



Coleraine Swimming Club has completed a Covid-19 specific risk assessment for anticipation of returning to the water.

Below is the completed Risk Assessment for Coleraine Swimming Club.

This document is how we intend to reasonably protect any participants, workforce, public etc. from the risk of Covid-19. The protocols listed within this document must be reviewed regularly and changed accordingly if measures or guidance changes.

CSC/0921

Risk Assessment for Coleraine Swimming Club

Name of Club:	Coleraine Swimming Club				
Date risk assessment carried out:	01/09/21	Person:	G Greene	Review date:	As per guidelines

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after controls	Actioned by
Spread of Covid-19 Coronavirus					
Carpark	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Information to members on social distancing designated car parking signage and controls at facility. • Recommendation for wearing of facial covering during travel to and from training. 	Low	Club Committee and Facility Operator
Facility entrance and reception area	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Parents 	High	<ul style="list-style-type: none"> • Social distancing-via separate entry. • Information given to parents of protocols – wearing a face covering. 	Low	Club Committee and Facility Operator

Changing rooms	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • No use of lockers. Changing room can be used on way out on early mornings only. • Athletes to arrive in costume ready to swim (Pool Ready). • Towel dry and leave centre – no use of showers. 	Medium	Club Committee and Facility Operator
Health screening	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Completion of screening club health checklist before every training session. 	Medium	Lead Coaches/Covid-19 Officer
Someone becomes unwell during session	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	Low	<ul style="list-style-type: none"> • Contact parent guardian or next of kin and isolate individual in first aid room or other suitable area. Use appropriate PPE supplied by facility or PPE sourced by the club. 	Low	Covid-19 Officer Facility officer / Lifeguard (depending on hire agreements)
Pool (Tank Type)	<ul style="list-style-type: none"> • Athletes 	High	<ul style="list-style-type: none"> • Maximum of 8 swimmers in each lane (**See diagram below – SI Option 1**) and use of anti-wave lane ropes. 	Medium	Lead Coaches / Lifeguard (depending on hire agreements)
Starting Blocks	<ul style="list-style-type: none"> • Athletes 	High	<ul style="list-style-type: none"> • Swimmers will adhere to social distancing protocols. 	Low	Lead Coach / Coaches and Duty

			<ul style="list-style-type: none"> Starting blocks will be sanitised after every groups use. Water levels should be correct depth 		Manager and Facility Operator
During activity	<ul style="list-style-type: none"> Athletes 	High	<ul style="list-style-type: none"> Appropriate training to achieve social distancing protocols. (Pre and post pool exercise are not advised). 	medium	Lead Coaches
Hygiene measures	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Covid-19 Rules communicated to all members in advance. 	Low	Club Committee/Covid-19 Officer
Equipment	<ul style="list-style-type: none"> Athletes 	High	<ul style="list-style-type: none"> Communication regarding use and sharing is prohibited. All swimmers should use their own equipment without sharing (including float and Pool Buoy) All swimmers must be prepared to put on their own hats and goggles. Spare goggles at the ready in case of breakage. Recommendation of cleaning protocols after each training session to be circulated. 	Low	Club Committee

Exit	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Parents 	High	<ul style="list-style-type: none"> • One way system in place. Athlete to leave facility As soon as possible Consider breaks between squad entry and exit to enable the maintaining of social distancing rules at all times. • Instruction to parents for collection their children (younger age groups). 	Low	Lead Coaches, Facility Operator
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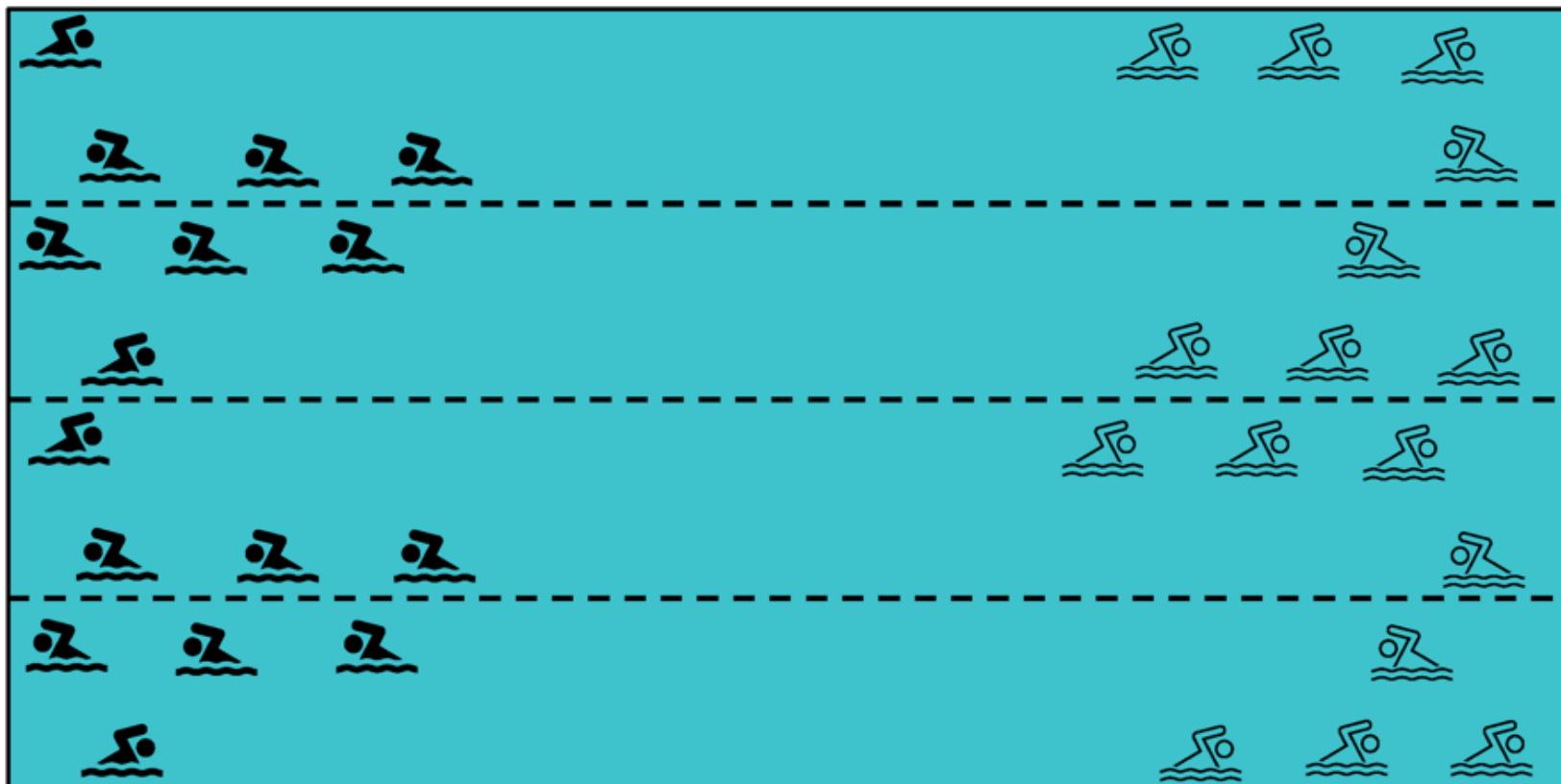
** Maximum of 8 swimmers in each lane – SI Option 1 – 25m pool**

Swim Ireland Club Toolkit

COVID-19 Return to Water

Swim Ireland Indoor Training Guidance NI (1st July 2021)

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25 metre pool - option 1
Max 8 per lane