

Name of Club: Calverton & Bingham Swimming Club – Masters Squad		Name of Risk Assessor: Mark Patterson		Date of Risk Assessment: 21.03.2022		
What are the hazards?	Who might be harmed	Controls considered	Additional Controls	Action by who?	Action by when?	Done
Lack of poolside observation	Swimmers	<p>All sessions have a lifeguard, provided by the pool operator.</p> <p>The Monday evening session is set by an experienced Assistant Coach (see session details at bottom of RA), but he then gets in and swims as well.</p> <p>Most sessions have a responsible coach on poolside (see session details below)</p>	<p>Lifeguard is not responsible for actual swimming content they are expected to keep a watching brief to ensure no swimmer gets into any difficulty.</p> <p>Session is fully explained to all swimmers at start of session</p>	<p>Lifeguard / pool operator to also ensure training is up to date</p> <p>Coach in charge</p>	<p>Ongoing</p> <p>Ongoing</p>	
Content of swimming session	Swimmers	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 may be challenging but 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 individual swimmer to report any illness, injury or any other medical condition to the poolside teacher / 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	
Swimmer unaware that they have responsibility for their own safety	Swimmer	As adults every swimmer must understand that they are responsible for their own safety. They should never do anything that puts themselves or others in danger, including injuries	A copy of this risk assessment will be sent to every Masters Swimmer so everyone fully understands their own responsibility. Reminders of this requirement will be stated by the coach on a regular basis.	Coach to remind swimmers of this requirement	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 teacher / coach at the start of any session that contains butterfly	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	
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

Monday session

Covered by an Assistant Coach, with over 20 years' experience of working with this Masters group, and also an experienced competitive Masters swimmer.

Session is only used by the faster swimmers in the squad, and therefore the number of swimmers present is far less than other sessions. Set is always challenging but also within capabilities of those attending

Having set the session the Assistant coach then gets in and swims as well.

Session is fully explained before any swimmer enters the water, so everyone is fully aware of the aims / requirements of the session.

Session is always covered by a lifeguard..

Tuesday / Thursday and Sunday sessions

Level 2 or L3 coach is on poolside for whole session.

Session set to standard of swimmers attending but ongoing supervision throughout session as well

Session is always covered by a lifeguard to ensure swimmer safety.

Saturday session

Covered by an Assistant Coach, with over 20 years' experience of working with this Masters group, and also an experienced competitive Masters swimmer.

Session set to standard of swimmers attending but teacher stays on poolside giving ongoing supervision throughout session as well

Session is always covered by a lifeguard to ensure swimmer safety.