

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"> Care to be taken when walking through the building. Swimmers to pay attention to their surroundings and observe any signage / hazard tape etc. Report any issues to facility management 	<ul style="list-style-type: none"> Slip/trip/fall hazards minimised. Adequate lighting throughout the building Hazards highlighted where required – e.g. wet floor signs / hazard tape Prompt fixing of any defects Provision of first aid kit 	Low
	Injury due to issue with building (e.g. dropped object or structural failure)	Medium	<ul style="list-style-type: none"> Report any issues to facility management 	<ul style="list-style-type: none"> Building maintained. Prompt fixing of any defects 	Medium
Time spent on poolside before and after session	Slipping on wet surfaces	Medium	<ul style="list-style-type: none"> No running on poolside 	<ul style="list-style-type: none"> NPLQ trained lifeguard on duty Provision of first aid kit 	Low
	Injury during land based warm up	Medium	<ul style="list-style-type: none"> Swimmers to warm up within their own ability, and be aware of any pre-existing injuries which could be aggravated 	<ul style="list-style-type: none"> NPLQ trained lifeguard on duty Provision of first aid kit 	Low
Coaching	Dehydration / overheating on poolside	Low	<ul style="list-style-type: none"> Coach to ensure they have a supply of drinking water for during session. Take short breaks from poolside when required 	<ul style="list-style-type: none"> Control of poolside temperature 	Low
Use of diving blocks	Injury whilst diving	Medium	<ul style="list-style-type: none"> Coach controlled activity. Prompt reporting of any issues with the diving blocks 	<ul style="list-style-type: none"> Facility staff to set up blocks. Blocks can only be set up in areas with adequate water depth. Provision of first aid kit 	Low
Swimming	Illness/injury whilst swimming	Medium	<ul style="list-style-type: none"> Swimmers to train within their own ability, and be aware of any pre-existing injuries which could be aggravated. Utilise different lanes depending on ability. Qualified coach led sessions (level 1 minimum). 	<ul style="list-style-type: none"> NPLQ trained lifeguard on duty Backstroke flags in place to reduce likelihood of colliding with the wall Provision of first aid kit 	Low

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