

# Risk Assessment Form – Harbour Lanesboro (Outdoor)



Venue:		Harbour Lanesboro (Outdoor)	Venue Contact Name & Contact Details:	Waterways Ireland
Address:		Commons North, Lanesboro Co Longford		071-9650787
Group:		Lanesboro Triathlon Club	Location of first-aider:	Coach / Session Leader
Date:		Monday & Thursday each week	Location of Defibrillator	Front wall of Parish Hall, entrance to swim area
Time:		7:00pm-8pm	Location of telephone:	Mobile telephone, Lead Coach & spotter (Reception 4G)
Participants:	Number:	Various	Location of toilets:	No toilet facilities onsite
	Age:	Adults 18 - 75	Location of changing rooms:	No changing rooms onsite
	Ability:	Mixed, Elite / Novice	Location of first-aid kit:	With Lead Coach / Session Leader
Lead Coach Name:		James Gallagher	Stocked and maintained:	Yes
Venue documents read and understood:		<b>Normal Operating Procedures:</b> Yes.	Additional notes:	Risk assessment for adult Members of Lanesboro Triathlon Club (referred to as LTC).
		<b>Health &amp; Safety Policy :</b> Yes		
		<b>Emergency Action Plan (EAP):</b> Yes		
			<ul style="list-style-type: none"> <li>• Ratio for Level 1 Coach with Open water CPD 1-6</li> <li>• All Coaches in Club have up to date First Aid Training</li> <li>• Lead Coach Telephone: 086-0238889</li> </ul>	
Name of person conducting risk assessment:		Signed:		Date:
<b>James Gallagher - Level 1 Coach</b>				23/06/2020

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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
<b>Safety Team</b> <ul style="list-style-type: none"> <li>Competency of water safety team (those manning safety crafts)</li> </ul>	Athletes, water safety team, spotter, Coach	<b>Likelihood:</b> Medium <b>Impact:</b> Medium	No	<ul style="list-style-type: none"> <li>Check for evidence of experience and competence.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive Committee</li> </ul>	<b>Likelihood:</b> Low <b>Impact:</b> Medium	James Gallagher 23/06/2020
<b>Safety Team</b> <ul style="list-style-type: none"> <li>Water safety team access and egress; recovery of athlete in difficulty/drowning and transfer to emergency services</li> </ul>	Athletes, water safety team, spotter, Coach	<b>Likelihood:</b> High <b>Impact:</b> High	No	<ul style="list-style-type: none"> <li>Location has multiple access and egress points, There is a pontoon and permanent harbour giving access and egress points. The swim venue has a low concrete bank also for access and egress.</li> <li>Designated launch point, cleared and safe; swimmers briefed on action to take if they get into difficulty; safety team briefed and casualty management rehearsed.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive</li> </ul>	<b>Likelihood:</b> Low <b>Impact:</b> Low	James Gallagher 23/06/2020
<b>Safety Team</b> <ul style="list-style-type: none"> <li>Access for emergency vehicles</li> </ul>	Athletes, water safety team, Coach	<b>Likelihood:</b> Low <b>Impact:</b> Low	No	<ul style="list-style-type: none"> <li>Emergency vehicles have access to waterside, both to pontoon and to permanent harbour.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> </ul>	<b>Likelihood:</b> Low <b>Impact:</b> Medium	James Gallagher 23/06/2020

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<p><b>Safety Team</b></p> <ul style="list-style-type: none"> <li>Communication difficulty between water safety team, Coach, spotter.</li> </ul>	<p>Athletes, water safety team, spotter Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Communications plan, radio, hand signals, sight lines etc.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Safety Team/Athletes</b></p> <ul style="list-style-type: none"> <li>Collapse /medical emergency</li> <li>Casualty recovery: Impact/trauma/injury/panic</li> </ul>	<p>Athletes, water safety team, Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> High</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Appropriate craft and numbers related to activity as outlined in LTC Safety Guide 2020. Ratio of safety craft: 1 craft to 20 athletes.</li> <li>Additional support from land-based spotters.</li> <li>Swimmers briefed on how to call for assistance. Safety cover briefed and positioned to affect a swift recovery.</li> <li>First Aider at session, usually Coach/Session Leader. Covered in Advance Session Information and in LTC Safety Guide 2020.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>James Gallagher 23/06/2020</p>

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<p><b>Athletes</b></p> <ul style="list-style-type: none"> <li>Risk of swimmers not understanding of what to do in case of an incident</li> </ul>	<p>Athletes, water safety team, spotter, Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Advice and training tips. Safety Team briefing.</li> <li>Covered in Advance Session Information and onsite brief recap. Notification of who to alert and how in case of an incident.</li> <li>Good course layout with brightly coloured buoys.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>Athlete</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Athletes</b></p> <ul style="list-style-type: none"> <li>Missing swimmer</li> </ul>	<p>Athletes.</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> High</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Registration of swimmers, briefing re action to take if withdrawing, head count when entering the water and again when leaving.</li> <li>Use of Buddy system, athlete and Buddy notify if a swimmer or both have exited the water. Buddy also notifies Coach / Session Leader if re-entering water.</li> <li>Athletes to use tow floats - <b>Mandatory</b>.</li> <li>Athletes to use brightly coloured swim hats.</li> <li>Athletes to use wetsuits - <b>Mandatory</b></li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>Athlete</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>James Gallagher 23/06/2020</p>

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<p><b>Athletes</b></p> <ul style="list-style-type: none"> <li>• Visibility of swimmer</li> </ul>	<p>Athletes, water safety team, spotter, Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>• Athletes to use tow floats – <b>Mandatory.</b></li> <li>• Athletes to use brightly coloured swim hats.</li> <li>• Athletes to use wetsuits – <b>Mandatory.</b></li> <li>• Safety cover positioned to have clear sight and communication lines.</li> <li>• Course designed with no blind spots.</li> </ul>	<ul style="list-style-type: none"> <li>• Lead Coach</li> <li>• Session Leader</li> <li>• Athlete</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Athletes</b></p> <ul style="list-style-type: none"> <li>• Athletes new to open water</li> </ul>	<p>Athletes, water safety team, spotter, Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>• Advice and training tips. Safety Team briefing.</li> <li>• Proper acclimatisation assistance provided.</li> <li>• Advised how to call for help in briefing.</li> <li>• Participants should attend 3 pool sessions with the Club prior to attending an Open Water Swim Session, although this will be at the sole discretion of a Club Coach who may feel the person needs further pool sessions or is more than ready to begin Club Open Water Sessions.</li> </ul>	<ul style="list-style-type: none"> <li>• Lead Coach</li> <li>• Session Leader</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>

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<p><b>Weather and Water Quality</b></p> <ul style="list-style-type: none"> <li>Poor water quality</li> </ul>	<p>Athletes, water safety team, spotter, Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Water Quality tested by ESB on a regular basis, with LTC having access to results.</li> <li>Swimmers and Safety Team briefed on simple safety precautions.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive Committee</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Weather and Water Quality</b></p> <ul style="list-style-type: none"> <li>Low/high water temperatures, including wetsuit usage</li> </ul>	<p>Athletes, water safety team, spotter, Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Triathlon Ireland guidelines on water temperatures to be followed.</li> <li>First Aider at session.</li> <li>Cold shock/hypothermia, space blankets available. Athletes advised to bring warm drink.</li> <li>Hyperthermia, athletes advised to bring a drink and to hydrate.</li> <li>Wetsuits are mandatory - LTC Safety Guide 2020.</li> <li>First Aid Kit with Coach / Session Leader.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive Committee</li> <li>Athlete</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>

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<p><b>Weather and Water Quality</b></p> <ul style="list-style-type: none"> <li>Poor weather conditions - sun and glare; electrical storms; wind, swell and waves; mist and fog, weather warning. Conditions changing during the session</li> </ul>	<p>Athletes, water safety team, spotter Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Course design to take into account time of year, time of session, positioning of sun in the sky. Briefing re-use of sun block.</li> <li>Check the weather forecast, visual check, cancel swim if an electrical storm approaches, emergency evacuation plan, swimmer briefing.</li> <li>Cancel swim in the event of swell/waves which can affect the ability to observe swimmers, increase the risk of moving buoys and create difficult conditions for safety craft to access groups of swimmers to recover casualties.</li> <li>Delay start until fog / mist lifts. Reduce swim distance/amend course so that the whole course can be clearly seen.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Weather and Water Quality</b></p> <ul style="list-style-type: none"> <li>Obstructions and debris below, within and on top of water</li> </ul>	<p>Athletes, water safety team, Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Medium</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Conditions underfoot are uneven, advise in briefing.</li> <li>Access/egress is from a swim specific pontoon.</li> <li>Check site for debris on top of water prior to session.</li> <li>First Aider and first aid kit at session.</li> <li>Remove floating debris.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Medium</p>	<p>James Gallagher 23/06/2020</p>

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<p><b>Site</b></p> <ul style="list-style-type: none"> <li>Risk of swimmer overcrowding</li> <li>Conflict with other venue users</li> </ul>	<p>Athletes, water safety team, spotter Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Space out the athletes - ensure sufficient time gaps between athletes to minimise potential for swimmers to meet.</li> <li>Design course to include long straight swims prior to turns to allow swimmers to naturally separate based upon speed/ability.</li> <li>Swimmer briefing to advise weaker swimmers/ inexperienced to start towards the back or swim in designated area/group.</li> <li>Liaise with other groups to avoid use of area at same time.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>
<p><b>Site</b></p> <ul style="list-style-type: none"> <li>Poor design of swim course, athlete swimming off course</li> </ul>	<p>Athletes, water safety team, Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>No</p>	<ul style="list-style-type: none"> <li>Use brightly coloured buoys which sit high enough in the water (1-1.5 metres) to be seen at water level.</li> <li>Give advice on course in briefing, including distances and direction of swim.</li> <li>Safety craft to communicate with swimmer going off course.</li> <li>Boating lanes not to be used in swim course.</li> <li>Swim buoys to be checked for secure placings regularly.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive Committee</li> </ul>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 23/06/2020</p>



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<b>Site</b> <ul style="list-style-type: none"> <li>Athlete access and egress from the water</li> </ul>	Athletes, water safety team, Coach	<b>Likelihood:</b> Low <b>Impact:</b> Low	No	<ul style="list-style-type: none"> <li>Access/Egress is from a swim specific pontoon.</li> <li>No diving or jumping in from pontoon, covered in briefing.</li> <li>Athletes counted in and out of water from this point.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> </ul>	<b>Likelihood:</b> Low <b>Impact:</b> Low	James Gallagher 23/06/2020
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<b>COVID-19</b> <ul style="list-style-type: none"> <li>Risk of spread of COVID-19</li> </ul>	ALL	<b>Likelihood:</b> Medium <b>Impact:</b> High	No	<ul style="list-style-type: none"> <li>Risk Assessment for COVID-19 completed with follow up action to be managed by COVID-19 Team.</li> </ul>	<ul style="list-style-type: none"> <li>Lead Coach</li> <li>Session Leader</li> <li>LTC Executive Committee</li> <li>COVID-19 Team</li> <li>Athlete</li> </ul>	<b>Likelihood:</b> Low <b>Impact:</b> Medium	James Gallagher 23/06/2020
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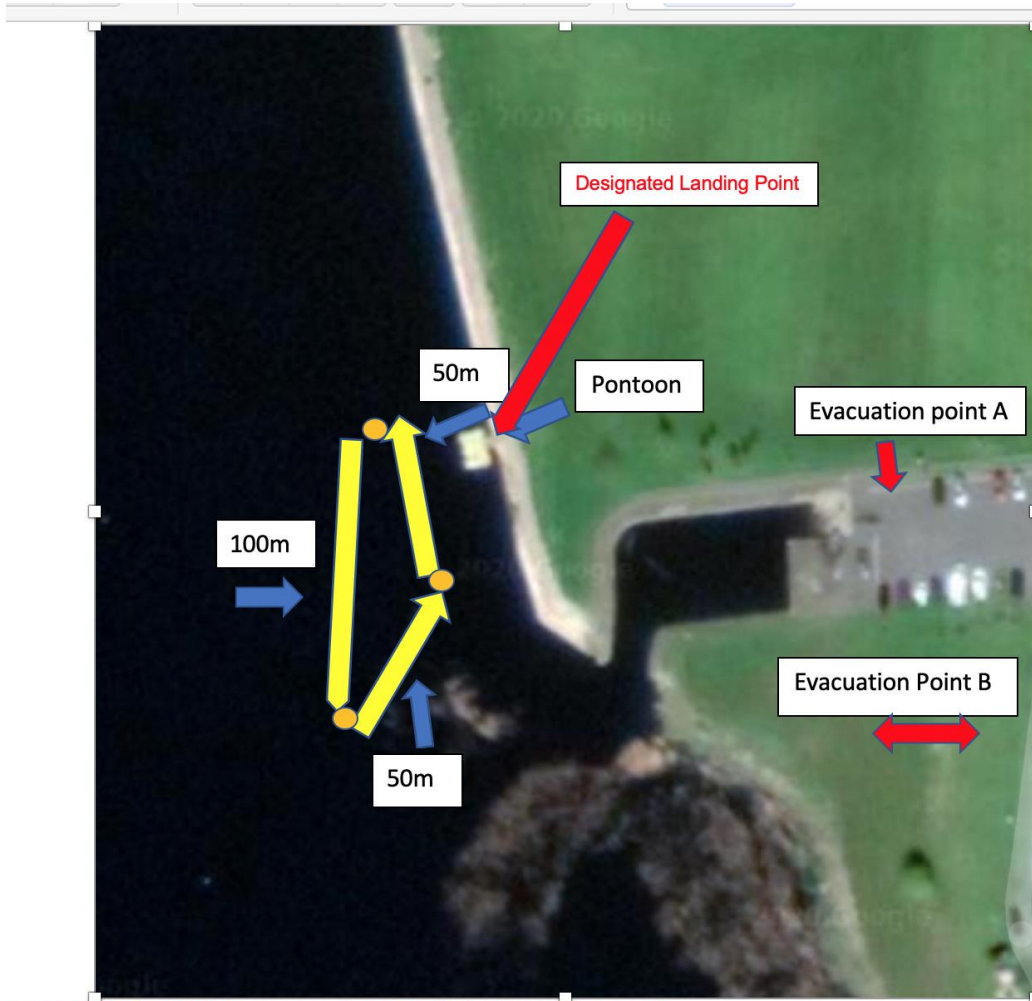


Image of Old Harbour Lanesboro and Pontoon (Outdoor)