

Carlisle Aquatics – Risk Assessments

Swimming Training Sessions

Nature of Hazard	Who is at Risk	Evaluation	Recommended Control Measures	Reduced Risk
Head on Collision	Swimmers	Medium – Significant injury	Rotation of swimmers Odd Lanes Clockwise – Even Anticlockwise NO diving in if a swimmer is 15m from divers and travelling towards diver.	V Low
Collision	Swimmers	Medium – low injury	Swimmers must not stop mid pool.	
Drowning	Swimmers	Low – High Injury	Lifeguard on duty at all times. In the event of swimmer not surfacing then Lifeguard extracts the swimmer and duty officer contacted and takes control.	Low
'Dry side' staff not responding to an emergency call from poolside	Swimmers	Low	Coach to check Lifeguard is on duty before the session starts Coach supports Lifeguard only if they are competent	Low
Inappropriate or unsafe practices being taught to pupils	Swimmers	Low	Only qualified coaches to lead sessions.	Negligible
Young pupils being left in vulnerable situations	Swimmers	Low	All swimmers <Secondary School age must have a responsible adult in the building (Club Rules). No child <16 will leave the building unless in the presence of a responsible adult.	V Low
Coach's or lifeguard's attention being taken away from pool supervision.	Swimmers	Low	Coach must inform the / other Coach Lifeguard if they need to leave the Poolside. Lifeguard must get support from Pool Staff for cover if they have to leave poolside.	V Low
Fatigue and over exertion of Swimmers	Swimmers	Low	Sessions set appropriate to swimmers ability	
High risk' Swimmers			If there is a swimmer with significant risk then the Lifeguard must be made aware of the child EVERY time they are in the water.	
Injuries sustained whilst performing dives	Low skill divers	Low	Swimmers taught to dive in the deep end Only when competent in deep do swimmers dive in shallow end. All swimmers to achieve the <b>Diving Qual</b> asap Only those with <b>Diving Qual</b> will be allow to dive in in a race Only racing dives to be performed in Club sessions.	Negligible



## Transport

Nature of Hazard	Who is at Risk	Evaluation	Recommended Control Measures	Reduced Risk
Crash	Members	Low – Significant injury	<b>Coach</b> companies will be used – a list of swimmers will be left with the Chair (or other designated Committee member) together with the contact number for their parent / next of kin. The Chair's (or other designated Committee member) number and the group leader's contact number will be on the letter given out to the parents beforehand. <b>Self-Drive</b> - Only responsible adults will drive other swimmers, unless the Parent of the member has agreed to the driver.	As Low as normal life
Inappropriate behaviour of members.	Children	Low	Member will wear seat belts at all time The responsible adults will check the behaviour of the children.	Low
Inappropriate behaviour of members.	Children	Low	If there are both genders are in the vehicle – then there will be both gender adults in the vehicle (unless the opposite gender is the child of the adult)	Low
Abduction / Swimmer getting "lost"	Swimmers	Low	A register will be taken before the transport leaves any point where the members have been allowed to leave the vehicle.	

## At Meets

Nature of Hazard	Who is at Risk	Evaluation	Recommended Control Measures	Reduced Risk
As in training above	Swimmers	Medium	Swimmers will follow the Warm up protocol of the meet organiser.	Low
Abduction / Swimmer getting "lost"	Swimmers	Low	Swimmers will stay with the Club group at all times and will inform the Coach if they are leaving the poolside.	Low
Abduction / Swimmer getting "lost"	Swimmers	Low	Swimmers will only leave the Coach into the supervision of their parent/guardian or other nominated adult at the end of the event.	