

# Risk Assessment Form Pool

This form should be completed with a list of hazards that affect the session, and should be written from a coaching perspective, not a venue management perspective. For each risk assessment there should be associated Emergency Action plan to be used in case a risk occurs.

Venue:		<b>Freedom Leisure Crowborough</b>		Freedom Leisure Crowborough , Duty Manager on Site	
Address: (Include postcode)		Eridge Road, Crowborough, TN6 2TN		Venue Contact Name & Contact Details: <a href="tel:01892665488">01892 665488</a>	
Group:		Crowborough Tri Club		Location of first-aider:	
Date:		Every Monday		Location of Defibrillator	
Time:		Start 6pm, Finish 7pm		Location of telephone:	
Participants:	Number:	30		Location of toilets:	
	Age:	14 +		Location of changing rooms:	
	Ability:	Mixed		Location of first-aid kit:	
Lead coach name:		Iain Watson – Level 2		Stocked and maintained:	
Venue documents read and understood  (please ✓ appropriate box):		Normal operating procedures: <input checked="" type="checkbox"/> Yes                      No		Additional notes:	
		Health and safety policy: <input checked="" type="checkbox"/> Yes                      No			
		Emergency action plan (EAP): <input checked="" type="checkbox"/> Yes                      No			
				✓ Yes                      No	

**Risk Assessment Form Pool**

Name of person conducting risk assessment:	Signed:	Date:
Lead Coach Iain	<i>Iain Watson</i>	15 <sup>th</sup> October 2022

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required: (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Pool Pool Design: <ul style="list-style-type: none"> <li>• Lighting – Adequate lighting</li> <li>• Glare - Limited Glare</li> <li>• Blind spots - No blind spots</li> <li>• Noise - Some high background noise from Radio / PA and other swimmers</li> <li>• 25m long making it difficult to for coach and lifeguard to see full length and refraction makes difficult to see underwater</li> </ul>	Swimmers	Likelihood: Med  Impact: Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> <li>• Make sure all lights are on so pool area is well lit.</li> <li>• Move around pool whilst coaching if glare on surface.</li> <li>• Remove any equipment or items causing blind spots</li> <li>• Ask for radio to be turned down / off and make sure swimmers can hear instructions.</li> <li>• Move position when you coach.</li> <li>• Lifeguard positioned mid-pool</li> </ul>	Lead Coach  Lifeguard	Likelihood: Low  Impact: Low	
Pool Pool Depth: <ul style="list-style-type: none"> <li>• Adjustable shallow end pool and deep end 2.2m deep so swimmers will be unable to stand without assistance from half way (black line),</li> </ul>	Swimmers	Likelihood: Med  Impact: High	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who	<ul style="list-style-type: none"> <li>• Make sure signage is in place to identify deep and shallow ends.</li> <li>• Make sure swimmers are aware of change in depth.</li> <li>• No diving in water less than 1.5m deep. Check Moveable floor raised to agreed level and depth guide on wall is working</li> </ul>	Lead Coach	Likelihood: Low  Impact: Low	

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<ul style="list-style-type: none"> <li>Check Moveable floor has not been raised</li> </ul>				<ul style="list-style-type: none"> <li>Advise swimmers if pool depth not normal depth</li> <li>Every swimming has a basic competence to swim 200m unassisted front crawl.</li> <li>Ask swimmers to allow others the opportunity to hold onto the side between sets / reps if required.</li> </ul>			
Pool  Water Quality: <ul style="list-style-type: none"> <li>Extreme Water Temperature causing overheating / hypothermia</li> <li>Extreme Air temperature causing overheating / hypothermia</li> <li>Low water quality risking sickness</li> <li>Low water quality affecting visibility</li> </ul>	Swimmers  Coach  Spectators  Centre Staff	Likelihood: Med  Impact: Med	<input type="checkbox"/> No <input checked="" type="checkbox"/> Yes If yes, who  Centre Staff for water quality tests and pool temperature	<ul style="list-style-type: none"> <li>Make sure water temperature is within acceptable range between 26-32. The more intense the set the cooler the pool should ideally be. Pool temp over 30c will mean reducing intensity is appropriate.</li> <li>Make sure air temp is between 20-35 degrees Celsius</li> <li>Make sure centre staff has tested water quality</li> <li>Make sure water quality allows visibility of the pool bottom at all times</li> </ul>	Lead Coach & Centre Staff	Likelihood: Low  Impact: Low	
Pool  Pool Organisation: <ul style="list-style-type: none"> <li>Changing rooms shared with swimming club after session cross over</li> </ul>	Swimmers  Coach	Likelihood: Med  Impact: Med	<input checked="" type="checkbox"/> No  <input type="checkbox"/> Yes  If yes, who	<ul style="list-style-type: none"> <li>Make all swimmers aware of pool/lane etiquette via briefing at session and info on pool side and website, including lane rotations.</li> </ul>	Lead Coach	Likelihood: Med  Impact: Low	

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<ul style="list-style-type: none"> <li>• Training equipment not tidy or not put away</li> <li>• Swimmers not following pool and/or lane etiquette.</li> <li>• Swimmers hitting their head doing backstroke if 5m flags not in place or moved to wrong position</li>   <li>• Running along poolside either during the session or on entry or exit</li> </ul>	Other centre users	Likelihood: Med  Impact: Med		<ul style="list-style-type: none"> <li>• Ensure all equipment is left tidy or put away to prevent trips and falls</li> <li>• Make sure 5m flags are in place before doing backstroke and positioned correctly</li> <li>• Be aware of non members trying to enter club Session in error – advise accordingly</li> <li>• Ensure a walking only policy is in place and all users are aware of the risks or running on a slippery poolside - re-enforce this during the introduction each session</li> </ul>	Lead Coach	Likelihood: Med  Impact: Low	

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**Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):**

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