

# Sunbeam Swimming Club

## Risk Assessment for swimming sessions at The Pavilions in The Park



Sunbeam Swimming Club hires the pool which includes provision of one lifeguard employed by Pavilions in the Park and general pool/leisure centre staff for set up/down. In the event of an accident, the centre staff attend to administer first aid as required, in all areas of the leisure centre.

Sunbeam Swimming Club is not responsible for management or maintenance of the leisure centre or facilities, including cleaning, equipment or the physical aspects of the swimming pool environment and building. This includes all areas of the pool, changing areas, showers, toilets, seating areas, café/public areas.

Step 1: What are the hazards?	Step 2: Who might be harmed and how?	Step 3: What are you already doing?	Step 4: What further action is necessary?
<p><b>Risk of drowning</b></p>	<p>Swimmers</p> <p>Volunteers and coaches both in and out of the water</p> <p>Anyone in the water or who falls into the water</p>	<p>Swimmers do not enter the water until a qualified lifeguard (provided by Pavilions in the Park) is on duty, poolside.</p> <p>Inexperienced swimmers must be supported in the water by their own carer who is able to swim and physically intervene should difficulty arise.</p> <p>Swimmers and their carers/support persons to assess their own needs or needs of the swimmer for support in the water prior to attending sessions.</p> <p>Volunteers to encourage swimmers' use of swimming aids (floats) by less able/confident swimmers if needed.</p>	<p>New, nervous and inexperienced swimmers asked to stay at the shallow end of the pool and take a float with them when entering the pool at the start of their sessions.</p> <p>Verbal encouragement to remain in the shallow end and use floats as needed.</p> <p>Swimmers asked to exit the pool if, when a carer is required, they are unable to</p>

		<p>The moveable floor at the deep end of the pool is usually raised to 1.2m depth so swimmers can stand at both ends, leaving only a deeper section in the middle.</p> <p>Provision of noodles/floats made readily available to be used as needed. Some may need this if they have not swum for some time or are new to this environment.</p> <p>Careful attention to swimmers who are not confident in swimming under lane ropes giving hands on help and guidance to them.</p>	<p>adequately intervene if necessary.</p> <p>When available, minimal physical support by volunteers in the water.</p> <p>When available, hire a qualified swimming teacher from Pavilions in the Park.</p>
<p><b>Slips, Trips and Falls</b></p>	<p>Everyone</p> <p>Wet floors and uneven surfaces, steps and clutter.</p>	<p>Poolside helpers make sure that Sunbeam Swimming Club equipment is kept tidy and placed appropriately to prevent creating a hazard. where people could trip when not in use in the pool.</p> <p>Everyone is encouraged to notify a volunteer, coach or the centre staff of any excess water/spills/trip hazards that could cause incidents/accidents.</p> <p>Continuous verbal reminders of Pavilions poolside rules with regards to walking on poolside/changing areas</p> <p>All possessions (towels/clothes/bags/shoes) to be placed in lockers or up on benches away from footfall areas.</p> <p>When required, the centre staff support non-ambulatory swimmers to access the poolside and enter the water using a poolside wheelchair and hoist.</p> <p>Steps to the spectators area to remain dry. Swimmers can sit on the wall on the poolside, only.</p>	<p>Visual guides on poolside to reinforce rules such as walking and no pushing, holding, jumping and splashing without permission.</p> <p>Spectators asked to discourage swimmers from using steps when wet.</p>

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<p><b>Collision in the pool</b></p>	<p>Everyone in the pool due to backstroke, crowding, racing, swimming underwater, sensory (visual or hearing) impairment, mixed ability or lack of lane discipline.</p>	<p>Instruct swimmers who may need more space, which quieter lane they need to use at the beginning of the session and adjust this as needed throughout the session.</p> <p>Swimmers need to be accompanied by their own adequate (for example 2:1 or 1:1 support) and competent (able to swim safely themselves) carers in the water for the swimmer's own needs. This is judged very much on a personal basis and be mindful that swimmers' needs may fluctuate and change from time to time.</p> <p>Allocate swimmers to lanes based on ability and need to minimise the number of swimmers per lane. Instruct swimmers to swim in anticlockwise direction and one at a time following each other with a safe gap between them - i.e. encourage good lane swimming etiquette.</p> <p>Swimmers practice racing only under close supervision by volunteers.</p> <p>Race practice only with poolside volunteer guidance and supporter ready to place a float against the wall if swimmer is likely to swim into it (e.g. backstroke)</p> <p>When timing lengths, do this in one direction or for one swimmer at a time for 2 lengths.</p>	<p>Swimmers who require assistance outside of the pool, such as in the changing rooms or toilets, are required to bring carers or supporters as needed.</p> <p>Guidance and instructions regarding which lane to swim in, provided to swimmers by poolside volunteers at start of and during the session(s) according to ability and to optimise number of swimmers per lane.</p>
<p><b>Jumping into shallow water</b></p>	<p>Anyone jumping onto the graduated steps in the pool.</p>	<p>Jumping is only permitted with permission from a volunteer or coach.</p>	<p>Visual signs to remind swimmers of pool etiquette clearly visible each session.</p>

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	Others in the area of the steps if someone were to fall whilst on the steps or supporting a swimmer into the pool.	<p>Swimmers continuously reminded of shallowness of water on steps and at the shallow ends of the pool.</p> <p>Swimmers and supporters use handrails to access the pool.</p> <p>Swimmers are reminded to take time when using the steps in and out of the pool but to keep the steps clear for others.</p>	
<b>Injury caused by manual handling</b>	Swimmer and manual handler/supporters (carers/volunteers).	<p>Swimmers should support themselves to get into and out of the pool by themselves via the steps/stairs/using handrails.</p> <p>Swimmers should move themselves to the steps/stairs to get out of the water at the end of the session. If lane booms need to be moved, pool staff should assist with this.</p> <p>When required, the centre staff support non-ambulatory swimmers to access the poolside and enter the water using a poolside wheelchair and hoist. The same in reverse for exiting the pool.</p> <p>Swimmers who require 1:1 hands on support should provide a suitably trained or experienced carer to support before, during and after the swimming session.</p>	<p>Volunteers should not provide 1:1 hands on support.</p> <p>Should additional support be required by carers to assist swimmers to move across and exit the pool, they should notify coaches/volunteers to request assistance from pool staff to move booms to enable movement to the steps to exit, and/or provide poolside chair to assist exiting the pool.</p>

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Please sign this to acknowledge that you have read and understood this risk assessment. Volunteers under the age of 18 need an additional parent/guardian counter-signature.

Signature	Name	Role	Date

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