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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Competitions** | | **Date** | **27/08/2020** |
| **Club or Society** | **Southampton University Swimming Club** | **Assessor** | **Ryan Lamprell** | |
| **President or Students’ Union staff member** | ***President*** | **Signed off** |  | |

**COVID-19 Notice**

**This risk assessment must be read in conjunction with the club or society’s COVID-19 Risk Assessment on their SUSU page. Should any information in this risk assessment conflict with the measures listed in the COVID risk assessment, then the COVID risk assessment takes precedence over this document.**

| ***PART A*** | | | | | | | | | | |
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| **(1) Risk identification** | | | **(2) Risk assessment** | | | | **(3) Risk management** | | | |
| **Hazard** | **Potential Consequences** | **Who might be harmed** | **Inherent** | | | **Control measures** | **Residual** | | | **Further controls** |
| **Likelihood** | **Impact** | **Score** | **Likelihood** | **Impact** | **Score** |
| Transport to competitions | Minor bumps/scrapes, contact with moving traffic, road accident and resulting injuries including concussion, fracture and in extreme circumstances death. | Members/coaches travelling to competitions | 3 | 4 | 12 | **Ensure that all drivers are suitably qualified and members traveling to competitions are vigilant of their surroundings. Drivers are to take breaks when necessary and switch drivers over long distances. Members are advised to wear suitable footwear.** | 1 | 4 | 4 | A list of members is collected before competitions with contact information. Call 999 or 111 if anyone is suspected of injuries. |
| Adverse weather conditions | Heat stroke, hypothermia, shock | Swim team members and coaches | 1 | 3 | 3 | **Ensure all swimmers wear suitable clothing to competitions and take extra precautions in extreme weather conditions. Water is available at all competition venues.** | 1 | 2 | 2 |  |
| Drug Influence | Lack of awareness of their actions and surroundings, leading to injury. | Swim team members, staff | 2 | 4 | 8 | **The club has a zero tolerance of substance use. Any persons suspected of using substances will immediately removed from their position in the club whereby the procedure documented in the club's constitution will be followed** | 1 | 1 | 1 | Where someone has been suspected of being influenced by drugs, intentionally or unknowingly, 999 or 111 will be called for medical advice. |
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| Slips, trips, and falls | Bruising, laceration, fracture of any body part. Potential head injury. | Swim team members. | 3 | 3 | 9 | **Ensure swimmers are sensible and aware of their surroundings. Remove any trip hazards before taking part in activities.** | 1 | 3 | 3 |  |
| Overexertion | Exhaustion, unconscious, drowning | Swim team members | 3 | 4 | 12 | **All competitions are carried out in a swimming pool with qualified lifeguards on duty. Swimmers are advised to rest, drink water and eat small amounts after events/ competitions.** | 1 | 3 | 3 |  |
| Use of starting blocks | Slip on block, bruising/ break of foot/limb. Potential head injury  Hit the bottom of the pool, lane rope from dangerous dive. | Swimmers using the starting blocks. | 3 | 2 | 6 | **Ensure swimmers are competent and know how to use the blocks use the blocks.** | 1 | 2 | 2 |  |
| Lane ropes | Swimmers could collide with the lane ropes. Potential fracture and laceration to fingers. | Swimmers | 1 | 2 | 2 | **Swimmers should be wearing goggles to ensure they can see where the lane ropes are.** | 1 | 1 | 1 |
| General swimming pool environment | Slips, trips, and falls. Drowning. Other consequences outlines by swimming centre’s own risk assessment. | Members of the club. | 2 | 4 | 8 | **Ensure that all training venues have suitably qualified staff, first aid/ rescue equipment, and have completed their own risk assessment.** | 1 | 2 | 2 |  |
| Unknown surroundings | Disorientation and vulnerability to criminal activities | Swim team members/ coaches | 3 | 3 | 9 | **Ensure all members stay together (minimum of a pair) and meet at set times when changing location** | 1 | 3 | 3 | A full list of members is kept with contact and medical information. When departing from locations a register is checked. |
| Social event.  (Also see Social Event risk assessment) | Intoxication, loss of judgement and awareness. Injury to themselves and others. In extreme cases alcohol poisoning. | Swim team members/ coaches | 3 | 2 | 6 | **Ensure all swimmers are aware of their actions and level of intoxication. Look out for each other and inappropriate behaviour will not be tolerated.** | 1 | 2 | 2 | A responsible person will always be contactable and be capable of calling the emergency services if required. |
| Dehydration | Cramp, fainting and in extreme circumstances loss of consciousness | Swimmers | 3 | 2 | 6 | **Ensure all swimmers drink plenty of water.** | 1 | 2 | 2 |  |

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| ***PART B – Action Plan*** | | | | | |
| **Risk Assessment Action Plan** | | | | | |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | **Review date** | **Outcome at review date** |
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| Responsible committee member signature: | | Responsible committee member signature: | |
| Print name: RYAN LAMPRELL | Date: 27/08/2020 | Print name: EVIE GARNER | Date: 27/08/2020 |

**Assessment Guidance**

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| 1. Eliminate | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls | Examples: training, supervision, signage |  |
| 1. Personal protection | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** | | | | |

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| Impact | | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered. |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support. |
| 4 | Major | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work. |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood | |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |