



# 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 Attending Open Meets/League Gala's/Championships

Swimmers from the club regularly attend Gala's hosted by other clubs (Open Meets), League Gala's and County/Regional/National Championships.

Risk Assessments are carried out for all of these events by the event Promotor in conjunction with Pool Staff and the Referee. However it is worth recording our own general Risk Assessment for all such events as below.

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

### AT A COMPETITION :

HAZARD	Control Measure in Place	Risk Factor	Further Control Measures
<b>Personal :</b>			
Changing :	Swimmers are encouraged NOT to enter changing areas on their own.	3	Adults of both sexes are available on poolside to escort swimmers if necessary. Open Meets/ Championships usually have designated changing area stewards. All Club personnel are CRB checked and have attended Child Protection courses.
Photography	Meets require any person wishing to engage in photography to register at the entrance desk.	3	Any person NOT registering but taking photographs is liable to be ejected.
<b>Poolside:</b>			
General	The Club appoint a Team Manager and various support staff to monitor and control the swimmers during the event	3	
Drowning General injury	The pools have clear Normal Operating Procedures (NOPs) and an Emergency Action Plan which are adhered to.  Warm up is strictly monitored in terms of number of swimmers in the water.  Swimmers must follow defined lane discipline in terms of which way round they swim.	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 until the pool is set up for competition.	3	



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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.  Diving is NOT permitted during the warm up except in designated "Sprint Lanes" which are marshalled at both ends.	2	
Building defects (sharp edges, faulty tiles etc)	The club are to be proactive and report ALL defects with the pool and poolside to the referee or another official.	3	All officials are Health and Safety Officers and if necessary the referee will stop the gala until a problem is resolved.
Equipment defects (lane ropes/blocks etc)	The club are to be proactive and report ALL defects with the pool and poolside to the referee or another official.		
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	



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<b>TRAVEL To / From A COMPETITION</b>			
<b>HAZARD</b>	<b>Control Measure in Place</b>	<b>Risk Factor</b>	<b>Further Control Measures</b>
Swimmers travelling with Family :			
General injury	The club publish the time and place of the gala and assume that people leave sufficient time to get to the event in time.	3 – but potentially fatal	

<b>TRAVEL To / From A COMPETITION</b>			
<b>HAZARD</b>	<b>Control Measure in Place</b>	<b>Risk Factor</b>	<b>Further Control Measures</b>
Swimmers travelling with another Family :			
General injury	The club publish the time and place of the gala and assume that people leave sufficient time to get to the event in time.	3 – but potentially fatal	
General injury	The club do not arrange lifts for swimmers. Phone numbers may be provided to parents but individual parents are responsible for making travel plans.	3	