

# Swim England Covid-19 Risk Assessment Template

All clubs must complete a Covid-19 specific risk assessment before returning to the water.

Below is a partially populated example that clubs can use to help inform their risk assessment. It is critical that this is completed in full detail.

Use this template as a guide and starting point to create your club's own Covid-19 risk assessment.

This is not an exhaustive list and we highly recommend that you complete a full risk assessment for your club returning to the pool.

It is critical to complete Covid-19 risk assessment as comprehensively as possible prior to activity taking place.

This document is how you intend to reasonably protect any participants, workforce, public etc. from the risk of Covid-19. The protocols listed within this document must be reviewed regularly and changed accordingly if measures or guidance changes.

If you need support or advice in completing this risk assessment please contact Swim England officers for support.

# General Covid-19 Risk Assessment for aquatic clubs

Name of Club:	Kendal ASC				
Date risk assessment carried out:	25 <sup>th</sup> August 2020	Person:	Linda Womack	Review date:	15 <sup>th</sup> February 2021

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls considered	Risk rating after controls	Actioned by
Spread of Covid-19 Coronavirus					
Carpark Drop off/ pick up	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Parents</li> <li>• Guardians</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Information to members on social distancing designated car parking.</li> <li>• Recommendation for wearing of facial covering when leaving the car</li> </ul>	Low	Club Committee and Facility Operator
Facility entrance and reception area	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> <li>• Parents</li> </ul>	High	<ul style="list-style-type: none"> <li>• Swimmers must be on time for their session. Swimmers who are late for their session will not be permitted to enter the session</li> <li>• Swimmers should not arrive more than 10 mins before the start of the session. Entry/exit point will close at the start of the session.</li> </ul>	Medium	Club Committee and Facility Operator

			<ul style="list-style-type: none"> <li>• Entry and exit is-via fire exit for poolside.</li> <li>• Face coverings should be worn when entering and exiting building</li> <li>• Social distancing whilst waiting to enter building</li> <li>• One way system when entering and leaving building.</li> <li>• Clear expectations of where swimmers should go when entering the building.</li> <li>• Parents must be on time to drop off and pickup swimmer up at the start/ end of the session.</li> </ul>		
Changing rooms	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• No use of changing rooms</li> <li>• Athletes to arrive in costume ready to swim.</li> <li>• Towel dry at the end of sessions and put on</li> </ul>	Medium	Club Committee and Facility Operator

			<p>warm kit to travel home.</p> <ul style="list-style-type: none"> <li>• Shower at home.</li> <li>• Swimmers who live more than 30 mins travel should change into dry kit poolside/ disabled toilet.</li> </ul>		
Toilets	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteer</li> </ul>	High	<ul style="list-style-type: none"> <li>• Only use of toilet on poolside</li> <li>• Hand hygiene</li> <li>• Sanitise hand before entering pool</li> </ul>	Medium	Coaches Committee
Poolside	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteer</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Swimmers social distancing.</li> <li>• Markers to identify 2m</li> <li>• Face covering should remain in place as long as possible.</li> <li>• Clear explanation of expected standards of behaviour on poolside</li> </ul>	Medium	Coaches Committee
Swimmers entering pool	<ul style="list-style-type: none"> <li>• Swimmers</li> <li>• Coaches</li> </ul>	High	<ul style="list-style-type: none"> <li>• Clear instruction on how and where to enter the pool</li> <li>• Swimmers enter there lane 1 at a time in order where swimmers furthest from coach enter first.</li> </ul>		

Coaches/ volunteers on poolside	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Face coverings in place until all swimmers are in the pool</li> <li>• Hand hygiene</li> </ul>	Low	<ul style="list-style-type: none"> <li>• Coaches</li> <li>• Committee</li> </ul>
Spectators	<ul style="list-style-type: none"> <li>• Parents/ carers</li> </ul>	High	<ul style="list-style-type: none"> <li>• No spectators on poolside except C squad parent.</li> <li>• 1 parent/ career brings swimmer to session</li> <li>• Parents must wear face covering at all times</li> <li>• Social distancing 2m</li> </ul>	Medium	Committee
Pool session	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteer</li> </ul>	High	<ul style="list-style-type: none"> <li>• Double lanes max 10 per double lane</li> <li>• Markers for each swimmer to identify their position in the pool. Start and end position</li> <li>• All swimmers in that lane will start the activity together ( no 5 second gap)</li> <li>• Each swimmer 5m apart</li> <li>• No diving practice.</li> <li>• No activity where swimmers can congregate on the pool side.</li> <li>• Session to technique based for first 4 weeks minimum or until a</li> </ul>	Medium	Coaches

			<p>review of swimmers fitness is assessed suitable to increase speed</p> <ul style="list-style-type: none"> <li>• No speed until assessed as safe to do so</li> <li>• Swimmers should not overtake each other</li> </ul>		
Health screening	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	High	<ul style="list-style-type: none"> <li>• Completion of screening club health checklist before 1st training session.</li> <li>• Reiterate swimmers MUST NOT attend training if unwell. Must not attend training if they have been directed to self isolate.</li> <li>• Must not attend training is anyone in their household has signed or symptoms of Covid -19or has a positive COVID-19 test</li> </ul>	Medium	Lead Coaches/Covid-19 Officer
Someone unwell during a session	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	Low	<ul style="list-style-type: none"> <li>• Contact parent guardian or next of kin and isolate individual in suitable area.</li> <li>• Use appropriate PPE supplied by facility</li> </ul>	Low	Covid-19 Officer Facility officer / Lifeguard (depending on hire agreements)

			<ul style="list-style-type: none"> <li>• Ensure contact details are up to date for parent/ carer</li> </ul>		
Individuals Pool equipment	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Swimmers must use their own kit only this includes hats, goggles, water bottles, floats, fins, pull buoys, snorkels, hand paddles etc</li> <li>• Swimmers must bring sufficient drinking water/ squash for their whole session. Not bottles will be refilled via poolside tap.</li> <li>• Swimmers will not use equipment from under the spectators area.</li> <li>• C squad swimmers will be issued with a small float that they will keep until they have their own or risk of Covid 19 reduces to a minimum</li> <li>• Equipment should be cleaned after each session.</li> </ul>	Medium	Coaches Volunteers Committee
Swimmers personal clothes/ bags/ coats	<ul style="list-style-type: none"> <li>• Athletes</li> </ul>	Medium	<ul style="list-style-type: none"> <li>• Individual personal effects will be left in the swimmers designated space as identified by coach or volunteer.</li> </ul>	Medium	Lead Coaches

			<ul style="list-style-type: none"> <li>Swimmers maintain social distancing</li> <li>Swimmers should, wear face coverings whilst changing</li> </ul>		
Pool behaviour	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	High	<ul style="list-style-type: none"> <li>Clear expectations of behaviours expected of swimmers</li> <li>Swimmer must not spit water</li> <li>Any misbehaviour will be 1 strike and they are out. Parent will be called to collect the swimmer.</li> <li>If a swimmer is asked to leave a session twice there will be a meeting with parent, swimmer and coach.</li> <li>Swimmers are expected to complete all activities in the sets. Swimmers must not stop mid activity to reduce swimmers coming together</li> </ul>	Medium	Club Committee/Covid-19 Officer
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Swimmers who require use of an inhaler	<ul style="list-style-type: none"> <li>Athletes</li> </ul>	High	<ul style="list-style-type: none"> <li>Swimmers who are likely to require access to their inhaler should be placed in their lane close to the ends of</li> </ul>	Medium	Coaches



			<p>the lane or their starting positioned should be next to the wall. They should use ends or side of pool to exit pool if they require their inhaler</p> <ul style="list-style-type: none"> <li>Swimmer should ensure they socially distance and take their inhaler.</li> </ul>		
Individual pool equipment required for the session including bottle	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	Medium	<ul style="list-style-type: none"> <li>Equipment should be places in a pool bag. Swimmers should include small item of weight in bag so it does not float (eg small plastic filled water bottle that isn't for drinking)</li> <li>Bags can be attached to lane rope next to swimmers position with a carabiner</li> </ul>	Medium	Coaches Committee