

<b>Title</b>	Silver City Blues Return to Training Risk Assessment – Post COVID-19
<b>Facility</b>	Bucksburn Swimming Pool
<b>Date</b>	October 2020 (Updated April 2021)

Assumptions
<p>Throughout this risk assessment it has been assumed that all club members will take personal responsibility and abide by the following rules:</p> <ul style="list-style-type: none"> <li>Follow government guidance and do not attend training if experiencing any symptoms of COVID-19 (as per all the agreements in the “Self Declaration Return to Training” form)</li> <li>Practice good hygiene at all times</li> <li>Maintain physical distancing in line with government guidelines</li> </ul> <p>A COVID liaison officer will be in place for all sessions (whilst it is a requirement from Scottish Swimming), to ensure controls are adhered too and it is assumed that personnel will speak up and advise COVID liaison officer, committee member or facility staff immediately if any concerns with COVID controls in place.</p> <p>Throughout this risk assessment, risk ranking has been based on a 5 x 5 matrix provided by Scottish Swimming.</p>

	Hazard Description	Risk ranking before controls	Controls	Risk ranking after controls	Comments
General	Personal injury / overexertion due to prolonged period without swimming training	Low	<ul style="list-style-type: none"> <li>All members to train within their own ability in accordance with current level of fitness</li> </ul>	Low	
General	COVID-19 transmission resulting from attendance at training session	Medium	<ul style="list-style-type: none"> <li>Members instructed not to attend training if they or a member of their household have any symptoms of COVID-19</li> <li>Self declaration form to be completed by all members before returning to training</li> </ul>	Low	
Pre-training	COVID-19 transmission during arrival at and entry to Bucksburn	Medium	<ul style="list-style-type: none"> <li>Follow signage for one way system – enter the facility through the main door then go through to the poolside spectator area to remove outer clothing and drop off bags – social distancing to be maintained during this time</li> <li>Face coverings to be worn on arrival in the building</li> <li>Use the hand sanitisers where available</li> </ul>	Low	<p>There will be no access to changing rooms before the session – swimmers must arrive beach ready.</p> <p>Access to the building will be 5 minutes before the session start time.</p>
Pre-training	COVID-19 transmission during time spent in changing rooms	n/a	<ul style="list-style-type: none"> <li>Not applicable – swimmers will not have access to the changing rooms before the session</li> </ul>	n/a	Toilets will be available
Pre-training	COVID-19 transmission during time spent on poolside pre-session	Medium	<ul style="list-style-type: none"> <li>Maintain physical distancing whilst waiting for the session to start</li> <li>Face coverings to be worn until entry into the water</li> </ul>	Low	

Training	COVID-19 transmission during training session	Medium	<ul style="list-style-type: none"> <li>• All lanes will swim in a clockwise direction</li> <li>• Coach and COVID officer to wear face covering on poolside</li> <li>• Limit of 4 swimmers per lane</li> <li>• Coach to split swimmers within lane between deep-end and shallow-end starting point and storage of equipment / water bottles</li> <li>• It is acceptable for swimmers in a session to pass each other at less than physical distancing requirements as long as that is for a short time and only when swimmers are in motion.</li> <li>• It is imperative that swimmers maintain physical distancing when static either in or out of the water. Rest intervals/turnaround times/type of training should therefore be considered carefully during session planning and construction.</li> <li>• First of the two swimmers finishing a repetition to touch wall and move 2 metres back before arrival of next swimmer (note – this will be reviewed once training recommences to establish the best method for socially distanced training).</li> <li>• Group briefings and corrections to be minimised (note - If there is a health and/or safety concern then the coach should not hesitate to undertake a briefing or make a correction.)</li> <li>• No physical contact between coaches and athletes should take place when making corrections, only oral communication, keeping the required distance.</li> <li>• No sharing of equipment (floats / pull buoys / water bottles etc), and all club members to be responsible for cleaning their own equipment between sessions</li> <li>• Swimmers to take water bottle to training, and not assume that facility vending machine or</li> </ul>	Low	
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	Hazard Description	Risk ranking before controls	Controls	Risk ranking after controls	Comments
			water fountain will always be available at Bucksburn		
Post-training	COVID-19 transmission during time spent on poolside post-session	Medium	<ul style="list-style-type: none"> <li>Swimmers to leave the pool in 2 groups (at 2140 and 2145) to allow for social distancing in the changing rooms – if required, depending on numbers</li> <li>At the end of the session, swimmers to collect their bags following the one way system and head through to the changing rooms to get changed.</li> <li>Maintain physical distancing at end of session</li> <li>Face coverings to be worn</li> </ul>	Low	
Post-training	COVID-19 transmission during time spent in changing rooms	Medium	<ul style="list-style-type: none"> <li>Cubicles to be used within the changing rooms</li> <li>Face coverings to be worn</li> <li>Maintain appropriate social distancing in the changing rooms</li> </ul>	Low	Showers are available in both changing rooms for rinse-off only. 2 showers available in Male Change and 3 in Female.
Post-training	COVID-19 transmission during exit pool facility	Medium	<ul style="list-style-type: none"> <li>Face coverings to be worn</li> </ul>	Low	
Post-training	Onward COVID-19 transmission in the community resulting from infection during training sessions	Medium	<ul style="list-style-type: none"> <li>Records of attendees at all training sessions to be kept.</li> <li>NHS Test and trace to be involved in the event that a member contracts COVID-19.</li> </ul>	Low	