

Title	Silver City Blues Return to Training Risk Assessment – Post COVID-19
Facility	RGU Sport
Date	September 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"> 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) Practice good hygiene at all times Maintain physical distancing in line with government guidelines <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"> All members to train within their own ability in accordance with current level of fitness 	Low	
General	COVID-19 transmission resulting from attendance at training session	Medium	<ul style="list-style-type: none"> Members instructed not to attend training if they or a member of their household have any symptoms of COVID-19 Self-declaration form to be completed by all members before returning to training Video to be made available to new swimmers to familiarise personnel with set up at RGU 	Low	
Pre-training	COVID-19 transmission during arrival at and entry to RGU Sport	Medium	<ul style="list-style-type: none"> RGU campus users (swimmers) from separate households should not share vehicles where suitable social distancing cannot be achieved Follow signage for one-way system and instructions provided by RGU, including adhering to physically distanced queuing system and arrival on time to the facility to allow access Face coverings to be worn by swimmers in all areas except when training Use the hand sanitiser stations where available on entry to the building 	Low	All swimmers should arrive at RGU 10 minutes before the session starts. They will not be admitted unless they have time to be ready to leave the changing room at the start of the session.

	Hazard Description	Risk ranking before controls	Controls	Risk ranking after controls	Comments
Pre-training	COVID-19 transmission during time spent in changing rooms	Medium	<ul style="list-style-type: none"> Members to arrive at RGU 'swim ready' — this means arriving with swimming costume / trunks already on under clothing to minimise the time spent in the changing room. Follow signage for one-way system and instructions provided by RGU Face coverings to be worn by swimmers in all areas except when training Lockers and keys to be wiped down before and after use Flip flops to be worn in changing areas 10 minutes max in changing rooms (showers can be used) 	Low	
Pre-training	COVID-19 transmission during time spent on poolside pre-session	Medium	<ul style="list-style-type: none"> Maintain physical distancing whilst waiting for the session to start Follow signage for one-way system and instructions provided by RGU Flip flops to be worn on poolside 	Low	

	Hazard Description	Risk ranking before controls	Controls	Risk ranking after controls	Comments
Training	COVID-19 transmission during training session	Medium	<ul style="list-style-type: none"> • Coach and COVID Officer to wear mask on poolside • All lanes will swim in a clockwise direction • Swimmers to be limited to 4 per lane • Coach to split swimmers within lane between deep-end and shallow-end starting point and storage of equipment / water bottles • 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. • 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. • 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). • 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.) • No physical contact between coaches and athletes should take place when making corrections, only oral communication, keeping the required distance. • No sharing of equipment (floats / pull buoys / water bottles etc), and all club members to be responsible for cleaning their own equipment between sessions • Swimmers to take water bottle to training, and not assume that facility vending machine or water fountain will always be available at RGU. 	Low	
Post-training	COVID-19 transmission during time spent on poolside post-session	Medium	<ul style="list-style-type: none"> • Swimmers to put on face covering and leave poolside promptly after session has finished, maintain physical distancing and follow the one-way system at the direction of RGU staff • Maintain physical distancing at end of session • Flip flops to be worn on poolside 	Low	Change over between groups using the pool will be controlled by lifeguards and signalled by whistles

	Hazard Description	Risk ranking before controls	Controls	Risk ranking after controls	Comments
Post-training	COVID-19 transmission during time spent in changing rooms	Medium	<ul style="list-style-type: none"> Follow signage for one-way system and instructions provided by RGU Face coverings to be worn by swimmers in the changing rooms Lockers and keys to be wiped down before and after use Flip flops to be worn in changing areas 10 minutes max in changing rooms (showers can be used) 	Low	
Post-training	COVID-19 transmission during exit from pool facility	Medium	<ul style="list-style-type: none"> Follow signage for one-way system and instructions provided by RGU Face coverings to be worn by swimmers Hand sanitiser to be used on exit from the facility 	Low	
Post-training	Onward COVID-19 transmission in the community resulting from infection during training sessions	Medium	<ul style="list-style-type: none"> Records of attendees at all training sessions to be kept. NHS Test and trace to be involved in the event that a member contracts COVID-19. 	Low	