

Swim England COVID 19 Risk Assessment: Thetford Dolphins Swimming Club (Rev 006, 30 October 2020)

This risk assessment is written to allow swimmers to return to swimming pool training sessions at Breckland Leisure Centre as part of Thetford Dolphins Swimming Club (Henceforth referred to in this document as 'the Club'). The assessment covers the risk of COVID 19 only and is not an assessment of any other risks such as slips, trips and falls. These risks have not changed significantly since swimmers attended the pool prior to the pandemic. Some routes used to access the pool and changing areas are different, however, swimmers will not be using any areas they are not familiar with. The additional non COVID risks presented by these changes are considered to be low.

By following the control measures and recommendations contained within this assessment the risks presented to club members by COVID 19 have, in the opinion of the Club Committee, been reduced to a level that is considered to be As Low As Reasonably Practicable (ALARP).

To support this, consideration of the potential risks of COVID 19 starts before arrival at the pool. Parents and swimmers have an essential role to play in supporting this process by ensuring that they arrive prepared and ready to swim. Coaches and poolside helpers will be present to help and advise swimmers however, parents/carers should discuss the contents of the assessment with their swimmer(s) to ensure that they are familiar with what is expected of them, and what will be different, before arriving for their first training session.

While the Club Executive team and Committee have taken all reasonable steps to ensure the safety of swimmers, coaches and poolside helpers during training sessions, this Risk Assessment is not a guarantee of protection from COVID 19. Everyone attending the pool has a duty of care to themselves and others to try and prevent the spread of the virus. They must not attend training if they, or a member of their immediate family, feel unwell or exhibit any of the well-publicised COVID 19 symptoms such as a cough or a loss of taste or smell. Everyone attending the pool must abide by the control measures detailed in this assessment at all times. Failure to do so increases the risk to themselves and others and may result in them being excluded from training or, in extreme circumstances, asked to leave the club.

There is no obligation to return to pool training should parents/carers/swimmers consider that this is not right for them or their family at this time. By allowing their children to return to the pool parents/guardians are acknowledging that the control measures implemented by the Club, documented in this risk assessment, have reduced the risk of COVID 19 infection and spread to a level that is considered to be ALARP. The Club will not be held responsible should there be any future instances of club members with suspected or confirmed cases of COVID 19.

From November 2020 'Level X' competitions will begin. These will be the first competitive events held by the club since the COVID restrictions came into force. During these events control of swimmers as they enter and exit the water is particularly important to avoid members of different pods from mixing with each other.

Covid-19 Risk Assessment

Name of Club: Thetford Dolphins		Name of Risk Assessor: Jonathan Cooper			Date of Risk Assessment: 02 August 2020	
What is the hazard? – COVID 19	Who might be harmed	Control measure	Additional Controls required	Action by who and by when?	Risk level before control measures implemented	Risk level after with all control measures implemented
1. Welfare & Admin	Swimmers, Parents, coaches & poolside helpers	<p><u>1.1 Clothing</u> Swimmers will arrive at the pool ready to swim. This means that they should already be wearing their swim wear. Additional clothing that is easy to remove, such as a track suit or 'Onesie', should be worn over this as appropriate.</p> <p><u>1.2 Equipment</u> All swimmers must bring their own floats, towels, goggles, etc. No additional equipment can be provided by the Club once training has commenced. Swimmers who do not have access to the required equipment should inform the Club as soon as possible and every effort will be made to provide equipment on a loan basis for the duration of COVID 19.</p>	<p>1.2.1 Parents/carers to request equipment from the Club at the earliest opportunity.</p> <p>1.2.2 Provide floats/additional equipment etc. to swimmers on a loan basis as and when requested from available stock.</p>		HIGH	LOW

	<p><u>1.3 Refreshments</u> Swimmers should bring adequate refreshments for the duration of the training session. There will be no facilities available to refill their personal water bottles during training sessions. No water bottles can be provided by the Club.</p> <p><u>1.4 Toilets and showers</u> Toilet facilities will be available at the pool during training sessions. These are provided for the comfort of the swimmers and use should be kept to a minimum as far as possible. Showers will not be available at any point.</p> <p><u>1.5 Session duration</u> Due to the prolonged period since training ceased, session durations will be shorter than they were before lock down. This will help to ease swimmers back into arduous exercise and allow necessary cleaning between sessions. Parents/carers will be informed of exact timings at a future date.</p> <p><i>* While not a requirement of this risk assessment it is suggested that swimmers undertake some form or warm up exercise and stretching at home before attending a training session.</i></p>				
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	<p><u>1.6 Injury illness during a session</u> In the event of an injury or illness the swimmer should immediately stop and inform a Coach or poolside helper. The Coach/poolside helper will make a judgement, based on the severity of the injury or illness, on the appropriate action to take as follows;</p> <ul style="list-style-type: none"> • Seek/administer first aid, if qualified • Contact parents • Call emergency services on (999) <p>A minimum of 3 full sets of PPE (gloves, face mask, visor, apron) should be maintained at poolside to allow first aid/assistance to be given while maintaining protection for the Coach/poolside helper(s) dealing with the issue.</p> <p><u>1.7 Fire Alarm or emergency</u> In the event of a fire alarm, or other issue that requires the evacuation of the pool, lane segregation and pod discipline may be disregarded. The priority in this instance is the safety of swimmers and timely evacuation of the pool. Any fire exit may be utilised and swimmers should exit the pool via the quickest route, leaving all personal belongings behind. The Club should ensure that adequate 'space blankets' are available for the number of</p>	<p>1.6.1 Procure and maintain at least 3 sets of appropriate PPE to allow coaches and/or poolside helpers to help injured or ill swimmers during a training session.</p> <p>1.7.1 Ensure that adequate 'space blankets are available for the number of swimmers in the pool – Space blankets are stored under the sink in the first aid room at the deep and of the pool.</p>			
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	<p>swimmers in the pool in case evacuation is required.</p> <p><u>1.8 Conduct and permission agreement</u> Prior to being permitted back to the pool all swimmers will be required to read, understand and sign a conduct statement agreeing to behave in an appropriate manner so as to minimise the risk of the spread of COVID 19. In addition each parent/carer will be required to sign a form stating that they are satisfied that the Club has taken all reasonable steps to minimise the risk of virus spread and that they will not hold the Club responsible in the event of any issues relating to COVID 19, including symptoms of, or confirmed diagnosis.</p> <p><u>1.9 Pods</u> Each swimmer will be designated to a training group or 'Pod' for the duration of the COVID 19 control measures. They will remain in their pods on arrival, when changing, when swimming and when leaving the pool. This will reduce contact between swimmers and ensure that, should there be a COVID 19 issue, the spread and impact on the club can be minimised. All swimmers will be made aware of which pod they are in, and</p>	<p>1.8.1 Produce and circulate conduct and permission forms prior to training commencing. All forms to be signed and returned prior to swimmers being allowed to attend the pool.</p>			
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		where their changing area is located, at a future time before training resumes.					
2. Arrival at the pool	Swimmers, Parents, coaches & poolside helpers	<p><u>2.1 Drop off</u> Parents should drop children off in the pool car park as close to the entrance as possible while maintaining adequate social distancing. The entrance and exit point for the duration of COVID 19 will be via the Fire exit door at the shallow end of the fun pool, closest to the indoor bowling green.</p> <p><u>2.2 Spectators</u> Due to recent (Sept 2020) national spikes in COVID cases, and subsequent government advice, the decision has been made not to allow spectators to attend training sessions at this time. This decision will be reviewed at regular intervals.</p>				HIGH	LOW
3. Entrance to the pool building	Swimmers, coaches and poolside helpers	<p><u>3.1 Waiting</u> People should form an orderly queue outside the pool building in an area to be demarcated in the car park, maintaining a safe social distance, and enter the building one at a time.</p> <p><u>3.2 Temperature checks</u> Every person entering the pool will have their temperature taken via a non contact thermometer. Any indication of</p>	<p>3.1.1 Area to be demarcated externally in the car park for swimmers/coaches/Pool side helpers to wait in. Separation indicators (suggest 2 meters) should be included.</p> <p>3.2.1 Procure several (suggest 3 minimum) non-contact thermometers to check the</p>			HIGH	LOW

		<p>a high temperature is one of the potential COVID 19 indicators. Should a high temperature be identified the individual may, at the discretion of the person measuring temperature, request additional re-tests. If a high temperature is still indicated the individual will not be permitted to attend the session and will be asked to stay away from training for the time period currently recommended by HM Government.</p> <p><u>3.3 Foot wear removal</u> All outdoor footwear must be removed before stepping off this mat in to the pool area. Footwear should then be carried to the changing area by the swimmers.</p> <p><u>3.4 Hand cleaning</u> Hand sanitiser will be available at the entrance to the pool. Everyone must sanitise their hands before proceeding to their designated changing area.</p> <p><u>3.5 Changing areas</u> The existing changing room area will not be available for swimmers when they arrive at the pool, however, swimmers will be permitted to use the changing rooms when they leave the pool after a training session. This is because any virus is likely to have</p>	<p>temperature of all people entering the pool.</p> <p>3.2.2 Provide training to all people who volunteer to check temperatures to ensure maximum effectiveness and avoid spurious readings</p> <p>3.4.1. Provide hand sanitiser at the entrance to the pool.</p> <p>3.5.1 Signs and barriers to be provided throughout the pool to direct swimmers to their designated changing areas. These signs must be clear, conspicuous and made from materials that will withstand the damp environment. Swimmers</p>			
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		<p>been neutralised by the chlorine in the pool. On arrival the side areas of the pool will be used for the removal of outer layers of clothing. These areas will be signed by lane number (three lanes per side). Swimmers will move to their designated changing area via a pre-determined route, indicated by clear signs. Changing areas will be clearly demarcated and indicated by signs.</p> <p><u>3.6 Getting changed</u> On arrival swimmers will get changed and wait in their pods' changing area, maintaining social distancing as far as possible, until asked by a coach or poolside helper to move to their designated swimming lane holding area. Changing rooms are not currently available for use.</p>	<p>have been briefed and are familiar with these arrangements</p> <p>3.5.2 Signs and barriers to be provided clearly demarcating the boundaries of designated changing areas and which pod is designated to each area.</p>			
4. Entrance to the pool & swimming	Swimmers, coaches and poolside helpers	<p><u>4.1 lane designation</u> Each pod will be designated a lane to swim in. lanes 1, 3 and 5 will be at one end of the pool and lanes 2, 4 and 6 will be at the other.</p> <p><u>4.2 Getting in/out of the water</u> Swimmers will be called forward from their designated changing area to their designated lane by pod, one at a time. Each swimmer should take a drink with them into this area. Individual drinking water bottles must be clearly</p>	<p>4.2.1 Parents/swimmers to clearly mark-up/label individual water bottle so they can be easily identified during drink breaks.</p>		MEDIUM	LOW

		<p>marked with the swimmers name to avoid inadvertent drinking from each other's bottles.</p> <p><u>4.3 Method of entry</u> The method of entry to the water will be advised by the coach/poolside helpers. This will vary dependant on stroke. Starting blocks/platforms may be used.</p> <p><u>4.4 Rest breaks and getting out of the pool</u> Cones will be placed long either side of the pool at 2 metre intervals to give swimmers a visual indication of a safe separating distance when waiting to exit the water or stopping to receive instruction from the coach or poolside helpers.</p>				
5. Leaving the pool	Swimmers, Coaches and poolside helpers	<p><u>5.1 Exiting the water</u> Swimmers will wait a suitable distance apart in the water (indicated by the cones as detailed in 4.4) and exit the pool one swimmer per lane at a time (all lanes may exit at the same time). Swimmers will then move to their changing area one pod at a time.</p> <p><u>5.2 Changing</u> Once back in their designated changing area swimmers should dry off and put their outer layers of clothing on. Swimmers will be</p>			MEDIUM	LOW

	<p>permitted to use the changing rooms when they leave the pool after a training session. This is because any virus is likely to have been neutralised by the chlorine in the pool.</p> <p><u>5.3 Exiting the pool building</u> Once this is done they should leave the pool building when ready, maintaining social distancing at all times, by the designated entrance/exit door. Swimmers should change as swiftly as possible to allow adequate cleaning to take place between sessions. Hand sanitiser will be available and should be used by everyone as they exit.</p> <p><u>5.4 Cleaning</u> A deep clean of all changing and holding areas will be undertaken between training sessions.</p>	<p>5.4.1 Club to determine how areas will be cleaned and by who before training commences.</p>			
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