

It is essential that where risks are not adequately controlled, i.e. further action is identified, a Risk Reduction Action Plan is completed.

Section: POOL TRAINING Subject / Activity: TRAINING SESSION – COVID-19 RETURN TO THE POOL

Ref No.	Hazard
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(What could cause harm – this may be physical, chemical, biological, psychological etc.) **Risk of**

(What could happen / nature of injury – how might someone be harmed?) **Risk to**

(Who might be harmed – directly or indirectly)	Existing Control Measures
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(List all relevant controls making reference to all key controls, e.g. elimination of hazard, reduction, isolation, training, PPE)	Likelihood	Severity	Risk
Ranking			Further Action

Y / N

This Risk Assessment has been produced and published specifically in relation to the risks presented by Covid-19, and the associated control measures that have been introduced.

It complements, but does not replace, the existing risk assessments for swimming training, which remain in place and describe the control measures for non-Covid related risks.

In the event of any conflict between the control measures described in the different risk assessments, then this risk assessment shall take precedence, and the requirements of any other risk assessment shall be considered to be amended accordingly.

The Covid-19 Lead for Leyland Barracudas is Jon Ward, who holds the position of Club Chair and is the approving signatory of this risk assessment.

'RTTP' refers to the 'Return to Pool Protocols' (latest issue) as defined by Leyland Barracudas ASC

This Revision (15th May 2021) – significant changes include: (changes marked in Red in body of document)

- Increase of permitted numbers: Leyland small pool 10 (from 8). Tarleton Academy 28 (from 24)
- Removal of club restriction on changing room use for Masters (NB: Venue rules/restrictions will apply)
- Permission for spectators in accordance with venue procedures and compliance with social distancing and social gathering limits

Previous Revision (5th April 2021) – significant changes include: Removal of SERCO personnel from list of assessors; Inclusion of Penwortham and Bamber Bridge leisure centres

Previous Revision (2nd November 2020) – significant changes include:

- *Requirement for face coverings inside venues when entering and leaving poolside; Introduction of pre-attendance sign-up for certain sessions; Permission for diving.*

Previous revision (3rd September 2020) – significant changes:

- **Inclusion of Tarleton & Leyland, in readiness for re-start of training at Tarleton on 7/9/20. Increase to 8 swimmers/lane permitted at Leyland. 6 swimmers/lane introduced for Tarleton**

Documentation considered when carrying out this risk assessment: Swim England Return to Pool Guidance and associated documentation.	Comments:
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Assessment carried out by: Rachel Linley, Gill Rankin, Judith Dutton, Jon Ward Date: This revision 15/05/21 Approved

By: Jon Ward Date: This revision 15/05/21 Next

Review

Date: 15/06/21

LEYLAND BARRACUDAS RISK ASSESSMENT

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Site Name: LEYLAND, PENWORTHAM & BAMBER BRIDGE LCs, and TARLETON ACADEMY **Area /**

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Ranking **Further Action**

Y / N

7a	COVID-19 Transmission – General	Covid-19	Swimmers, coaches, members, parents, facility staff	- No swimmer is allowed to attend the pool or train if they or a member of their household are displaying symptoms of Covid-19, or have received a positive test result, and are still within the required self-isolation period as defined by UK Government, or are subject to a period of quarantine following travel to proscribed countries as defined by UK Government. - No parent, guardian or other responsible adult should transport or accompany a swimmer to training if they are displaying symptoms of Covid-19, or have received a positive test result, and are required to self-isolate. - Prior to returning to training, all swimmers are required to complete a Health Survey to confirm that they abide by the above. - If a swimmer displays symptoms of Covid-19 during a training session, or otherwise becomes unwell, they will immediately be requested to leave the pool (and their parent/guardian notified if under 18), and should follow the prescribed UK Government rules on isolation. An updated Health Survey will be required before they are subsequently permitted to return to training. - Other swimmers to be notified by the Club if a swimmer in their group/lane displays symptoms of Covid-19 during a training session, or otherwise becomes unwell, in order that they can follow the Government's current guidelines. - Registers will be taken of swimmers and coaches in attendance at every individual session, and shall be retained for a minimum	This risk assessment is specifically focused on the risk of catching or spreading the virus that leads to COVID-19. The potential severity of the hazard can range from nil (asymptomatic) to fatal in any individual. The control measures are designed to reach at least the standards and guidance intended to control transmission, as issued by UK Government, Public Health England, and Swim England, using the latest scientific advice. Therefore the post-mitigation risk ranking is deemed to be acceptable on this basis, and there is little benefit in attempting to quantify more precisely the likelihood and severity of each sub-risk associated
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 Ranking Further Action

Y / N

7b	Pre pool training	Injury	Swimmers	- Pre pool training on poolside is not recommended. - The Club may choose to provide pre pool training that swimmers can undertake at home and before they attend their training session. - Any pre pool training used by the Club will be designed by a suitably qualified coach and will be in adherence to the Club's separate Risk Assessments and Guidance published on dry side training. - Remote pre pool training to be supervised by parents/ carers if the swimmer is under 18 to reduce risk of injury and should adhere to any Guidance on dry side training previously issued by the Club.	L	L	L	N
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Y / N

7c	Car Park	COVID-19	• Swimmers • Parents/ Carers • Coaches • Volunteers	• Members can use any parking space available at any of the facilities when attending training – Return to Pool Protocols (RTPP) to be provided to members before return to pool to remind them to socially distance when they exit their vehicles. • Parents/carers of swimmers under the age of 18 to be required to remain within the vicinity of the pool (i.e. able to return to the pool in a short time period, typically no greater than 5-10 minutes) during the training session should an issue develop with their swimmer, and will be required to be immediately contactable.	As per 7a
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Y / N

7d	Facility entrance and reception area	COVID-19	- Swimmers - Parents/ Carers - Coaches - Volunteers	- RTPP to be provided to parents/swimmers prior to return to training regarding entering the training venue. - Social distancing to be maintained in and around the entrance to the venue. - Swimmers are required to remain in their cars (or if not travelling by car then not in the immediate vicinity of the venue entrance) until the start time of their scheduled session - All Members, including coaches, volunteers, swimmers and parents/carers required to wear appropriate PPE (i.e. facemasks) inside the leisure centre. Facemasks can be removed by swimmers once they are ready to enter the pool. 'One-way system' established by venue operators, to control entry and exit from venue. - Hand gels available upon entry to venue, to be used by all swimmers, coaches, and parents upon entry. - Spectators are permitted, subject to compliance with venue procedures, social distancing regulations and social gathering limits. Parents of any swimmers requiring special assistance shall take priority. Leyland Barracudas will re-introduce spectators starting with Leyland small pool only - COVID-19 Liaison known as 'Meet & Greet' Officer to be	As per 7a
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Y / N

7e	Changing rooms	COVID-19	- Swimmers - Coaches - Volunteers	- RTPP to be provided to swimmers/parents regarding access to the poolside, which will be via the designated 'one way system'. - Masters (over 18) swimmers will be permitted to use changing rooms/showers, in accordance with venue procedures. - All other swimmers will not be able to use lockers or changing rooms, unless there are specific mitigating factors, as agreed by the club (e.g. swimmers requiring additional support, or unreasonable to travel home in wet swimwear e.g. use of public transport) - Swimmers to arrive in costume, ready to swim – small bag, goggles, swim cap, water bottle, flip flops, onesie/ dressing gown to go home in. - Coaches will monitor swimmers' access to poolside.	As per 7a
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Y / N

7f	Someone becomes unwell during session	COVID-19	▪ Swimmers ▪ Coaches ▪ Volunteers	▪ Swimmer (or coach) to be directed to appropriate segregated area, at maximum practical distance from other swimmers/coaches. ▪ Chief Coach or session Lead Coach to contact parent/ carer and request immediate attendance. ▪ Any necessary first aid will be undertaken by leisure centre staff (as per usual procedures) and the leisure centre/school duty manager will be informed if any Covid-19 related symptoms are suspected.	As per 7a
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Y / N

7g	Poolside	COVID-19	■ Swimmers ■ Coaches ■ Volunteers	■ RTPP to be provided to swimmers and coaches in advance of returning to training about social distancing on the poolside, which will be reinforced during each training session. ■ At most sessions there will be a designated COVID-19 Liaison and/or COVID-19 'meet and greet' responsible person to monitor adherence to RTPP during training sessions and provide a COVID-19 Lead as necessary,, including any major breaches and follow-up actions. ■ COVID-19 Lead to intermittently attend training sessions to maintain oversight. ■ COVID-19 Lead to maintain a good level of contact with COVID-19 Liaisons ensuring prompt dissemination of information and updates. ■ Coaches are required to wear appropriate PPE (i.e. facemasks) for entry to the leisure centre but can remove PPE once on poolside if social distancing protocols are adhered to.	As per 7a
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Y / N

7h	During activity	COVID-19	Swimmers	- RTPP to be provided to swimmers, parents, and coaches in advance of return to pool to advise of protocols during training activities to ensure social distancing measures are adhered to. - Coaches to monitor and positively reinforce RTPP throughout each training session. 25m Leyland has 5 lanes and will have a maximum of 40 swimmers total. 20m Tarleton pool has 4 lanes, and will have a maximum of 28 swimmers total - Penwortham has 2 lanes available for club training, and will have a maximum of 16 swimmers in total - Bamber Bridge has 2 lanes available for club training, and will have a maximum of 16 swimmers in total - Starting position will be allowed from adjacent lanes, as long as control measures are in place to maintain required social distancing. These are document within the RTPP dated April 2021 - Leyland Small pool - maximum of 10 swimmers. - Some sessions at Leyland and Tarleton will require swimmers to sign up to on Swim Manager before the attendance to avoid the session being oversubscribed. - Completion of Club's Health Survey and acceptance of risks required before coaches/swimmers allowed to return to training. - RTPP will outline that if a coach or swimmer's situation changes after they have completed the health survey, they will need to complete an updated survey and re-accept the risks to	As per 7a
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Y / N

7i	Swimmer mental & physical health & wellbeing	Physical injury, increased anxiety	Swimmers	- RTPP protocols delivered to swimmers/parents before return to the pool - build in time to address any concerns swimmers/parents may have about returning to the pool environment. - COVID-19 Liaisons on poolside and reception area to provide guidance and reassurance to swimmers/parents, particularly in first few weeks back at the pool. - Gradual build up on intensity of training programme following the return to the pool. - Avoidance of training sets that maintain high heart rates in first few weeks back in the pool. - Initial focus on low heart rate training sets. - Minimise time swimmers spend in wet costumes after their training session has completed - coaches to ensure groups/lanes are escorted from the premises ASAP whilst adhering to all RTPP. - Ensure swimmers with additional needs continue to receive extra support where required. - Maintain swimmers in same groups/lanes with same coach as far as is practicably possible. NB: This risk is most relevant during the initial few weeks after re-start of training on 27th July 2020, and again during April 2021 (under 18s) and May 2021 (over 18s) when	L/M	L/M	L/M	N
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Y / N

7j	Hygiene measures	COVID-19	■ Swimmers ■ Coaches ■ Volunteers	■ RTPP communicated to all members in advance of returning to the pool regarding hygiene measures, including requirement to shower at home before and after attending training. ■ Hand gels available in the entry/exit areas of the venue, to be used by all swimmers, coaches and parents upon entry and exit to the building. ■ Swimmers to be encouraged to use the toilet at home before and after swimming – toilet at venues should only to be used in cases of emergency and only one male swimmer and one female swimmer to be permitted to use the toilet at any one time.	As per 7a
7k	Equipment	COVID-19	■ Swimmers	■ RTPP to be communicated in advance of swimmers returning to training regarding the use of equipment during training sessions. ■ Communication to include advice on the sharing of equipment, which is prohibited, and recommended cleaning protocols after each training session. ■ Chief Coach or session Lead Coach will advise swimmers each week what, if any, equipment will be required for each training session.	As per 7a

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71	Spectators	COVID-19		▪ RTPP to be delivered to parents/carers before swimmers return to training regarding spectators. ▪ At Leyland, the pool operator has marked out 10 square boxes in the downstairs spectator area and 5 separate areas in the upstairs viewing gallery that adhere to the Government's social distancing protocols. ▪ At Tarleton, the pool operator has designated spectator areas on poolside. ▪ Unless there are mitigating circumstances (e.g. swimmers requiring additional support) Leyland Barracudas does not encourage spectators inside the venue, especially during changeover between sessions. From 17th May 2021, the exception is in relation to the small pool at Leyland, where spectating is being re-introduced, subject to compliance with social distancing requirements and social gathering limits. ▪ Parents/carers of swimmers under the age of 18 to be actively encouraged to wait for their swimmer outside of the venue, but within close proximity in case of emergency. ▪ Parents/carers of small pool swimmers (Leyland) or swimmers with additional needs will be given priority for a viewing space within the venue, if this is essential, whilst their swimmer is training. Only one parent/carer	As per 7a
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7m	Exit	COVID-19	■ Swimmers ■ Coaches ■ Volunteers ■ Parents/ ■ Carers	■ RTPP to be provided to parents/swimmers prior to return to training regarding the collection of their children after a training session. ■ Segregation of exiting and incoming swimmers will be in place between sessions, to enable groups to enter and exit and maintain social distancing rules at all times. ■ Swimmers to exit the venue as soon as possible after their session. ■ Appropriate PPE (i.e. facemasks) to be worn whilst exiting the leisure centre. ■ One-way system set up to leave the venue, via the designated route. ■ Hand gels available at venue, to be used by all swimmers, coaches and parents upon exit of leisure centre. ■ Monitoring by 'Meet & Greet' Officer of swimmers exit to discourage any delay or congregation of swimmers or parents within the immediate vicinity of the exit area (NB: This is no longer mandatory for every training session).	As per 7a
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7n	Post pool training	COVID-19	Swimmers	- Post pool training on poolside is not recommended. - The Club may choose to provide post pool training that swimmers can undertake at home and after they have attended their training session. - Any post pool training used by the Club will be designed by a suitably qualified coach and will be in adherence to the Club's separate Risk Assessments and Guidance published on dry side training. - Remote post pool training to be supervised by parents/ carers if the swimmer is under 18 to reduce risk of injury and should adhere to any Guidance on dry side training previously issued by the Club.	As per 7a
7o	Safeguarding and child protection	COVID-19	- Swimmers - Coaches - Volunteers	- The Club's Welfare Office will be involved in the design of this Risk Assessment and the Return to Pool Protocols (RTPP). - Details of Club's Welfare Officer to be made available to swimmers and their parents should they have any concerns regarding any aspect of safeguarding and child protection regarding the Club's return to pool plans, in line with the Club's normal safeguarding procedures.	As per 7a

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