

Risk Assessment Guidance

The assessor can assign values for the hazard severity (a) and likelihood of occurrence (b) (taking into account the frequency and duration of exposure) on a scale of 1 to 5, then multiply them together to give the rating band:

Hazard Severity (a)	Likelihood of Occurrence (b)
1 – Trivial (eg discomfort, slight bruising, self-help recovery) 2 – Minor (eg small cut, abrasion, basic first aid need) 3 – Moderate (eg strain, sprain, incapacitation > 3 days) 4 – Serious (eg fracture, hospitalisation >24 hrs, incapacitation >4 weeks) 5 – Fatal (single or multiple)	1 – Remote (almost never) 2 – Unlikely (occurs rarely) 3 – Possible (could occur, but uncommon) 4 – Likely (recurrent but not frequent) 5 – Very likely (occurs frequently)

The risk rating (high, medium or low) indicates the level of response required to be taken when designing the action plan.

	Trivial	Minor	Moderate	Serious	Fatal
Remote	1	2	3	4	5
Unlikely	2	4	6	8	10
Possible	3	6	9	12	15
Likely	4	8	12	16	20
Very likely	5	10	15	20	25

Rating Bands (a x b)		
LOW RISK (1 – 8)	MEDIUM RISK (9 - 12)	HIGH RISK (15 - 25)
Continue, but review periodically to ensure controls remain effective	Continue, but implement additional reasonably practicable controls where possible and monitor regularly	-STOP THE ACTIVITY- Identify new controls. Activity must not proceed until risks are reduced to a low or medium level

Risk Assessment Record

Risk Assessment of: Swimming Club	Assessor(s): Freddie Sherratt	Date: 30/08/17
Overview of activity / location / equipment / conditions being assessed: Coaching / training club practicing at the STV in the 50m pool		
Generic or specific assessment? Generic risk assessment	Context of assessment Update and review of previous risk assessment	

#	Hazard(s) identified	Persons affected	Existing controls & measures	A	B	A x B	Additional controls required
1	Risk of drowning	Anyone – more likely to be non-swimmers affected	<ul style="list-style-type: none"> At their first sessions swimmers are questioned to establish their swimming ability. The club does not allow any non-swimmers or those not comfortable in a 50m, 2m deep to partake in training sessions. This is stated on our webpage and all promotional material Training sessions and competitions will only ever be performed under suitable qualified lifeguard supervision 	5	1	5	
2	Risk of swimmers training the morning after a social involving alcohol	Anyone	<ul style="list-style-type: none"> We would recommend that if swimmers are training in the morning they do not drink heavily the night before If a swimmer has consumed alcohol and turns up to train the coaches will decide if they are fit to enter the water and shall turn them away if they have any concerns 	3	2	6	

#	Hazard(s) identified	Persons affected	Existing controls & measures	A	B	A x B	Additional controls required
3	Slipping on poolside	Anyone	<ul style="list-style-type: none"> No running if permitted on poolside at any time Swimmers will be made aware that the poolside is wet and so extra care should be taken 	2	2	4	
4	Injury from a lane rope	Anyone	<ul style="list-style-type: none"> If broken or sharp lane ropes are found, pool staff will be informed immediately 	2	3	6	
5	Injury in the pool e.g. Banging head when doing tumble turns or dives	Anyone	<ul style="list-style-type: none"> Most swimmers will be competent at completing tumble turns and dives but those who are not will be carefully taught by a competent coach 	3	1	3	
6	Failure of equipment such as diving blocks	Anyone	<ul style="list-style-type: none"> Pool staff are will be immediately informed when equipment is not being used or is not fitted correctly. Or if any failure or fault is identified 	4	1	4	
8	Use of 25m dividing boards	Anyone	<ul style="list-style-type: none"> Injuries may occur when inserting and removing the 25m dividing boards. This is a risk to both the members moving the boards and pool user. The boards are only to be used by members who have received instruction on their use. Adequate care must be taken to ensure users in neighbouring lanes are aware of the boards when they are moved across of the pool. 	3	1	3	
9	Use of diving blocks	Anyone	<ul style="list-style-type: none"> Only competent swimmers will be allowed to use the raised diving blocks Those who wish to use to blocks must demonstrate diving competency first by diving from the side Additionally swimmers who wish to use shallow end diving blocks must first demonstrate a shallow dive in the deep ends 	3	3	9	

#	Hazard(s) identified	Persons affected	Existing controls & measures	A	B	A x B	Additional controls required
10	Exiting from pool	Anyone	<ul style="list-style-type: none"> • Those comfortable with exiting the pool over the ends may • Stairs are available on the sides of the pool for use by anyone • Certain training exercises make use of exiting the pool, in these cases no swimmer shall be made to exit over the pool end 	2	3	6	
11	Entry into the pool	Anyone	<ul style="list-style-type: none"> • Unless diving forms part of the training exercise entry into the pool shall always be by a controlled “pencil” style jump and only performed where no person is swimming within the 5m flags. • Where diving is performed, it shall not be performed when a person is swimming within the 5m flags • The STV pool is 2m deep and therefore it is unlikely that a swimmer will hit the bottom. Where training or competitions take place at a pool with a shallow end swimmers will be made aware of the proper technique for a shallow dive 	2	3	6	