



## Mixing Adults with Children

October 2017

Due to restricted lane availability and the healthy membership numbers, new adults applying to join the Club will only be offered Masters.

Swimmers at Hitchin Swimming Club are encouraged to stay with the club and continue to swim as long as possible. We understand that the demands of education and outside activities have an impact on the time and commitment a young person can give to training. This led the club to introduce the Gold squad. There are also be swimmers who leave home to go to University and wish to continue swimming at University and therefore need to train during the long holidays; for this reason we have a Uni Squad. Other swimmers leave school and start work or continue to study locally and wish to continue to swim. All these situations mean that there will be adult swimmers who have come through the club and remain in the club, training with the children.

The ASA recommend that the Club carries out a risk assessment if there is the need to mix children and adults in a training lane.

We have assessed the different risks involved with mixing ages. We have included the changing rooms in our assessment. The conclusion we have currently come to is as follows:-

The Head Coach will assess the standard of swimming and put swimmers in the correct lane based on ability and the right number of swimmers. This is therefore a low risk with regard to injury within a lane. This assessment is based on ability and not age.

Water Polo often involves juniors and seniors training together and there will be appropriate measures in place when this happens in terms of adequate supervision poolside.

Changing Rooms - Hitchin and Luton have both been fitted with 'changing villages' designed to accommodate mixed ages and sexes. We are happy that this suits mixed ages within the club.

Changing Rooms - St Chris. Space here is limited. At the moment we are not recommending St Chris for a Masters Squad so the only adults swimming here with the club will be those who have swam with the club for many years before reaching the age of 18. We would like them to continue to swim with the club and want to ensure that both adults and children alike are able to train in a safe and secure environment.

In terms of 'risk' in the changing rooms to the children changing in there, this is very low due to the numbers of them changing together. The risk is higher however for the adults changing with the children. This is a risk of allegation and we need to adopt a common sense approach. If there is only one adult at training, then it would be sensible not to put them at risk and our advice would be for them to either change in an individual cubicle or leave the session 5 minutes early to change first. As long as there is another adult in the changing room there should not be a problem for them to change with the children. We cannot insist that the cubicles are reserved for adults as no pressure should be placed on children or vulnerable adults who feel uncomfortable changing in front of others.

Depending on the numbers of adults within a squad we may need to revisit this in the future and make alternative arrangements.