

General Covid-19 Risk Assessment for aquatic clubs

Name of Club:	Workington ASC	Review date:	15-May-2021
Date risk assessment carried out:	22-Jun-2020	Persons:	Covid-19 Officer, Chair, Head Coach

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after	Actioned by
Spread of Covid-19 Coronavirus					
Pre & Post pool sessions	<ul style="list-style-type: none"> Athletes 	Medium	<ul style="list-style-type: none"> Pre and post pool exercise are not to be conducted on poolside but to be undertaken at home. 	Low	Athletes
Carpark	<ul style="list-style-type: none"> Athletes Parents Guardians Coaches Volunteers 	High	<ul style="list-style-type: none"> Information to members on social distancing and controls at facility from GLL. Recommendation for wearing of facial covering during travel to and from training. 	Medium	Club Committee and GLL
Facility entrance	<ul style="list-style-type: none"> Athletes Coaches Volunteers Parents 	High	<ul style="list-style-type: none"> Social distancing-via separate entry using fire doors (see diagram). Information given to parents of protocols. Swimmers to que in order of lane and speed (coaches to advise of order prior to the session) Parents to leave 8yrs and under at the door, there will be no access for any parents to the facility due to restriction. 	Medium	Club Committee/Coaches and supported by GLL
Hygiene measures	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Covid-19 Rules communicated to all members in advance. Poolside to be washed down by GLL before the start of each session (outside of swimmers time eg 15mins before start) with pool water to allow the chlorine to disinfect 	Medium	Club Committee/Covid-19 Officer/GLL

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			<p>the surfaces. Chlorine levels to be controlled by GLL.</p> <ul style="list-style-type: none"> Chlorine in the pool is maintained at 1.5mg/l minimum at pH7.0 which significantly minimises the risk of transmission. 		
Entry to the facility	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> No one shall be allowed to enter the facility until the previous GLL session has finished and exited the pool area. Hand sanitiser shall be applied on entering the poolside as provided by GLL. Remove out door shoes on entry, refrain from touching any surfaces in the building. Swimmers to walk to designated position on poolside. 	Medium	Lead Coaches/Covid-19 Officer
Direction of movement	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Movement on entry will be in a direction from west to east (see diagram) Maintain 2m separation at all times. 	Medium	Lead Coaches/Covid-19 Officer
Changing	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Lockers and changing rooms will be off limits to all attendees. Athletes to arrive in costume and change on poolside ready to swim as per the club protocol. Swimmers to place their plastic boxes in the location instructed on poolside and place all clothing within for the duration of the session. 	Medium	Club Committee and GLL
Poolside	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Social distancing protocols to be followed at all times 	Medium	Covid-19 Officer/Lead Coach and Duty Manger or other suitable member of staff
Entering the pool	<ul style="list-style-type: none"> Athletes 	High	<ul style="list-style-type: none"> When instructed jump into the pool and move to your designated lane as advised by the coach, refrain from touching the pool deck or other surfaces. 	Medium	Lead Coaches

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			<ul style="list-style-type: none"> Maintain 6m² distancing as advised by SE. Always maintain a minimum of 2m separation with others. 		
During the session	<ul style="list-style-type: none"> Athletes 	High	<ul style="list-style-type: none"> Briefing to be given to all swimmers once they are in the pool. Appropriate training to achieve social distancing protocols. Use of approved equipment only during the sessions (head coach to advise). If a toilet break is required, follow GLL guidance and wash hands thoroughly before returning to the poolside. Showers are out of bounds. Swimmers to remain in the pool in the lane position unless instructed to change by the coach. Maintain squad bubbles throughout the session. 	Medium	Lead Coaches
Shared sessions / pool space with public / non club swimmers	<ul style="list-style-type: none"> Athletes Coaches Volunteers Public 		<ul style="list-style-type: none"> Barriers to be in place to prevent swimmers and none club members from interacting and mixing during the sessions, life guards to control none club members, coaches to control swimmers. 	Medium	Life Guards / Lead Coaches
End of session	<ul style="list-style-type: none"> Athletes Coaches Volunteers Public 	Medium	<ul style="list-style-type: none"> Swimmers to return to start positions for session debrief maintaining social distancing. 	Low	Lead Coaches
Exit of water	<ul style="list-style-type: none"> Athletes Coaches Volunteers Public 	High	<ul style="list-style-type: none"> Swimmers to exit the pool by the side as directed by the coach. Swimmers to quickly dry and put clothes on over costume 	Medium	Lead Coaches
Exit of facility	<ul style="list-style-type: none"> Athletes Coaches 	High	<ul style="list-style-type: none"> One-way system in place. Swimmers with boxes closest to the exit to leave first. 	Medium	Lead Coaches/GLL

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	<ul style="list-style-type: none"> Volunteers Parents 		<ul style="list-style-type: none"> Athlete to leave facility in single file as soon as possible. Provide breaks between squad entry and exit to enable the maintaining of social distancing rules at all times (see diagram). Instruction to parents for collection of their swimmers (especially younger age groups). Refrain from touching surfaces on leaving the facility. At least one coach to remain poolside until all swimmers have exited the pool. Apply hand sanitiser on exiting the leisure centre as provided by GLL. Ensure any following session does not start until the current session has exited the required lane(s) and the clean-down has happened as per the hygiene measures. 		
Equipment	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Club training aids will be used for the Competitive Learn To Swim squads only, and will be cleaned before returning to the store room. Only advised equipment to be used for competent swimmers during the sessions, (as advised by head coach) Cleaning protocols for storage boxes after each training session to be circulated, but as a minimum all boxes to be cleaned at home before attending each session. If there is a need to move any equipment during the session, then use the PPE (gloves & mask) to reduce contamination (PPE provided by GLL) 	Medium	Club Committee/Covid-19 Officer/Coaches
Health screening	<ul style="list-style-type: none"> Athletes Coaches Volunteers 	High	<ul style="list-style-type: none"> Completion of club health checklist before returning to training sessions. Attendance register at every training session for ALL. 	Medium	Lead Coaches/Covid-19 Officer

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Someone becomes unwell during session	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Contact parent guardian or next of kin and isolate individual in first aid room. Use appropriate PPE supplied by GLL and only as trained by GLL. • Maintain social distancing requirements 	Medium	Covid-19 Officer (PPE by GLL) Facility officer / Lifeguard (depending on hire agreements)