Swimming Lessons (SAD / CWC / RLC / OLC / FSC)

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No social distancing due to Capacity levels & Pool layout. | All | New pool layouts have been designed to enable social/physical distancing of 2 metres:Example: 25m x 13m pool =312.5m2/12.6 (2m circumference) = 25.79 maximum users – see STA Guidance. Lane Swimming guidance from Swim England 8/10 per lane based on double lanes.Maximum capacities for each pool.OLC Main Pool 33 Full pool activities 40 lane SwimOLC Learner Pool 11RLC Main Pool 25 Full pool activities 30 Lane SwimRLC Learner Pool 10 CWC 25 Full pool Activities 30 Lane SwimSPLC 15 Full pool activities 16 Lane Swim FSC 14 Full pool activities 16 Lane SwimClass capacities will reduced to:Aqua-tots & Non Swimmers – 4 main pool /5 Learner pool10 metres - 625 to 100m - 7100m + – 8Adult learners/Improvers - 8The assistant swim teachers and teachers that normally would teach from within the water, will be removed to enable compliance with social distancing measures. This is for safety of the participant and the teacher.The swim lesson will reduce to 25mins to include a safe changeover time between lessons. |   |   | 4 |  | 4 |
| Turnstile access or "open door" does not restrict entry which could lead to overcrowding or none-approved entry.  | All | Pool areas locked when not in use. Entry to classes will be via booking & registers only.New guidelines issued to staff & customers.  There will procedures in-place to enter and exit the pool and building.Only one parent/guardian per child within the centre and spectator area. This will be dependent on numbers of seats in the spectator area to maintain social distancing guidelines, unfortunately some centres may not be able to accommodate all parents/guardians in the spectator area.Signage to encourage good practice. Basic guidance for pool side staff for management.Reiterate operating safely - Help us protect you.  | 2 | 1 | 3 |  | 3 |
| Entry/ Exits & Changing areas | All | New Code of Conduct Introduced.  We are requesting that all participants have your swim wear on before they arrive and they should arrive as close to your lesson start time as possible, to maintain acceptable customer numbers within the centre.The lessons may be staggered or have gaps between to ensure traffic in the changing rooms is not congested. Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. No hand dryers and Hairdryers in operation Frequent cleaning and disinfecting Equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.   | 2 | 1 | 3 |  | 3 |
| Poor hygiene standards | All | Additional cleaning stations put in place.  Clear approach to cleanliness communicated to both staff & customers. Regular intervals between lessons to keep lesson equipment clean for each participant and ensure changing spaces are clean and tidy.Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.  Hand washing facilities with soap and water in place & actively encouraged.* See hand washing guidance.
* <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
 | 2 | 2 | 4 |  | 4 |

Parent & Baby Sessions (SAD / CWC / RLC / OLC / FSC)

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No social distancing due to Capacity levels & Pool layout. | All | Maximum capacities for each pool.OLC Learner Pool 11RLC Learner Pool 10CWC 25SPLC 15FSC 14Only learner pool space used. Class capacities will reduced to:Ratio: 8 parent & Baby/toddler per class. | 2 | 2 | 4 |  | 4 |
| Turnstile access or "open door" does not restrict entry which could lead to overcrowding or none-approved entry.  | All | Pool areas locked when not in use. Entry to classes will be via booking & registers only.New guidelines issued to staff & customers.  There will procedures in-place to enter and exit the pool and building.Only one parent/guardian per child within the centre and spectator area. This will be dependent on numbers of seats in the spectator area to maintain social distancing guidelines, unfortunately some centres may not be able to accommodate all parents/guardians in the spectator area.Signage to encourage good practice. Basic guidance for pool side staff for management.Reiterate operating safely - Help us protect you.  | 2 | 1 | 3 |  | 3 |
| Entry/ Exits & Changing areas | All | New Code of Conduct Introduced.  We are requesting that all participants have their swim wear on before they arrive and they should arrive as close to your lesson start time as possible, to maintain acceptable customer numbers within the centre.The lessons may be staggered or have gaps between to ensure traffic in the changing rooms is not congested.No hand dryers and Hairdryers in operation  Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. Frequent cleaning and disinfecting Equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.   | 2 | 1 | 3 |  | 3 |
| Poor hygiene standards | All | Additional cleaning stations put in place.  Clear approach to cleanliness communicated to both staff & customers. Regular intervals between lessons to keep lesson equipment clean for each participant and ensure changing spaces are clean and tidy.Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.  Hand washing facilities with soap and water in place & actively encouraged.* See hand washing guidance.
* <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
 | 2 | 2 | 4 |  | 4 |

Aquacise/Aqua-jog/Aqua-Zumba/Aqua4Health (SAD / CWC / RLC / OLC / FSC)

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No social distancing due to Capacity levels & Pool layout. | All | New pool layouts have been designed to enable social/physical distancing of 2 metres:Example: 17m x 13m pool =312.5m2/12.6 (2m circumference) = 17.53 maximum users – see STA Guidance.Maximum capacities for each pool.OLC Main Pool 33 Full pool activities 40 lane SwimOLC Learner Pool 11RLC Main Pool 25 Full pool activities 30 Lane SwimRLC Learner Pool 10 CWC 25 Full pool Activities 30 Lane SwimSPLC 15 Full pool activities 16 Lane Swim FSC 14 Full pool activities 16 Lane SwimSole use in the pool area - social distancing - number to be determined by number stood in pool and able to have 2 metre distance circumference between each participant. Reduce capacity 20 participants per class, pre cleanse before swim and the importance of social distancing throughout their class. 'Please Help us protect you'.Lifeguarding provision 1:30 | 2 | 2 | 4 |  | 4 |
| Turnstile access or "open door" does not restrict entry which could lead to overcrowding or none-approved entry.  | All | Pool areas locked when not in use.Entry to classes will be via booking & registers only. There will procedures in-place to enter and exit the pool and building.Signage to encourage good practice. Basic guidance for pool side staff for management.Reiterate operating safely - Help us protect you.  | 2 | 1 | 3 |  | 3 |
| Entry/ Exits & Changing areas | All | New Code of Conduct Introduced.  We are requesting that all participants have their swim wear on before they arrive and they should arrive as close to your class start time as possible, to maintain acceptable customer numbers within the centre.No hand dryers and Hairdryers in operation Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. Frequently cleaning and disinfecting Equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.   | 2 | 1 | 3 |  | 3 |
| Poor hygiene standards | All | Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. Regular intervals between classes to keep class equipment clean for each participant and ensure changing spaces are clean and tidy.Frequently cleaning and disinfecting equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods. Hand washing facilities with soap and water in place & actively encouraged.See hand washing guidance.<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> | 2 | 2 | 4 |  | 4 |

Lane Swimming, Adults Only and Women Only Lane swimming (SAD / CWC / RLC / OLC / FSC)

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No social distancing due to Capacity levels & Pool layout. | All | New pool layouts have been designed to enable social/physical distancing of 2 metres:Example: 25m x 13m pool =312.5m2/12.6 (2m circumference) = 25.79 maximum users – see STA Guidance. Lane Swimming guidance from Swim England 8/10 per lane based on double lanes.Maximum capacities for each pool.OLC Main Pool 33 Full pool activities 40 lane SwimOLC Learner Pool 11RLC Main Pool 25 Full pool activities 30 Lane SwimRLC Learner Pool 10 CWC 25 Full pool Activities 30 Lane SwimSPLC 15 Full pool activities 16 Lane Swim FSC 14 Full pool activities 16 Lane SwimDouble width lanes: Example of pool 25m x 13m with 6 normal sized lanes would reduce to 3 lanes with 8 participants per lane.Lane directional signs in place.Sole use in the pool area - social distancing - number to be determined by number stood in pool and able to have 2 metre distance circumference between each participant. Bookable time slots like classes. Signage to encourage good practice. Basic guidance for pool side staff for management.Lifeguarding provision 1:30 (exception at OLC 2:32 (4 lanes 8 per lane) to enable maximum capacity. Reiterate operating safely - Help us protect you.  | 2 | 2 | 4 |  | 4 |
| Turnstile access or "open door" does not restrict entry which could lead to overcrowding or none-approved entry.  | All | Pool areas locked when not in use.Entry to classes will be via booking only. There will procedures in-place to enter and exit the pool and building. | 2 | 1 | 3 |  | 3 |
| Entry/ Exits & Changing areas | All | New Code of Conduct Introduced.  We are requesting that all participants have their swim wear on before they arrive and they should arrive as close to their start time as possible, to maintain acceptable customer numbers within the centre.No hand dryers and Hairdryers in operation Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. Frequently cleaning and disinfecting Equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.   | 2 | 1 | 3 |  | 3 |
| Poor hygiene standards | All | Additional cleaning stations put in place. Clear approach to cleanliness communicated to both staff & customers. Regular intervals between classes to keep class equipment clean for each participant and ensure changing spaces are clean and tidy.Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods. Hand washing facilities with soap and water in place & actively encouraged.See hand washing guidance.<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> | 2 | 2 | 4 |  | 4 |

ATS & Swimming Clubs (SAD / CWC / RLC / OLC / FSC)

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| No social distancing due to Capacity levels & Pool layout. | All | New pool layouts have been designed to enable social/physical distancing of 2 metres:Example: 25m x 13m pool =312.5m2/12.6 (2m circumference) = 25.79 maximum users – see STA Guidance. Lane Swimming guidance from Swim England 8/10 per lane based on double lanes.Maximum capacities for each pool.OLC Main Pool 33 Full pool activities 40 lane SwimOLC Learner Pool 11RLC Main Pool 25 Full pool activities 30 Lane SwimRLC Learner Pool 10 CWC 25 Full pool Activities 30 Lane SwimSPLC 15 Full pool activities 16 Lane Swim FSC 14 Full pool activities 16 Lane SwimDouble width lanes: Example of pool 25m x 13m with 6 normal sized lanes would reduce to 3 lanes with 8 participants per lane.Coach to control lane direction management.Sole use in the pool area - social distancing - number to be determined by number stood in pool and able to have 2 metre distance circumference between each participant. Signage in the centre to encourage good practice. Basic guidance for Coaches and pool side staff for management.Coach to reiterate operating safely - Help us protect you. Swimming club to provide their own club risk assessment which incorporates the guidelines in this risk assessment prior to re-commencement of their sessions. Swimmers to bring their own kit (Kickboard, pull buoy or fins etc.).Lifeguarding provision 1:30 (club session only). | 2 | 2 | 4 |  | 4 |
| Turnstile access or "open door" does not restrict entry which could lead to overcrowding or none-approved entry.  | All | Pool areas locked when not in use.Entry to session will be via club to maintain correct numbers per lane. There will procedures in-place to enter and exit the pool and building. | 2 | 1 | 3 |  | 3 |
| Entry/ Exits & Changing areas | All | New Code of Conduct Introduced.  ATS/Club to request that all their participants have their swim wear on before they arrive and they should arrive as close to their start time as possible, to maintain acceptable customer numbers within the centre.No hand dryers and Hairdryers in operation Advised to shower at home before and after each session.Additional cleaning stations put in place. Clear approach to cleanliness communicated to Club, staff & customers. Frequently cleaning and disinfecting Equipment and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods.   | 2 | 1 | 3 |  | 3 |
| Poor hygiene standards | All | Additional cleaning stations put in place. Clear approach to cleanliness communicated to Club, staff & customers. ATS/Club to have regular intervals between classes to keep class equipment clean for each participant and ensure changing spaces are clean and tidy. Participants to bring their own equipment were possible.Frequently cleaning and disinfecting objects and surfaces that are touched regularly particularly in areas of high use such as door handles, light switches, reception area using appropriate cleaning products and methods. Hand washing facilities with soap and water in place & actively encouraged.See hand washing guidance.<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> | 2 | 2 | 4 |  | 4 |

Public Swimming, Family Swim, Splash sessions, Pool parties, Aqua-relax, Female plus & Quiet Zone

| **Hazard**What the hazard is/ possible injury | **Risk To**Who may be harmed | **Control Measures**What are you already doing? | **L** | **S** | **R** | **Further Control Measures**(add to H&S Improvement Plan) | **Risk Rating** after Measures |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Social distancing due to Capacity levels & Pool layout is not possible. | All | All of the above session will not be in operation | 1 | 0 | 1 | None required | 1 |

L = Likelihood 1 Remote – would not happen in 5 years. S = Severity 1 Minor Injury

 2 Unlikely – would not happen in 2-3 years. 2 First Aid Treatment

 3 Likely – would expect to happen once a year. 3 Three Day Injury

 4 Very Likely – Could Occur 2-3 times a year. 4 Major Injury

 5 Certainty – Likely to happen at any moment. 5 Fatality