



**DOVE VALLEY  
SWIMMING CLUB**



## Covid-19 Risk Assessment For Denstone

Each risk is scored on Severity and Likelihood to get a rating using the following table.

Severity	Likelihood
1 - Inconvenience	1- Very Unlikely
2 - Minor Injury	2 – Likely
3 – Major Injury	3 – Very Likely
4 - Death	4 - Certain

The Rating is the Severity X Likelihood

Rating	Risk Level
0-2	Low (L)
3-6	Medium (M)
6 +	High (H)



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*The Covid-19 Lead isn't personally responsible for anyone within the club contracting the virus or responsible for their behaviour. The role is a control measure put in place to support the club in mitigating risks. But like our guidance states, until Covid-19 has a vaccination or has been completely eradicated we cannot return to training without a level of risk. – **Swim England***

Name of Club:		Dove Valley ASC								
Date risk assessment carried out:		17/08/2020	Person:	Rebecca Blood and Rachel Jones		Review date:	14/09/2020 <b>Reviewed 22/09/2020</b>			
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Carpark and arriving	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>• Athletes</li><li>• Parents</li><li>• Guardians</li><li>• Coaches</li><li>• Volunteers</li></ul>	4	3	High	Parents are asked to maintain social distancing in the car park and not to congregate.  Participants must arrive no more than 10 minutes before the start of the session time, to ensure social distancing can be maintained. If participants arrive after the session start time, they will not be permitted to swim.	4	1	Medium (4 x 1 =4)	Club Committee and Facility Operator
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## Covid-19 Risk Assessment For Denstone

<p>Facility entrance and reception area</p>	<p>Spread of Covid-19 Coronavirus leading to infection and possibly death</p>	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> <li>• Parents</li> </ul>	<p style="text-align: center;">4</p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">High (4 X 2 = 8)</p>	<p>Social distancing-via separate entry to exit.</p> <p>On arrival at Denstone swimmers to line up outside socially distanced (in swim bubble) by the entrance to the pool. Swimmers must book in with a member of staff on the door.</p> <p>Swimmers must hand sanitise when entering.</p> <p>One way system to be adhered to at all time. Covid liaison and covid 19 lead will be on site to ensure this is followed.</p> <p>A video link will be sent to all participants</p>	<p style="text-align: center;">4</p>	<p style="text-align: center;">1</p>	<p style="text-align: center;">Medium (4 x 1 =4)</p>	<p style="text-align: center;">Club Committee and Facility Operator</p>
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## Covid-19 Risk Assessment For Denstone

Changing rooms	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>• Athletes</li><li>• Coaches</li><li>• Volunteers</li></ul>	4	2	High (4 X 2 = 8)	No use of lockers and changing rooms.  Swimmers are asked to shower at home and remove all make-up and deodorant prior to arriving at training.  Participants should change into their kit at home, arrive at the pool in a tracksuit or other suitable clothing, towel off after training and return home to shower, thus minimising the transmission risk.	4	1	Medium (4 x 1 =4)	Club Committee and Facility Operator
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## Covid-19 Risk Assessment For Denstone

Spectators	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>				<p>Parents are asked not to spectate unless they have a child under 8. Masks MUST be worn by parents who spectate. Parents must provide a contact number they can be contacted on in an emergency and must remain close to the centre. For parents who are spectating they must be socially distanced in the spectators area.</p>				Club committee and operator
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Health screening	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>• Athletes</li><li>• Coaches</li><li>• Volunteers</li></ul>	4	2	High (4 X 2 = 8)	Club members and the clubs workforce (including volunteers) should sign the declaration form, stating that they are symptom free, will only attend training if they remain symptom free and are returning to training fully aware of the risks associated with the Covid-19 virus. NB: it's of critical importance at all times that a record is kept of all those in attendance at sessions.	4	1	Medium (4 x 1 =4)	Lead Coaches/ Covid-19 Officer Records to be kept to ensure all contact at sessions can be traced
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## Covid-19 Risk Assessment For Denstone

Someone becomes unwell during session	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	Isolate individual remove from pool building if possible if not provide PPE including a mask and sit more than 2M away until the individual who is unwell can leave if the individual is not an adult they must await a parent or guardian. Do not isolate a child in a small room with a chaperone	4	1	Medium (4 x 1 =4)	Covid-19 Officer Facility officer / Lifeguard (depending on hire agreements)
<b>Area/ Activity</b>	<b>What is the Hazard?</b>	<b>Who might be harmed and How</b>	<b>Severity (1-4)</b>	<b>Likelihood (1-4)</b>	<b>Risk rating and score before controls</b>	<b>Controls required</b>	<b>Severity (1-4)</b>	<b>Likelihood (1-4)</b>	<b>Risk rating and Score after controls</b>	<b>Actioned by</b>





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## Covid-19 Risk Assessment For Denstone

During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>Athletes</li></ul>	4	2	High (4 X 2 = 8)	Appropriate training to achieve social distancing protocols during activity  Pre and post pool exercise are not permitted  Swimmers should warm up prior to arrival.  Whilst swimming stick to pre- agreed lane widths to allow swimmers to pass this will be determined by the pool operator	4	1	Medium (4 x 1 =4)	Lead Coaches
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## Covid-19 Risk Assessment For Denstone

Poolside	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	<p>Social distancing protocols to be followed at all times</p> <p>3 Covid lead/Covid liaisons will be present at each session. To ensure the guidance is complied with.</p> <p style="color: red;">All covid team to wear face masks when poolside. Lifeguards to also wear face masks.</p>	4	1	Medium (4 x 1 =4)	Lead Coach and Duty Manger or other suitable member of staff
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>Athletes</li></ul>	4	2	High (4 X 2 = 8)	Determine bather load using swim England guidance for pool loading. For Denstone we will use double lanes with a maximum of 12 swimmers per lane.  Lanes to have multiple starting points so that swimmers at rest can maintain social distancing	4	1	Medium (4 x 1 =4)	Lead Coaches
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## Covid-19 Risk Assessment For Denstone

During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>Athletes</li></ul>	4	2	High (4 X 2 = 8)	Determine changing areas pool side that allow social distancing guidelines to be adhered to.  Swimmers to get changed in spectators area. (see video link for further information)	4	1	Medium (4 x 1 =4)	Lead Coaches
During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>Athletes</li></ul>	4	2	High (4 X 2 = 8)	Athletes to remain within training group/ swim bubble to avoid the possibility of cross group contamination	4	1	Medium (4 x 1 =4)	Lead Coaches



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## Covid-19 Risk Assessment For Denstone

During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Coaches</li> </ul>	4	2	High (4 X 2 = 8)	Coaches to set up safe zones to deliver training whilst maintaining social distancing.	4	1	Medium (4 x 1 =4)	Lead Coaches
Area/ Activity	What is the Hazard?	<ul style="list-style-type: none"> <li>Who might be harmed and How</li> </ul>	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Hygiene measures	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	Where toilet facilities are available. Normal Covid-19 Rules will apply and to be communicated to all members by the pool operators. All members to follow pool operator guidelines. We recommend that toilets are not used. Swimmers are asked to toilet and shower prior to arriving at Denstone.	4	1	Medium (4 x 1 =4)	Pool Operators
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Equipment	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"><li>Athletes</li></ul>	4	2	High (4 X 2 = 8)	<p>All members to use own equipment, which needs to be sanitised at home before and after each session. Equipment must not be shared.</p> <p>All swimmers need own named water bottle and have enough for the session. Water fountains are not recommended at the current time.</p> <p>Swimmers will only be required to bring kick boards initially. Please do not bring bags.</p>	4	1	Medium (4 x 1 =4)	Club Committee
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## Covid-19 Risk Assessment For Denstone

Food and Drink	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> </ul>	4	2	High (4 X 2 = 8)	Sharing of water bottles is prohibited  Food should not be bought into the training session. Vending machines should not be used.	4	1	Medium (4 x 1 =4)	Club Committee
Area/ Activity	What is the Hazard?	<ul style="list-style-type: none"> <li>Who might be harmed and How</li> </ul>	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by





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## Covid-19 Risk Assessment For Denstone

Land Training	Spread of Covid-19 Coronavirus leading to infection and possibly death	Coaches	4	2	High (4 X 2 = 8)	All coaches performing land training must be trained in Land Training.  No more than 15 participants in a group.	4	1	Medium (4 x 1 =4)	Lead Coaches/ Coaches
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Exit	Spread of Covid-19 Coronavirus Exit	<ul style="list-style-type: none"> <li>• Parents</li> <li>• Athletes</li> <li>• Coaches</li> <li>• Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	<p>One-way system in place. Athlete to leave facility wearing wet costume. Include five-minute break between squad entry and exit to enable the maintaining social distancing rules at all times.</p> <p>Instruction to parents for collection of their children Parents must collect their children at the designated time, to reduce the risk of cross contamination, and overloading the capacity of Denstone.</p> <p>Participants aged 14-18 must have written consent from a parent if they wish</p>	4	1	Medium (4 x 1 =4)	Lead Coaches, Facility Operator
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## Covid-19 Risk Assessment For Denstone

Athlete sign up	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	<p>Completion of Swim England declaration before 1<sup>st</sup> training session to highlight importance of new Covid secure measures. Signed by Athlete or appropriate adult.</p> <p>If this is not signed, swimmers will not be allowed to participate.</p>	4	1	Medium (4 x 1 =4)	Lead Coaches/ Covid-19 Officer Records to be kept
Area/ Activity	What is the Hazard?	Who might be harmed and How	Severity (1-4)	Likelihood (1-4)	Risk rating and score before controls	Controls required	Severity (1-4)	Likelihood (1-4)	Risk rating and Score after controls	Actioned by



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## Covid-19 Risk Assessment For Denstone

Athlete with breathing difficulties	Spread of Covid-19 Coronavirus leading to infection and possibly death	<ul style="list-style-type: none"> <li>Athletes</li> <li>Coaches</li> <li>Volunteers</li> </ul>	4	2	High (4 X 2 = 8)	Follow RLSS guidance for aiding distressed individual DO NOT use recue breaths perform CPR until you can hand over to trained lifeguard or trained first aider wearing PPE	4	1	Medium (4 x 1 =4)	Coaches/ Swimming teachers
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Please can you email [d.blood@sky.com](mailto:d.blood@sky.com) to confirm that you have read this risk assessment for Denstone and that you agree to ensure your child follows this.

At this time, training will not be open for trialists or those swimming under lifetime membership.

Should you have any concerns or questions regarding the re-opening or your child returning to swimming, please speak with Rebecca Blood (Club Welfare Officer) or Rachel Jones (Covid 19 Lead)