



## Covid-19 Risk Assessment

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)

*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***



**DOVE VALLEY  
SWIMMING CLUB**



## Covid-19 Risk Assessment

Name of Club:		Dove Valley ASC								
Date risk assessment carried out:		24/07/2020	Person:		Rebecca Blood and Rachel Jones	Review date:		14/08/2020		
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

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

<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>	4	2	<p>High (4 X 2 = 8)</p>	<p>Social distancing-via separate entry to exit.</p> <p>On arrival at ULC swimmers to line up outside socially distanced on the right hand side of the entrance. Swimmers must book in with a member of staff on the door.</p> <p style="color: red;">During colder months, swimmers will be asked to enter the leisure centre on the left and make there way to the changing rooms. (changing room facilities must NOT be used) (see video link for updated details) This will be effective from 07/09/2020 Swimmers must remove outdoor footwear before</p>	4	1	<p>Medium (4 x 1 =4)</p>	<p>Club Committee and Facility Operator</p>
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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.  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

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. Parents must provide a contact number they can be contacted on in an emergency and must remain close to the centre.</p> <p>For parents who are spectating they must be socially distanced in the spectators viewing 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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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

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

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

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>	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

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)	<p>Determine bather load using swim England guidance for pool loading. Current guidance at the time of writing is single lanes with eight swimmers.</p> <p>Lanes to have multiple starting points so that swimmers at rest can maintain social distancing</p>	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)	<p>Determine changing areas pool side that allow social distancing guidelines to be adhered to.</p> <p>Swimmers to get changed in spectators area. (see video link for further information)</p>	4	1	Medium (4 x 1 =4)	Lead Coaches



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During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	• Athletes	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
During activity	Spread of Covid-19 Coronavirus leading to infection and possibly death	• Coaches	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?	• 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

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 for the short time you will be at ULC. Swimmers are asked to toilet and shower prior to arriving at ULC.	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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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

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?	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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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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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>Swimmers to keep left and follow arrows.</p> <p>Hand sanitise when leaving ULC.</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 ULC.</p> <p>Participants aged 14-18 must have</p>	4	1	Medium (4 x 1 =4)	Lead Coaches, Facility Operator
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## Covid-19 Risk Assessment

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
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)	<p>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</p>	4	1	Medium (4 x 1 =4)	Coaches/ Swimming teachers



## Covid-19 Risk Assessment

It is expected that all parents/swimmers read this risk assessment and agree to adhering to the new guidance, so we can ensure that our return to swimming is as smooth and safe as possible.

On the health questionnaire sent out there will be a link to say that you understand and accept these new procedures and will ensure that your child follows these. Please also click to agree that you will only send your child when they are well. If they have pre-existing health conditions you are happy and accept the risks of your child returning to swimming.

Please inform us if you have been on holiday or travelled internationally in the last 14 days. We also ask that you follow current government guidance in relation to this and self isolate if advised to do so.

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)