

## Silver City Blues Masters Swimming Club Risk Assessment

Topic	Hazards	Risk Ranking Before Controls	SCB Control Measures	Facility Control Measures	Risk Ranking After Controls
Entry/exit to building and use of changing rooms	Slip/trip/fall	Medium	<ul style="list-style-type: none"> <li>Care to be taken when walking through the building</li> <li>Swimmers to pay attention to their surroundings and observe any signage / hazard tape etc</li> <li>Report any issues to facility management</li> </ul>	<ul style="list-style-type: none"> <li>Slip/trip/fall hazards minimised</li> <li>Adequate lighting throughout the building</li> <li>Hazards highlighted where required – eg wet floor signs / hazard tape</li> <li>Prompt fixing of any defects</li> <li>Provision of first aid kit</li> </ul>	Low
	Injury due to issue with building (eg dropped object or structural failure)	High	<ul style="list-style-type: none"> <li>Report any issues to facility management</li> </ul>	<ul style="list-style-type: none"> <li>Building maintained</li> <li>Prompt fixing of any defects</li> </ul>	Medium
Time spent on poolside before and after session	Slipping on wet surfaces	Medium	<ul style="list-style-type: none"> <li>No running on poolside</li> </ul>	<ul style="list-style-type: none"> <li>NPLQ trained lifeguard on duty</li> <li>Provision of first aid kit</li> </ul>	Low
	Injury during land based warm up	Medium	<ul style="list-style-type: none"> <li>Swimmers to warm up within their own ability, and be aware of any pre-existing injuries which could be aggravated</li> </ul>	<ul style="list-style-type: none"> <li>NPLQ trained lifeguard on duty</li> <li>Provision of first aid kit</li> </ul>	Low
Coaching	Dehydration / overheating on poolside	Low	<ul style="list-style-type: none"> <li>Coach to ensure they have a supply of drinking water for during session</li> <li>Take short breaks from poolside when required</li> </ul>	<ul style="list-style-type: none"> <li>Control of poolside temperature</li> </ul>	Low
Use of diving blocks	Injury whilst diving	Medium	<ul style="list-style-type: none"> <li>Coach controlled activity</li> <li>Prompt reporting of any issues with the diving blocks</li> </ul>	<ul style="list-style-type: none"> <li>Facility staff to set up blocks</li> <li>Blocks can only be set up in areas with adequate water depth</li> <li>Provision of first aid kit</li> </ul>	Low
Swimming	Illness/injury whilst swimming	Medium	<ul style="list-style-type: none"> <li>Swimmers to train within their own ability, and be aware of any pre-existing injuries which could be aggravated</li> <li>Utilise different lanes depending</li> </ul>	<ul style="list-style-type: none"> <li>NPLQ trained lifeguard on duty</li> <li>Backstroke flags in place to reduce likelihood of colliding with the wall</li> </ul>	Low

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			<ul style="list-style-type: none"> <li>on ability</li> <li>Qualified coach led sessions</li> <li>Swimmers to follow rules set out in lane swimming etiquette document (part of membership renewal pack)</li> <li>Follow lane directions (clockwise or anticlockwise)</li> <li>Number of swimmers per lane not to exceed maximum allowed by facility</li> <li>Swimmers are recommended to drink water regularly during training to avoid dehydration</li> <li>Bulky jewellery is not advised whilst training. Low profile sport watches and activity trackers are acceptable.</li> </ul>	<ul style="list-style-type: none"> <li>Provision of first aid kit</li> </ul>	
	Drowning	High	<ul style="list-style-type: none"> <li>Competent swimmers</li> <li>Qualified coach led sessions</li> </ul>	<ul style="list-style-type: none"> <li>NPLQ trained lifeguard on duty</li> </ul>	Medium
	Chemical imbalance – breathing problems or eye irritation	Medium	<ul style="list-style-type: none"> <li>Prompt reporting of any water quality issues</li> </ul>	<ul style="list-style-type: none"> <li>Pool plant maintained by trained personnel</li> </ul>	Low
<b>Club time trials / races</b>	Illness/injury during club time trials	Medium	<ul style="list-style-type: none"> <li>Coach controlled activity</li> <li>One swimmer per lane</li> </ul>	<ul style="list-style-type: none"> <li>NPLQ trained lifeguard on duty</li> <li>Provision of first aid kit</li> </ul>	Low
<b>Attendance at training - general</b>	Transmission of communicable disease	Medium	<ul style="list-style-type: none"> <li>To protect the health of other swimmers, do not attend training if feeling unwell with any communicable disease</li> <li>Follow any relevant Scottish Swimming or UK/Scottish Government for the control of the specific communicable disease</li> </ul>	<ul style="list-style-type: none"> <li>Staff not to attend work if feeling unwell with any communicable disease</li> <li>Facility cleaning regime in place</li> <li>Provision of hand sanitiser / soap throughout the building</li> </ul>	Low