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| Venue: | | Harbour Lanesboro (Outdoor) | | Venue Contact Name & Contact Details: | Waterways Ireland  071-9650787 |
| Address: | | Commons North, Lanesboro Co Longford | |
| 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: | | **Normal Operating Procedures**: Yes. | | Additional notes: | Risk assessment for adult Members of Lanesboro Triathlon Club (referred to as LTC). |
| **Health & Safety Policy** : Yes | |
| **Emergency Action Plan (EAP)**: Yes | |
|  | | * Ratio for Level 1 Coach with Open water CPD 1-6 * All Coaches in Club have up to date First Aid Training * Lead Coach Telephone: 086-0238889 | |
| Name of person conducting risk assessment: | | | Signed: | | Date: |
| **James Gallagher - Level 1 Coach** | | |  | | 05/06/2021 |

| **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** |
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| **Safety Team**   * Competency of water safety team (those manning safety crafts) | Athletes, water safety team, spotter, Coach | **Likelihood**: Medium  **Impact**: Medium | No | * Check for evidence of experience and competence. | * Lead Coach * Session Leader * LTC Executive Committee | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Safety Team**   * Water safety team access and egress; recovery of athlete in difficulty/drowning and transfer to emergency services | Athletes, water safety team, spotter, Coach | **Likelihood**: High  **Impact**: High | No | * 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. * Designated launch point, cleared and safe; swimmers briefed on action to take if they get into difficulty; safety team briefed and casualty management rehearsed. | * Lead Coach * Session Leader * LTC Executive | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Safety Team**   * Access for emergency vehicles | Athletes, water safety team, Coach | **Likelihood**: Low  **Impact**: Low | No | * Emergency vehicles have access to waterside,   both to pontoon and to permanent harbour. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Safety Team**   * Communication difficulty between water safety team, Coach, spotter. | Athletes, water safety team, spotter Coach | **Likelihood**: Low  **Impact**: Medium | No | * Communications plan, radio, hand signals, sight lines etc. | * Lead Coach * Session Leader * LTC Executive | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Safety Team/Athletes**   * Collapse   /medical emergency   * Casualty recovery: Impact/trauma/injury/panic | Athletes, water safety team, Coach | **Likelihood**: Medium  **Impact**: High | No | * Appropriate craft and numbers related to activity as outlined in LTC Safety Guide 2020. Ratio of safety craft: 1 craft to 20 athletes. * Additional support from land-based spotters. * Swimmers briefed on how to call for assistance. Safety cover briefed and positioned to affect a swift recovery. * First Aider at session, usually Coach/Session Leader. Covered in Advance Session Information and in LTC Safety Guide 2020. | * Lead Coach * Session Leader * LTC Executive | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Athletes**   * Risk of swimmers not understanding of what to do in case of an incident | Athletes, water safety team, spotter,  Coach | **Likelihood**: Low  **Impact**: Low | No | * Advice and training tips. Safety Team briefing. * Covered in Advance Session Information and onsite brief recap. Notification of who to alert and how in case of an incident. * Good course layout with brightly coloured buoys. | * Lead Coach * Session Leader * Athlete | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Athletes**   * Missing swimmer | Athletes. | **Likelihood**: Low  **Impact**: High | No | * Registration of swimmers, briefing re action to take if withdrawing, head count when entering the water and again when leaving. * 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. * Athletes to use tow floats - Mandatory. * Athletes to use brightly coloured swim hats. * Athletes to use wetsuits - Mandatory | * Lead Coach * Session Leader * Athlete | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Athletes**   * Visibility of swimmer | Athletes, water safety team, spotter, Coach | **Likelihood**: Low  **Impact**: Medium | No | * Athletes to use tow floats – Mandatory. * Athletes to use brightly coloured swim hats. * Athletes to use wetsuits – Mandatory. * Safety cover positioned to have clear sight and communication lines. * Course designed with no blind spots. | * Lead Coach * Session Leader * Athlete | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Athletes**   * Athletes new to open water | Athletes, water safety team, spotter, Coach | **Likelihood**: Medium  **Impact**: Medium | No | * Advice and training tips. Safety Team briefing. * Proper acclimatisation assistance provided. * Advised how to call for help in briefing. * 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. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Weather and Water Quality**   * Poor water quality | Athletes, water safety team, spotter, Coach | **Likelihood**: Medium  **Impact**: Medium | No | * Water Quality tested by ESB on a regular basis, with LTC having access to results. * Swimmers and Safety Team briefed on simple safety precautions. | * Lead Coach * Session Leader * LTC Executive Committee | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Weather and Water Quality**   * Low/high water temperatures, including wetsuit usage | Athletes, water safety team, spotter, Coach | **Likelihood**: Low  **Impact**: Medium | No | * Triathlon Ireland guidelines on water temperatures to be followed. * First Aider at session. * Cold shock/hypothermia, space blankets available. Athletes advised to bring warm drink. * Hyperthermia, athletes advised to bring a drink and to hydrate. * Wetsuits are mandatory - LTC Safety Guide 2020. * First Aid Kit with Coach / Session Leader. | * Lead Coach * Session Leader * LTC Executive Committee * Athlete | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Weather and Water Quality**   * Poor weather conditions - sun and glare; electrical storms; wind, swell and waves; mist and fog, weather warning. Conditions changing during the session | Athletes, water safety team, spotter Coach | **Likelihood**: Low  **Impact**: Medium | No | * Course design to take into account time of year, time of session, positioning of sun in the sky. Briefing re-use of sun block. * Check the weather forecast, visual check, cancel swim if an electrical storm approaches, emergency evacuation plan, swimmer briefing. * 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. * Delay start until fog / mist lifts. Reduce swim distance/amend course so that the whole course can be clearly seen. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Weather and Water Quality**   * Obstructions and debris below, within and on top of water | Athletes, water safety team, Coach | **Likelihood**: Medium  **Impact**: Medium | No | * Conditions underfoot are uneven, advise in briefing. * Access/egress is from a swim specific pontoon. * Check site for debris on top of water prior to session. * First Aider and first aid kit at session. * Remove floating debris. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
| **Site**   * Risk of swimmer overcrowding * Conflict with other venue users | Athletes, water safety team, spotter Coach | **Likelihood**: Low  **Impact**: Low | No | * Space out the athletes - ensure sufficient time gaps between athletes to minimise potential for swimmers to meet. * Design course to include long straight swims prior to turns to allow swimmers to naturally separate based upon speed/ability. * Swimmer briefing to advise weaker swimmers/ inexperienced to start towards the back or swim in designated area/group. * Liaise with other groups to avoid use of area at same time. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Site**   * Poor design of swim course, athlete swimming off course | Athletes, water safety team, Coach | **Likelihood**: Low  **Impact**: Low | No | * Use brightly coloured buoys which sit high enough in the water (1-1.5 metres) to be seen at water level. * Give advice on course in briefing, including distances and direction of swim. * Safety craft to communicate with swimmer going off course. * Boating lanes not to be used in swim course. * Swim buoys to be checked for secure placings regularly. | * Lead Coach * Session Leader * LTC Executive Committee | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |
| **Site**   * Athlete access and egress from the water | Athletes, water safety team, Coach | **Likelihood**: Low  **Impact**: Low | No | * Access/Egress is from a swim specific pontoon. * No diving or jumping in from pontoon, covered in briefing. * Athletes counted in and out of water from this point. | * Lead Coach * Session Leader | **Likelihood**: Low  **Impact**: Low | James Gallagher  05/06/2021 |

| **COVID-19**   * Risk of spread of COVID-19 | ALL | **Likelihood**: Medium  **Impact**: High | No | * Risk Assessment for COVID-19 completed with follow up action to be managed by COVID-19 Team. | * Lead Coach * Session Leader * LTC Executive Committee * COVID-19 Team * Athlete | **Likelihood**: Low  **Impact**: Medium | James Gallagher  05/06/2021 |
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