

# Risk Assessment Form – Roscommon Leisure Centre, Swimming Pool Session



Venue:		Roscommon Leisure Centre Swimming Pool	Venue Contact Name & Contact Details:	Roscommon Leisure Centre - Duty Manager
Address:		Ardnanagh, Roscommon Town F42 PY52		0906628219
Group:		Lanesboro Triathlon Club	Location of first-aider:	Lifeguard or Duty Manager
Date:		Every Monday / Wednesday	Location of Defibrillator	Front Door, outside wall
Time:		9pm-10pm	Location of telephone:	At Reception
Participants:	Number:	6-24	Location of toilets:	In changing rooms
	Age:	Adults 18 - 75	Location of changing rooms:	Turn left from reception, down corridor
	Ability:	Mixed, top end age group, to entry level triathletes (all able to swim 400m)	Location of first-aid kit:	At Reception, also pool side First Aid Room
Lead Coach Name:		James Gallagher	Stocked and maintained:	Yes
Venue documents read and understood:		<b>Normal Operating Procedures:</b> Yes.	Additional notes:	For early morning sessions, check First Aid Room is unlocked, as not always checked.
		<b>Health &amp; Safety Policy :</b> Yes		
		<b>Emergency Action Plan (EAP):</b> Yes		
			<ul style="list-style-type: none"> <li>• Lanesboro Triathlon Club referred to as LTC.</li> <li>• Minimum 3 level 1 Coaches required for ratio of 1-8.</li> <li>• 25m pool, 5 lanes. Not open to public during LTC session.</li> </ul>	
Name of person conducting risk assessment:			Signed:	Date:
<b>James Gallagher - Level 1 Coach</b>				26/10/19

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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:	Dates Reviewed
<p><b>POOL DESIGN:</b></p> <ul style="list-style-type: none"> <li>• <b>Lighting</b> – Adequate lighting</li> <li>• <b>Glare</b> - Limited Glare</li> <li>• <b>Blind spots</b> - No blind spots from features blocking view</li> <li>• <b>Noise</b> - Can be high background noise from Radio / PA and other swimmers</li> <li>• 25m long making it difficult to see full length and refraction makes difficult to see underwater</li> </ul>	LTC Swimmers	<p><b>Likelihood:</b> Medium</p> <p><b>Impact:</b> Medium</p>	Duty Manager / Lifeguard	<ul style="list-style-type: none"> <li>• Make sure all lights are on so pool area is well lit.</li> <li>• Move around pool whilst coaching if glare on surface.</li> <li>• Remove any equipment or items causing blind spots.</li> <li>• Ask for radio to be turned down / off and make sure swimmers can hear instructions.</li> <li>• Move position whilst coaching.</li> <li>• Lifeguard positioned mid-pool.</li> <li>• Report any defects to Duty Manager.</li> </ul>	Lead Coach  Lifeguard	<p><b>Likelihood:</b> Low</p> <p><b>Impact:</b> Low</p>	James Gallagher  26/10/19
<p><b>DEPTH:</b></p> <ul style="list-style-type: none"> <li>• 2 meter deep end along length of pool so swimmers will be unable to stand without assistance.</li> <li>• Shallow end is 1 meter deep, allowing swimmers to stand unaided.</li> </ul>	LTC Swimmers	<p><b>Likelihood:</b> Medium</p> <p><b>Impact:</b> Medium</p>	Duty Manager / Lifeguard	<ul style="list-style-type: none"> <li>• Make sure signage is in place to identify deep and shallow ends.</li> <li>• Make sure swimmers are aware of change in depth.</li> <li>• No diving in water less than 1.5m deep.</li> <li>• Advise swimmers if pool depth not normal depth.</li> <li>• Every swimmer has a basic competence to swim 400m unassisted front crawl.</li> <li>• Ask swimmers to allow others the opportunity to hold onto the side between sets / reps if required.</li> <li>• Display Pool etiquette on LTC website.</li> </ul>	Lead Coach  Lifeguard	<p><b>Likelihood:</b> Low</p> <p><b>Impact:</b> Low</p>	James Gallagher  26/10/19

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<p><b>WATER QUALITY:</b></p> <ul style="list-style-type: none"> <li>• Extreme Water Temperature causing overheating / hypothermia</li> <li>• Extreme Air temperature causing overheating / hypothermia</li> <li>• Low water quality risking sickness</li> <li>• Low water quality affecting visibility</li> </ul>	<p>LTC Swimmers Coach Spectators Venue Staff</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Medium</p>	<p>Centre Staff for water quality tests and pool temperature / Duty Manager</p>	<ul style="list-style-type: none"> <li>• Make sure water temperature is within acceptable range between 27-32c. The more intense the set the cooler the pool should ideally be. Pool temperature over 30c will mean reducing intensity as appropriate.</li> <li>• Make sure air temperature is between 20-35c.</li> <li>• Make sure Venue staff have tested water quality.</li> <li>• Make sure water quality allows visibility of the pool bottom at all times.</li> </ul>	<p>Venue Staff / Duty Manager Lead Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>
<p><b>POOL ORGANISATION:</b></p> <ul style="list-style-type: none"> <li>• Pools can be shared with public. Possibility of non-members entering club lanes by accident.</li> <li>• Swimmers not following pool and/or lane etiquette.</li> <li>• Swimmers hitting their head doing backstroke if 5 meter flags not in place or moved to wrong position.</li> </ul>	<p>LTC Swimmers Coach, General Public</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Medium</p>	<p>Lead Coach</p>	<ul style="list-style-type: none"> <li>• Make all swimmers aware of pool/lane etiquette via briefing at session and info on pool side and LTC website, including lane rotations.</li> <li>• Make sure 5 meter flags are in place before doing backstroke and positioned correctly.</li> <li>• Be aware of non-members trying to enter club session in error – advise accordingly. Pool reserved completely for LTC Members.</li> </ul>	<p>Lead Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>

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<p><b>HUMAN RESOURCES:</b></p> <ul style="list-style-type: none"> <li>• Lifeguard cover not in place.</li> <li>• Lifeguard cover not within acceptable ratio of 1:25</li> </ul>	<p>LTC Swimmers Coach</p>	<p><b>Likelihood:</b> Medium <b>Impact:</b> High</p>	<p>Lead Coach Duty Manager</p>	<ul style="list-style-type: none"> <li>• Lifeguard in place before swimmers enter the water.</li> <li>• 1 Lifeguard required for every 25 swimmers.</li> <li>• For quality and safety work to Triathlon Ireland Ratio of athletes: Coaches based on qualification (1-8 Level 1 Coach).</li> <li>• If Coach is inexperienced only work with as many swimmers as they feel comfortable.</li> </ul>	<p>Lead Coach Venue Management</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>
<p><b>PARTICIPANTS AND ABILITY:</b></p> <ul style="list-style-type: none"> <li>• Participants unable to complete 200 meter front crawl un-assisted.</li> <li>• Participants unable to comprehend instructions including their command of the language in which session is delivered.</li> <li>• Any physical disabilities or learning difficulties.</li> <li>• Illness, underlying medical conditions or injury to swimmers.</li> </ul>	<p>LTC Swimmers Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> High</p>	<p>May be required to check with carer, parent or guardian.</p>	<ul style="list-style-type: none"> <li>• Check level of competence of new swimmers – should be able to complete 200 meter unassisted front crawl. New swimmers may need more coaching, which will reduce the ratio of athlete to Coach. Place Coach dealing solely with new swimmers.</li> <li>• Check whether swimmers have injury, illness, special requirements, disabilities and the relevant communication skills before allowing them to enter the water by using the sign-in sheet.</li> <li>• Check for underlying medical conditions (e.g. heart conditions) and modify session or exclude from Session as appropriate.</li> <li>• Deal with each individual case as appropriate, always respectful.</li> </ul>	<p>Lead Coach</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>

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<p><b>POOL SIDE EQUIPMENT:</b></p> <ul style="list-style-type: none"> <li>Removable items stored around the pool side including: Lifeguard chair, starting blocks, lane ropes holders, swimmers equipment and drinks, equipment baskets</li> <li>Immovable items around pool side including: hooks sticking out of wall for lifeguard ropes</li> </ul>	<p>LTC Swimmers &amp; Coaches when walking into or around the pool.</p>	<p><b>Likelihood:</b> High <b>Impact:</b> Medium</p>	<p>Lead Coach Lifeguard</p>	<ul style="list-style-type: none"> <li>Point items out to swimmers and Coaches during the safety briefing. Have any unnecessary items removed by centre staff. Ensure its tidy when starting and tidy upon finishing.</li> <li>Make sure no-one runs on pool side / deck.</li> </ul>	<p>Lead Coach Venue Management</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>
<p><b>Pool Side:</b></p> <ul style="list-style-type: none"> <li>Tiled floor slippery when wet</li> <li>Check for broken pool tiles</li> </ul>	<p>LTC Swimmers and Coaches slip when walking into or around pool.</p>	<p><b>Likelihood:</b> High <b>Impact:</b> Medium</p>	<p>Lead Coach Duty Manager</p>	<ul style="list-style-type: none"> <li>Point items out to swimmers and Coaches during the safety briefing. Have any unnecessary items removed by centre staff.</li> <li>Make sure no-one runs on pool side / deck. Wear proper footwear.</li> <li>Advise staff of broken pool tiles and keep participants away.</li> </ul>	<p>Lead Coach Venue management</p>	<p><b>Likelihood:</b> Low <b>Impact:</b> Low</p>	<p>James Gallagher 26/10/19</p>



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Diagram of Roscommon Leisure Centre – Swimming Pool

