<ul style="list-style-type: none"> <li>▪ All facilities that the Club use should ideal have access to non-slip steps to get out of the pool</li> <li>▪ All the pools hired by the Club should have access to steps, increasing safety for beginner swimmers and those who may struggle to exit a pool without the use of steps</li> <li>▪ Use of wide steps</li> <li>▪ Making sure Athletes are aware of the space between the steps and pool wall</li> <li>▪ Coach and trainer to ensure the facility is undertaking regular checks (any issues with the facility hired should be reported to YSJSU Sport and Activities Dept.)</li> </ul>	3
Trip Hazards	Athletes / Trainers / Coaches	10	<ul style="list-style-type: none"> <li>▪ Care with lane ropes when putting out and pulling in, lane ropes should ideally be the responsibility of the staff working at the facility, in rare circumstances that Club have to put out lane ropes, those qualified to do so or those with prior experience should take charge</li> <li>▪ No items and equipment in areas where people can easily trip</li> <li>▪ Kit bags stored safely away in lockers at the venues, no kit bags should be brought onto poolside (we understand that Club members will need the use of training equipment such as pull boys and kickboards, however, these should be kept away from the edge of the pool when not in use)</li> </ul>	5
Starting Blocks	Athletes / Trainers / Coaches	5	<ul style="list-style-type: none"> <li>▪ Should comply with FINA regulations regarding the height of the blocks</li> <li>▪ Physically checked before and after use for secure fittings (physical checks should be completed by qualified coaches)</li> <li>▪ Coaches / Athletes and Trainers must be trained with the correct carrying technique for the starting blocks</li> <li>▪ Only used in 1.5 m deep waters or greater</li> <li>▪ No swimmers are to use the diving blocks whilst other swimmers are swimming underneath / around the area the diver will likely enter the water (please note whilst practicing relay takeovers this rule can be wavered)</li> <li>▪ Any damage to starting blocks should be reported to the facility staff</li> </ul>	3

Diving	Athletes	5	<ul style="list-style-type: none"> <li>▪ Correct technique demonstrated to coach and trainer</li> <li>▪ Appropriate gap between divers and various competency levels</li> <li>▪ Use of common sense and for athletes to be aware of other athletes around them</li> </ul>	2
Muscle Strains / Bruising / Cuts / Bleeding	All Members of the Squad / Coaches	12	<ul style="list-style-type: none"> <li>▪ All session participants must complete a full, adequate and specific warm up prior to swimming (ideally land warm up then pool)</li> <li>▪ First aid kit / equipment must be present at every training session / competition</li> <li>▪ Committee members / senior squad members (3<sup>rd</sup> years) must know how to call security / help to the venue they are training at</li> <li>▪ In the case where an ambulance is called one member of swimming / facility staff must be ready to meet the paramedics on their arrival</li> <li>▪ Any individual suffering from a serious injury at training or during competition must seek medical attention</li> </ul>	
Dislocation / Broken Bones	All Members of the Squad / Coaches	8	<ul style="list-style-type: none"> <li>▪ Emergency services must be contacted immediately (999)</li> <li>▪ Ensure at least one squad member / YSJ-Active Staff / Security Staff / External Venue Staff is ready to meet the ambulance / paramedics on their arrival</li> </ul>	6
Head / Spinal Injury	All Members of the Squad / Coaches	10	<ul style="list-style-type: none"> <li>▪ If an individual is suspected to have suffered from a spinal / head injury the individual must NOT be moved</li> <li>▪ Emergency services (999) and Security staff (when YSJ Active staff are off duty) must be notified immediately</li> <li>▪ Ensure at least one squad member / YSJ-Active Staff / Security Staff / External Venue Staff is ready to meet the ambulance / paramedics on their arrival</li> </ul>	5
Poor Quality Coaching	All Members of the Squad	20	<ul style="list-style-type: none"> <li>▪ All coaches must have adequate and appropriate coaching qualifications relevant to the sport of Swimming, all coaches qualifications must be kept on record at the Students' Union</li> <li>▪ Coaches must differentiate for ability</li> <li>▪ Adequate number of coaches must be present at all training sessions, participant to coach ratio must be sensible and follow NGB guidelines / recommendations</li> </ul>	8

Inexperienced / Beginner Members	Inexperienced Cheerleaders Participating in the Session	15	<ul style="list-style-type: none"> <li>▪ All squad members new to swimming must undergo an induction training session showing them basic techniques and general safety points specific to the sport of swimming</li> <li>▪ All new squad members must be coached by certified, responsible and knowledgeable coaches with current swimming coaching qualifications</li> <li>▪ Sessions and training content must be differentiated for new squad members</li> <li>▪ Squad members with no / little prior experience of swimming must be able to display competency before practicing with other members of the Club (following the specific session programme)</li> </ul>	4
Yearsley / St. Peters	All Members	N/A	<ul style="list-style-type: none"> <li>▪ At the beginning of the academic year Club Captain should ask to look over the RA for Yearsley and St. Peter's Swimming Pool and go through the necessary procedures and training (i.e. fire drill)</li> </ul>	N/A

## Risk Assessment Severity and Likelihood Matrix

			Severity				
			Minor injuries or discomfort, no medical treatment or measurable physical effects	Injuries of illness requiring medical treatment, temporary impairment	Injuries or illness requiring hospital admission	Injury of illness requiring hospital admission, injury resulting in permanent impairment	Fatality
			Not Significant (Severity = 1)	Minor (Severity = 2)	Moderate (Severity = 3)	Major (Severity = 4)	Severe (Severity = 5)
Likelihood	Expected to occur regularly under normal circumstance	Almost Certain (Likelihood = 5)	Medium (Risk = 5)	High (Risk = 10)	Very High (Risk = 15)	Very High (Risk = 20)	Very High (Risk = 25)
	Expected to occur at some time	Likely (Likelihood = 4)	Medium (Risk = 4)	High (Risk = 8)	High (Risk = 12)	Very High (Risk = 16)	Very High (Risk = 20)
	May occur at some time	Possible (Likelihood = 3)	Low (Risk = 3)	Medium (Risk = 6)	High (Risk = 9)	High (Risk = 12)	Very High (Risk = 15)
	Not likely to occur in normal circumstances	Unlikely (Likelihood = 2)	Low (Risk = 2)	Low (Risk = 4)	Medium (Risk = 6)	Medium (Risk = 8)	High (Risk = 10)
	Could happen but probably never will	Rare (Likelihood = 1)	Low (Risk = 1)	Low (Risk = 2)	Low (Risk = 3)	Low (Risk = 4)	Medium (Risk = 5)

Please note that this risk assessment has been completed using the above matrix to calculate severity, likelihood and overall risk scores.

If you have any questions in regards to the completion of your risk assessment please contact [k.swales@yorksj.ac.uk](mailto:k.swales@yorksj.ac.uk) (Sport) or [v.firth1@yorksj.ac.uk](mailto:v.firth1@yorksj.ac.uk) (Societies)