

Name of Club: Calverton & Bingham Swimming Club – CDS Squad		Name of Risk Assessor: Mark Patterson		Date of Risk Assessment: 08.04.2022		
What are the hazards?	Who might be harmed	Controls considered	Additional Controls	Action by who?	Action by when?	Done
Lack of poolside observation	Swimmer	All sessions have a lifeguard, provided by the pool operator.	Lifeguard is not responsible for actual swimming content they are expected to keep a watching brief to ensure no swimmer gets into any difficulty.	Lifeguard / pool operator to also ensure training is up to date	Ongoing	
		All sessions have a responsible coach on poolside (see session details below)	Session is fully explained to all swimmers.	Coach in charge	Ongoing	
Content of swimming session	Swimmer	All sessions should be set by a Level 2 coach, or someone with sufficient experience to fully understand the abilities of each swimmer, and to set a session that is within the capabilities of those swimmers in each lane.	If anyone else sets a session then the content should be checked and approved by L2 coach or higher as being acceptable	Current teacher / coaches setting sessions	Ongoing	
Existing Illness or injury	Swimmer	It is the responsibility of the parent /swimmer to report any illness, injury or any other medical condition to the coach prior to the session, so that there is a clear understanding that this individual should not work beyond their own limitations.	Reminders of this requirement will be stated by the coach / teacher on a regular basis.	Swimmer to report Coach to remind	Ongoing	

Possible risks within a training session						
Slack lane rope	Swimmer	A loose lane rope can cause swimmers to not swim straight which can then put them in closer contact with swimmers from the opposite direction or swimmer can catch their hand on loose lane rope causing burn or injury.	Report to poolside coach or lifeguard so lane rope can be tightened.		Ongoing	
Pool flags	Swimmer	A failure to have warning flags across the pool could cause swimmer to hit wall	Pool operator is expected to supply flags, so coach to report immediately to life guard if they are missing.		Ongoing	
Swimming butterfly in both directions within a swim lane	Swimmer	This can cause a clash or arms / hands and create possible injury	Swimmers should switch to fly drill when passing swimmers in opposing direction	Swimmers to be reminded of this by the coach	Ongoing	
Use of hand paddles	Swimmer	The use of hand paddles should be voluntary, as the extra strain could lead to shoulder injury. And The use of oversized hand paddles could create serious injury if there is a clash of hands with another swimmer	Individual swimmer to decide on use of paddles Large hand paddles should be avoided		Ongoing Ongoing	

Use of fins	Swimmer	The use of fins should be voluntary, as the extra strain on your legs could lead to injury	Individual swimmer to decide on use of fins.	The stubby fins are the preferred style of fin.	Ongoing	
General items Such as pool entry / exit use of changing rooms etc	Swimmer	These items are covered by CABSC general risk assessment on pool use	See separate RA	CABSC Risk Assessment coordinator	Ongoing	

Further information relating to individual swim sessions

Tuesday

Covered by L1 Coach (who is also L2 Teacher). There is also a L2 coach on poolside, coaching other swimmers, but always there as support.

Thursday and Sunday Sessions

Covered by L1 coach (who is also a L2 teacher) and additional L1 teachers, who have many years' experience of working with this squad.

Session is always covered by a lifeguard.

Wednesday session

This is a mixed session, shared with other squads (Junior and JDS) and session is covered a L1 coach and a L1 teacher with over 15 years' experience of working with these groups.

Session is always covered by a lifeguard.

Saturday session

Covered by a L3 coach, plus other poolside coaches / teachers for assistance.

Session is always covered by a lifeguard.