



## HARPENDEN SWIMMING CLUB

Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : administrator@harpendensc.co.uk

Website : www.harpendensc.co.uk

Harpenden Swimming Club  
Risk Assessment  
St. Albans High School For Girls

Activities usually carried out by the club at St. Albans High School For Girls

Competitive Swimming Training

Land Training

Competitive Swimming Galas

Risk Factors:

1 – Medium to High – requires attention, control measures required

2 – Low to Medium – requires monitoring and reviewing

3 – Nil to Low – no action required

### COMPETITIVE SWIMMING TRAINING

HAZARD	Control Measure in Place	Risk Factor	Further Control Measures
Poolside:			
Drowning General injury	Low number of swimmers at session (<40) Training sessions led by an A.S.A. qualified instructor Lifeguard present on poolside at all times  The pool has a clear set of Normal Operating Procedures (NOPs) and an Emergency Action Plan which are adhered to.	3	If no Lifeguard is present, the swimmers will not be allowed in the water.  Lifesaving equipment is present
Entrapment under the pool cover	No person allowed into the pool area alone.	3	
Slips, Trips & Falls	All swimmers are warned to take care on poolside and not to run.	2	
Diving (spinal/head injuries)	Swimmers only dive under supervision.	3	
Building defects (sharp edges, faulty tiles etc)	The club are to be proactive and report ALL defects with the pool and poolside to the facility manager.	3	
Equipment defects (lane ropes/blocks etc)	The club are to be proactive and report ALL defects with the pool and poolside to the facility manager.	3	



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Cramp/exhaustion/dehydration	The club require swimmers to engage in a pre swim warm up on dry land. Coaches regulate the training programmes and monitor individual training levels. Large quantities of water can be lost during strenuous exercise it is therefore stressed to the swimmers that they must drink before, during and after training. No glass bottles are allowed on poolside.	3	
Medical conditions Asthma, diabetes, epilepsy etc	ALL swimmers are to complete an A.S.A. medical declaration form. No swimmer will be allowed to enter the water if they feel unwell. Inhalers etc should be handed to the lifeguard.	3	
Jewellery	No jewellery is to be worn. It is the swimmers responsibility to ensure jewellery is removed.	3	

### LAND TRAINING

HAZARD	Control Measure in Place	Risk Factor	Further Control Measures
Slips, Trips & Falls	All swimmers are warned to take care on poolside and not to run.	2	
Strains	Land Training sessions are supervised by knowledgeable Coaches/Assistants	3	Swimmers perform warm up stretches prior to engaging in Land training.
Drowning	Land training takes place as far away from the pool as is practicable.	3	

### Competitive Swimming Galas

An Individual Risk Assessment will be carried out for any event to be held at the pool.