



Knutsford Tri Club Risk Assessment Form - Swimming Wilmslow Leisure Centre

Venue:	Wilmslow Leisure Centre Swimming Pool		Venue Contact Name & Contact Details:		Alex Challis (Manager) Hannah Nixon (Area Aquatic Lead) Wilmslow Leisure Centre Rectory Fields Wilmslow Cheshire SK9 1BU 01625 383960
Address: <small>(Include postcode)</small>	Wilmslow Leisure Centre (WLC) Rectory Fields Wilmslow Cheshire SK9 1BU Grid ref 53.326131, -2.2271480 53°19'34"N, 002°13'38"W What3words admit.spark.angle				
Group:	Knutsford Tri Club (KTC)		Location of first-aider:	Lifeguards on duty Leisure Centre Reception	
Date:	Sunday mornings 18 September 2022 onwards		Location of Defibrillator	Reception Via 999	
Time:	07.30 – 08.30 (Coached by KTC coaches) 08.30 – 09.30 - KTC members to swim under WLC operating procedures		Location of telephone:	Reception With coach	
Participants:	Number:	Max 10 (2 lanes only)		Location of toilets:	In changing areas next to pool
	Age:	18 +		Location of changing rooms:	Between reception and poolside

		Ability:	Mixed. Beginner – experienced Minimum ability to swim 400m	Location of first-aid kit:	At reception
Lead coach name:	Chair – Ben Hagger		Stocked and maintained:		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Venue documents read and understood (please <input checked="" type="checkbox"/> appropriate box):	Normal operating procedures: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		Additional notes:		
	Health and safety policy: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No				
	Emergency action plan (EAP): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No				

Name of person conducting risk assessment:	Signed:	Date:
Liz Parris	Liz Parris	10.09.2022

Risk Assessment Form

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
Changing Rooms: Changing area not clean, showers not working, doors not open, toilets not clean or stocked.	Swimmers Coaches	Likelihood: Low Impact: Med	<input checked="" type="checkbox"/> No <input type="checkbox"/> Yes If yes, who:	- Report to WLC staff - Apologise to anyone affected and explain that matter in hand.	WLC staff/poolside attendants	Likelihood: Low Impact: Low	Weekly

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Pool side: -Floor could be wet and/or slippery	Swimmers Coaches	Likelihood: Low Impact: High	✓ No • Yes If yes, who:	- Swimmers to use caution when moving around -Walk and not rush	- Coach - Poolside attendants/lifeguards	Likelihood: Low Impact: Med	Weekly
Pool: -Lighting – inadequate lighting -Glare – from windows -Noise – potential for high noise volume from other pool users	Swimmers Coaches	Likelihood: Med Impact: Med	✓ No • Yes If yes, who:	-Ensure all lights are on and pool is well lit -Coach to move around poolside and pool ends to observe/communicate with swimmers, especially on sunny days with risk of glare from windows -Communicate with swimmers at lane/pool ends and consider use of whistle depending on set (having liaised with lifeguards on duty first) -Lifeguard to always be in attendance when coach/swimmers in pool area	- Coach - Lifeguards	Likelihood: Low Impact: Low	Weekly
Pool: -Depth -swimmers to attempt to stand in deep water and to sink or dive in to shallow water	Swimmers	Likelihood: Low Impact: High	✓ No • Yes If yes, who:	-Swimmers to be familiar with depth variable of pool and which is the shallow end (0.9m/3ft) and which is the deep end (1.9m/6ft 3inches) -No diving in at deep end without liaising with lifeguards prior to start of session -Swimmers to be able to swim 400m front crawl prior to attending session	-Coach	Likelihood: Low Impact: Low	Weekly

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<p>Pool:</p> <ul style="list-style-type: none"> -Extreme water temperature causing overheating / hypothermia - Extreme Air temperature causing overheating / hypothermia 	Swimmers Coaches	Likelihood: Med Impact: Med	<ul style="list-style-type: none"> ✓ No • Yes <p>If yes, who:</p>	<ul style="list-style-type: none"> -Check that water temperature is between 27°C and 30°C -If the pool has a cool temperature ensure that swimmers keep moving to stay warm and consider increasing intensity of set. -If pool has warm temperature (30°C or above) then reduce intensity and allow for longer rest intervals -Check that the air temperature is between 20°C and 35°C. -If air temp is cool then ensure swimmers leave pool area quickly post swim to warm up - If air temp is warm then ensure that swimmers have frequent rests and encourage hydration throughout the session. 	<ul style="list-style-type: none"> -Coach -WLC staff 	Likelihood: Low Impact: Low	Weekly
<p>Pool:</p> <ul style="list-style-type: none"> -Poor water quality affecting visibility 	Swimmers	Likelihood: Low Impact: Med	<ul style="list-style-type: none"> • No ✓ Yes <p>If yes, who: -WLC staff</p>	<ul style="list-style-type: none"> -Ensure that water quality allows good visibility to the bottom of the pool at all times -Ensure that the water quality has been tested and is approved for safe swimming prior to the start of session. 	<ul style="list-style-type: none"> -WLC staff -Coach 	Likelihood: Low Impact: Low	Weekly

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Pool: -Risk of injury whilst swimming and colliding with fellow swimmers/pool sides/lane ropes/general public	Swimmers	Likelihood: Low Impact: Med	✓ No • Yes If yes, who:	-Ensure all swimmers are aware of, and adhere to, the pool and lane etiquette via briefing at start of session - If swimming backstroke ensure swimmers can see marker flags/ropes above pool to judge distance to end of lane - If swimming along lane rope next to public area advise swimmers accordingly if a member of the public is swimming too close/overlapping the rope and also speak to lifeguard for assistance	-Coach	Likelihood: Low Impact: Low	Weekly
Pool: -Risk of injury from non-KTC swimmer accidentally joining lane	Swimmers Public	Likelihood: Low Impact: Med	✓ No • Yes If yes, who:	-Ensure signs are in place advising of private lane/club use - Politely speak to public swimmer to advise of club use should the situation arise	-Coach - Lifeguard	Likelihood: Low Impact: Low	Weekly
Pool: -Minor illness or injury	Swimmers Coach	Likelihood: Low Impact: High	✓ No • Yes If yes, who:	-Swimmers must not attend if they are feeling unwell, have any form of injury that can affect their ability to swim or are suffering from/have recently suffered with Covid - Swimmers must sign up before the start of the session (to ensure	-Coach -Lifeguard/WLC staff	Likelihood: Low Impact: Low	Weekly

				<p>max lane numbers are adhered to) and provide NOK/ICE details for that session, to the coach by the start of the session at the latest.</p> <ul style="list-style-type: none"> - Lifeguard/WLC staff to be made aware of any illness/injury occurring during the session - KTC incident form to be completed and reported. 			
<p>Pool:</p> <ul style="list-style-type: none"> -Major illness or injury 	<p>Swimmers</p> <p>Coach</p>	<p>Likelihood: Low</p> <p>Impact: High</p>	<p>✓ No</p> <ul style="list-style-type: none"> • Yes <p>If yes, who:</p>	<p>-Report to lifeguard/KLC staff immediately and follow instruction from the lifeguard or WLC staff as per EAP</p> <ul style="list-style-type: none"> - KTC incident form to be completed and reported 	<p>-Coach</p> <p>-Lifeguard/WLC staff</p>	<p>Likelihood: Low</p> <p>Impact: Low</p>	<p>Weekly</p>

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