

| Name of Club: Calverton & Bingham Swimming Club – JDS 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<br>Coach to remind                            | Ongoing         |      |

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|----------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------|------------------------|--|
| 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<br>or<br>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.<br>And<br>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<br><br>Large hand paddles should be avoided                   |                                              | Ongoing<br><br>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<br><br>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**

#### **Monday Session**

Covered by L1 coach (plus 2x L2 teachers) and additional teachers, who have many years' experience of working with this squad. The work with this squad is mainly considered to be teaching, but some of the older swimmers start to move into coaching.

Session is always covered by a lifeguard.

#### **Wednesday session**

This is a mixed session, shared with other squads (SDS and CDS) 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.

#### **Thursday session**

This is a mixed session, shared with another squad (SDS) and session is covered a L1 coach, 2x L2 teachers and L1 Teacher with over 15 years' experience of working with these groups.

Session is always covered by a lifeguard.

### **Saturday / Sunday session**

Led by 2X L2 teachers, plus additional teachers, who all have many years' experience of working with this squad. The work with this squad is mainly considered to be teaching, but some of the older swimmers start to move into coaching.

Session is always covered by a lifeguard.