

Risk Assessment

Date:	25/05/2025
-------	------------

Assessors Name:	Sarah Judson	Reference Number:	RA3	Review Date:	25/05/2026
-----------------	--------------	-------------------	-----	--------------	------------

Endorsed By:	Graeme Morgan	Signature:		Position:	Chair	Date:	25/05/2025
--------------	---------------	------------	--	-----------	-------	-------	------------

Description of assessment	S&C Training – Generic Risk Assessment
---------------------------	--

Location Details	Freeman’s Quay Leisure Centre; Studio or Poolside
------------------	---

Identified Hazards	Who may be affected	Risk Level before control measures S x L = R				Existing control measures	Additional Control measures required	To be actioned by	Completion date	Final Risk level S x L = R			
		S	L	R	RR					S	L	R	RR
Injury during training: due to the exercises themselves e.g. from incorrect posture, excessive repetitive movements or overdoing it when not fully fit	Swimmers participating in session	3	3	9		- Sessions are led by an appropriately qualified and experienced coach, deemed to be competent in line with SE guidelines - Swimmers are supervised and monitored to ensure the correct technique - Appropriate warm up and stretching - Sessions planned by a qualified coach to reflect the ability of the participants	Medical screening as appropriate with data sharing where risk level dictates – data sharing between coach and club secretary	Club Secretary	Ongoing	2	2	4	

Risk Assessment

Injury during training: due to doing unsuitable exercises or exercises on incorrectly adjusted equipment	Swimmers	3	3	9		- Exercises set by coach and matched to the ability and strength of the participant - Coach to check any equipment prior to use - Supervised use only	Fully accredited coach who will supervise at all times			2	2	4	
Accident during training e.g. dropping a weight, jumping too high, banging head, trapping fingers etc	Swimmers	3	3	9		- No use of free weights without supervision - Exercises to occur in designated area only - Supervision at all times	Fully accredited coach who will supervise at all times			2	2	4	
Injury due to misuse of equipment	Swimmers	3	3	9		- Supervision - Use of equipment only for the purpose it is designed for - Small groups	Fully accredited coach who will supervise at all times			2	2	4	
Dehydration/ Overheating	Swimmers	2	2	4		- Swimmers all to have water bottles as part of their standard kit - In humid weather open windows for free circulation of air - Coach to be vigilant for signs of dehydration and heat exhaustion - Session to be abandoned if heat exhaustion signs evident	Fully accredited coach who will supervise at all times			2	2	4	

Risk Assessment

Entrapment / Entanglement from wearing jewellery or hair down	Swimmers	2	2	4		- Appropriate clothing and footwear to be worn- no flip flops and no bare feet - All long hair to be tied back - All jewellery removed	Fully accredited coach who will supervise at all times and ensure the rule are being adhered to			1	4	4	
Dizziness, hyperventilation, nausea and exhaustion	Swimmers	2	2	4		- Coach to be vigilant for signs - All new participants to be encouraged to take a rest if needed	Fully accredited coach who will supervise at all times			2	2	4	
Medical Conditions-existing	Swimmers	3	2	6		- Coach to have full access to medical conditions via Team Unify - Parents to be consulted and controls for specific swimmers if needed - Ensure swimmers have access to inhalers etc or any other medication if needed	Medical screening as appropriate with data sharing where risk level dictates – data sharing between coach and club secretary	Club Secretary	Ongoing	2	2	4	
Slips, trips and falls and collisions on poolside	Swimmers Coach	4	2	8		- No swimmer to be poolside without a coach - Dryside discipline taught - Swimmers to ensure their own personal equipment is tidy and also serviceable e.g. skipping ropes etc - Mats to be brought to avoid injuries from slippery floor - Adequate supervision	Club Secretary to enquire about more studio space	Club Secretary	Ongoing	2	2	4	

Risk Assessment

Safeguarding Risks – Children and Vulnerable Adults	Any Club Member	2	4	8		- Coaches to be DBS checked and have participated in safeguarding training - Club has Mental Health First Aid capacity available - Club has an experienced and extremely knowledgeable Welfare Officer to oversee Safeguarding Risks - Club has access to independent Safeguarding advice through Swim England - Club has access to Safeguarding support if required from the Local Authority - Club has several coaches and committee members trained in disability awareness and disability swimming. - Club Policies to be aligned to Swim England Wave Power documentation – latest revision 2024.	- Specific / personal risk assessments to be created as and when needed to ensure safety of all club members - Committee Members to attend training regarding Equality Act 2010 if required - Coaches and Committee members to be aware of hidden disabilities and specific learning needs.			2	3	6	
---	-----------------	---	---	---	--	--	---	--	--	---	---	---	--

Risk Assessment

Guidance Notes

SEVERITY	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
		1	2	3	4	5
	LIKELIHOOD					

LIKELIHOOD	
5	Almost Certain – Very High Risk
4	Probable – High Risk
3	50/50 – Medium Risk
2	Improbable – Low Risk
1	Almost impossible – Low Risk

SEVERITY	
5	Fatality – Very High Risk
4	Severe incapacity – High Risk
3	Absent 3 weeks – Medium Risk
2	Absent less than 1 day – Low Risk
1	Insignificant – Low Risk

1–4 LOW	5–9 MEDIUM	10–15 HIGH	16–25 VERY HIGH
Continue with existing control, however monitor for changes. Implement any additional control measures required, within the timescales given in the risk assessment.	Requires attention to reduce the rating as well as regular ongoing monitoring. Implement any additional control measures required, within the timescales given in the risk assessment.	Requires immediate attention to bring the risk down to an acceptable level. Implement the control measures required, within the timescales given in the risk assessment and continue to review working practices to reduce the probability of an accident to the lowest possible level.	Stop immediately – the risk is too high. Take immediate action to reduce the risk to the lowest level possible.

Risk Assessment

Additional comments:

- 1. This risk assessment needs to be discussed with employees before they operate the plant/equipment to ensure compliance with all control measures through their understanding
- 2. Employees/volunteers are to sign an acknowledgement sheet for their understanding of this risk assessment
- 3. The risk assessment is to be reviewed on an annual basis, or sooner if changes are made to the plant or working practices, or after an accident/near miss
- 4. This risk assessment must be approved by the nominated person for health and safety before being issued as a live document

Assessor 1 name:		Signature:		Date:	
------------------	--	------------	--	-------	--

Assessor 2 name:		Signature:		Date:	
------------------	--	------------	--	-------	--

Risk Assessment

I, the undersigned, have been fully briefed on this risk assessment and other control measures in place to reduce the risk of injury to the lowest possible level.
I fully understand my duties as an employee, to follow the control measures in this risk assessment and the method statement.

[illegible]