

Covid-19 Risk Assessment

Introduction

This risk assessment has been produced to cover the additional risks associated with club members returning to the pool in the wake of the Covid-19 epidemic. This risk assessment is additional to the club's existing risk assessments relating to specific activities, and specific venues, which remain in place.

When pools reopen, it will not be a case of 'business as usual'. The club's first priority must be the safety of everyone involved in our sports, be they swimmers, water polo players, parents, leisure centre staff, coaches or volunteers; as well as playing our part in protecting the NHS and the Community from another wave of Covid-19 admissions.

This Risk Assessment is designed:

- to allow our members to continue to swim and enjoy the water safely
- to provide a coherent, understandable and consistent set of procedures for members, coaches, volunteers and parents, consistent with Government Guidelines
- to satisfy both the pool provider and Swim England
- to be practical, fair and affordable

This Risk assessment closely follows Guidance recently released by Swim England, who in turn consulted closely with Public Health England, Sport England, leisure operators, home country partners and a panel of representatives from clubs, swim schools, volunteers and other key stakeholders across the country.

The guidance is based on the latest scientific advice and Government guidelines and there must be continual scrutiny to ensure it remains current and consistent with all relevant updates in advice.

All the risk assessment identified actions will be condensed in a protocol to be distributed to all members, parents, coaches and volunteers by the club committee.

All pool based Covid-19 signage to be provided by Pool Provider.

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Name of Club:	CAWPRA Swimming Club			
Date risk assessment carried out:	03/08/2020	Person:		Review date: Ongoing

What is the Hazard?	Who might be harmed	Risk rating before controls	Controls required	Risk rating after controls	Actioned by
Spread of Covid-19 Coronavirus					
At home	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	Medium	<ul style="list-style-type: none"> • Before first session back complete Swim England provided screening club health checklist and Return to training forms (see Appendix). • Dress in pool ready clothing – trunks under shorts / T shirt. • Confirm all kit clearly named and readily identifiable. • Take temperature • Read latest club provided protocols on venue and activity. • Shower and use toilet before leaving home. 	Low	Athletes Parents Guardians Coaches Volunteers
Travel to pool	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	Medium	<ul style="list-style-type: none"> • Travel adhering to current Government advice including avoiding public transport if possible • Lift sharing not possible • Only one parent per swimmer / family • Recommendation for wearing of facial covering during travel to and from training. 	Low	Athletes Parents Guardians Coaches Volunteers
Car park	<ul style="list-style-type: none"> • Athletes • Parents 	Medium	<ul style="list-style-type: none"> • Information to members on social distancing designated car parking 	Low	Facility Operator

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	<ul style="list-style-type: none"> Guardians Coaches Volunteers 		<ul style="list-style-type: none"> signage and controls at facility. Adhere to pool's signage on parking and approach to entry point 		<p>Athletes Parents Guardians Coaches Volunteers</p>
Facility entrance and reception area	<ul style="list-style-type: none"> Athletes Parents Guardians Coaches Volunteers 	High	<ul style="list-style-type: none"> Social distancing-via separate pool provider designated entry. Access venue via prescribed route and pool provider signage adhering to social distancing guidelines Enter venue and report to club venue manager Pass signed and fully completed Health Screening and Return to training paperwork to club staff. Access pool with pool provider supplied entry card. Parents to leave venue via prescribed exit once swimmer accepted by club. Swimmers under 8 must have a parent remain in the viewing area during session. 	Low	<p>Facility Operator</p> <p>Athletes Parents Guardians Coaches Volunteers</p>
Transit to poolside / viewing areas	<ul style="list-style-type: none"> Athletes Guardians Coaches Volunteers 	High	<ul style="list-style-type: none"> Swimmers access to poolside directly via pool provided signage and guidance and remove outer clothing No use of changing rooms or lockers. Parents of under 8s to progress to viewing area via pool provided signage. Parents remaining must wear appropriate PPE if directed to do so. Parents must observe social 	Low	<p>Facility Operator</p> <p>Athletes Coaches Volunteers</p>

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			distancing in viewing area.		
Changing rooms	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • No use of lockers and changing rooms. • Athletes to arrive in costume ready to swim. • No access to shower facilities allowed 	Low	Athletes Coaches Volunteers
Poolside	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Parents 	High	<ul style="list-style-type: none"> • Social distancing protocols to be followed at all times. • Parents to locate in allocated area and observe social distancing 	Medium	Athletes Coaches Volunteers
Health screening	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Completion of screening Swim England provided club health checklist before every training session. 	Medium	Lead Coaches Covid-19 Officer
Pool	<p>Please note the Pool Water Treatment Advisory Group (PWTAG) on consultation with Public Health England have advised that coronavirus would be inactivated at the levels of chlorine used in swimming pools provided:</p> <ul style="list-style-type: none"> • That frequent, regular, testing of the pool water for pH and disinfectant levels takes place. • That pH and disinfectant levels comply with PWTAG guidance in the Code of Practice. <p>Public Health opinion is therefore that it is generally safe to go swimming at this time.</p>				Facility Operator
Session content & practice for athletes	<ul style="list-style-type: none"> • Coaches • Volunteers 	Medium	<ul style="list-style-type: none"> • Sessions designed in the light of current Swim England advice given age and ability of swimmer • Pool set up and configured to be Swim England compliant. • Appropriate session plan to achieve social distancing protocols. • Adhere to agreed and appropriate lane participant numbers. • Pre and post pool exercise are not permitted. 	Low	Coaches

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During activity	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Adhere to social distancing guidelines poolside at all times. • Adhere to all coaching instructions while poolside • Enter pool at prescribed intervals • When swimming adhere to lane discipline and distancing instructions. • When resting observe social distancing rules. • If using toilet wash / sanitise hands and only use specific toilet as directed and one person at a time • Only use / touch own equipment • Only take equipment as directed. • Only use / touch own drinks bottle • Adhere to all coaching instructions while in pool. 	Medium	Athletes Coaches Volunteers
Someone becomes unwell during session	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Contact parent, guardian or next of kin and isolate individual in first aid room or other suitable pool designated area. Use appropriate PPE supplied by facility. • Report to pool duty manager / staff • Report to club-appointed venue manager. • Report to club Covid-19 Officer. 	Medium	Coach Covid-19 Officer Club-appointed venue manager Facility officer / Duty Manager/Lifeguard
Hygiene measures	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers 	High	<ul style="list-style-type: none"> • Normal Covid-19 Rules communicated to all members in advance. • Pool-provider-identified toilet facilities to be used • If using toilet wash / sanitise hands and only use specific toilet as directed and one person at a time. 	Low	Pool-Provider Athletes Coaches Volunteers

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Equipment	<ul style="list-style-type: none"> • Athletes 	High	<ul style="list-style-type: none"> • Only use / touch own equipment • Only take equipment as directed. • Only use / touch own drinks bottle • Squad swimmers to provide own well-marked kit and sanitise after each use as required – submersion in pool sufficient. • Clubs to provide marked floats for non-squad group. Single use per session – taken away and sanitised before next use. • Clubs to encourage all members to provide own fully marked floats. • Water polo goals – pool staff to continue to put in and take out and sanitise after removal • Water polo balls –to be numbered and taken away from venue and sanitised before next use. 	Medium	Athletes
Exit from pool & venue	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Parents 	High	<ul style="list-style-type: none"> • Pool provider signage or guidance directing route. • Athlete to dry themselves and leave facility immediately wearing costume under shorts / T-shirts. • Include sufficient break between squad exit and entry to enable the maintaining of social distancing rules at all times. • Instruction to parents for collection their children at pool prescribed venue exit point. • Swimmers under 8 to be escorted from poolside by parents via prescribed route • Observe social distancing while exiting pool 	Medium	Facility Operator Athletes Coaches Volunteers Parents

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			<ul style="list-style-type: none"> • Take all own equipment at end of session and sanitise at home. • No post session shower permitted • Swimmers to dry themselves, put on over clothes and leave immediately • Exit poolside via pool provider prescribed route and signage • Exit viewing areas via pool provided route and signage • Exit venue by pool provider prescribed route and signage 		
Coach advice / guidance	<ul style="list-style-type: none"> • Coaches 	High	<ul style="list-style-type: none"> • Before first session, complete and return Swim England provided "Pre-training Covid-19 Health Screen" and "Return to Training" forms • Adhere to all guidance regarding travel, entry to and exit from venue. • Observe social distancing at all times • Design session to suit current situation and following current Swim England guidance • Less equipment to be used if possible. • Current Swim England advice and guidance to be followed. • Arrive and leave in training clothing without use of changing rooms / lockers. 	Low	Coaches
Volunteer guidance	<ul style="list-style-type: none"> • Volunteers • Session Managers 	High	<ul style="list-style-type: none"> • Before first session, complete and return Swim England provided "Pre-training Covid-19 Health Screen" and "Return to Training" forms 	Low	Volunteers Session Managers Covid-19 Officer

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			<ul style="list-style-type: none"> • Adhere to all guidance regarding travel, entry to and exit from venue. • Observe social distancing at all times • Maintain necessary stock of club provided sanitiser and other equipment • Liaise with Covid-19 Officer if any issues present or if any protocol deficiency noted. • Retain all Swim England Health check forms. 		
Covid-19 officer	<ul style="list-style-type: none"> • Athletes • Coaches • Volunteers • Parents • Pool staff • Covid-19 Officer 	High	<ul style="list-style-type: none"> • Remain current on all Swim England and Pool Provider guidance • Update Risk Assessments and Protocols as required • Communicate any changes with pool provider and all others • Communicate any issues with pool provider 	Medium	Covid-19 officer

Pre-training Covid-19 health screen

Question	Yes / No	More information	
<p>Have you had confirmed Covid-19 infection or any symptoms (listed below) in keeping with Covid-19 in the last five months?</p> <ul style="list-style-type: none"> • Fever • New, persistent, dry cough • Shortness of breath • Loss of taste or smell • Diarrhoea or vomiting • Muscle aches not related to sport/training 	Yes / No	If 'Yes', please provide details:	Will need a medical consultation to confirm they are able to exercise.
<p>Have you had a known exposure to anyone with confirmed or suspected Covid-19 in the last two weeks? (e.g. close contact, household member)</p>	Yes / No	If 'Yes', please provide details:	Not allowed to train until they have self-isolated for 10 days.
<p>Do you have any underlying medical conditions? (Examples include: chronic respiratory conditions including asthma; chronic heart, kidney, liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect your immune system such as steroid tablets)</p>	Yes / No	If 'Yes', please provide details:	Will need a medical consultation to confirm they are able to exercise and they are aware of the risk.
<p>Do you live with or will you knowingly come in to close contact someone who is currently 'shielding' or otherwise medically vulnerable if you return to the training environment?</p>	Yes / No	If 'Yes', please provide details:	They should not be allowed to train due to the risk posed to the shielding person.

Do you fully understand the information presented in the Covid-19 Return To Training briefing and accept the risks associated with returning to the training environment in relation to the Covid-19 pandemic?	Yes / No		If no the information should be explained again and if they still are not aware then they should be advised not to train.
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Able to train: Yes | No

Medical advice required: Yes | No

Medical advice received (attach copy): Yes | No

Signed:		Date:	
If under 18 parent's signature is required:		Date:	
Signed by Covid-19 Officer:		Date:	

Return to training

Covid-19 and Risk Awareness Declaration

I am returning to training having completed and signed the Health Survey as requested by CAWPRA swimming Club.

By signing this declaration, I confirm I am free from any symptoms related to the Covid-19 virus, I understand the main symptoms include:

- a high temperature – this means you feel hot to touch on your chest or back
- a new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste.

I am also confirming all in my household remain symptom free, and anyone taking me to or from training and attending my training session with me is also symptom free from the virus.

By signing this declaration, I confirm that for any future training sessions I will only attend in the full knowledge that I am free from any Covid-19 symptoms. In addition, but conversely confirm by signing this declaration that if I do display any symptoms I will not attend training for a period of at least 14 days and follow government guidance to self-isolate.

I return to training knowing that my participation cannot be without risk, I am therefore aware of these risks associated with the Covid-19 virus, but still wish to participate in club training.

I understand the processes and protocols CAWPRA swimming Club have put in place in order to reduce risks and I will adhere to these in order to protect my health and the health of other members, staff and other users of the facility.

Signature		Date	
Parent/guardian signature (for members under 18)		Date	

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PROCEDURES

Do not go to a training venue if you currently have any illness symptoms or have been in contact with a known Covid-19 case in the last 14 day

