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|---|---|
| <b>Risk Assessment:</b> Club organised Open Water swim (RA covers both coached and non-led sessions)                | <b>Location:</b> Watersports Car Park, Ladyburn Lake, Druridge Bay Country Park |
| <b>Completed by:</b> Andrew Wilde<br><b>Date Completed:</b> April 2021<br><b>Reviewed by:</b> Alnwick Tri Committee |   |

|                                |  |                                       |   |
|--------------------------------|--|---------------------------------------|---|
| Venue:                         | Ladyburn Lake  | Venue Contact Name & Contact Details: | n/a   |
| Address:<br>(Include postcode) | Ladyburn Lake, Druridge Bay Country Park   |                                       |   |
| Group:                         | Members of Alnwick Triathlon Club only   | Location of first-aider:              | An appropriately qualified first aider will be nominated for each session.                            |
| Date:                          | Communicated prior to session  | Location of Defibrillator             | At visitor centre   |
| Time:                          | Communicated prior to session  | Location of telephone:                | First aider, spotter and any coaches coaching the session to have mobile phones with adequate charge. |
| Participants:                  | For coached sessions, participant numbers are limited by the numbers of coaches present:<br><br>Level 3 coaches: maximum of 20 participants (not including the coach)<br><br>Level 2 coaches: maximum of 16 participants (not including the coach)<br><br>Level 1 coaches cannot coach open water swimming | Location of toilets:                  | At Ladyburn visitor centre  |
| Number:                        |  |                                       |   |
|                                |  |                                       |   |

|                                     |   |   |  |   |
|-------------------------------------|---|---|--|---|
|                                     |   | For non-led sessions, total numbers should not exceed 30. |  |   |
|                                     | Age:  | Adults  | Location of changing rooms:  | n/a   |
|                                     | Ability:  | Various.  | Location of first-aid kit:   | With first aider  |
| Lead coach name:                    | Level 2 and 3 coaches only  |   | Stocked and maintained:  | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Venue documents read and understood | Normal operating procedures:<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No |   | Additional notes: Resuscitation device also available at visitor centre  |   |
| (please ✓ appropriate box):         | Health and safety policy:<br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No    |   | General guidance on safe open water swimming can be found at the following link: <a href="https://www.sh2out.org/documents/covid-19/SH2OUT%20-%20COVID-19%20Guidance%20-%20Final%20Swimmer.pdf">https://www.sh2out.org/documents/covid-19/SH2OUT%20-%20COVID-19%20Guidance%20-%20Final%20Swimmer.pdf</a> |   |
|                                     | Emergency action plan (EAP):<br><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |   |  |   |

#### Risk Assessment Form – Part 1: COVID-19 Additional Considerations

Participants and coaches to review latest British Triathlon guidance prior to a session: <https://www.britishtriathlon.org/return-to-play>. Also, restrictions that are applicable to the local area should be reviewed to confirm that cycling in groups, subject to the measures outlined below, is permitted.

| Location & Description of Hazard: | People at Risk: | Level of Risk (High/Medium/Low): | Advice Required: (from whom)                         | Action(s) to Mitigate/ Remove Risk:   | Person responsible for resolution: | Residual Risk: After resolution   | Dates Reviewed |
|-----------------------------------|-----------------|----------------------------------|--|---|------------------------------------|-----------------------------------|----------------|
| Social distancing                 | All             | Likelihood: High<br>Impact: High | X No<br><input type="checkbox"/> Yes<br>If yes, who: | Ensure participants from different households maintain one meter plus separation at all times, ideally 2 m.<br><br>Particular attention should be paid when participants gather | Participants and any coaches       | Likelihood: Low<br>Impact: Medium | 30/03/21       |

| Location & Description of Hazard:                                       | People at Risk: | Level of Risk (High/Medium/Low):   | Advice Required: (from whom)  | Action(s) to Mitigate/ Remove Risk:   | Person responsible for resolution: | Residual Risk: After resolution      | Dates Reviewed |
|---|-----------------|------------------------------------|---|---|------------------------------------|--------------------------------------|----------------|
|   |                 |                                    |   | <p>prior to and following a session and upon entering and exiting the water. Socialising in these situations should not be encouraged.</p> <p>Participants must adhere to the 'Rule of Six' before and after the session. Participant numbers during the session itself are limited by the numbers of coaches present. Total participant numbers should not exceed 30.</p>  |                                    |                                      |                |
| COVID transmission from providing first-aid in the event of an accident | All             | Likelihood: Medium<br>Impact: High | <input type="checkbox"/> No<br><input checked="" type="checkbox"/> Yes<br>If yes, who:<br>Advice taken from<br>hse.gov.uk | <p>Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.</p> <p>If contact is required to provide first aid then the patient and first aider should wear masks and if possible use disposable gloves.</p> <p>After treatment dispose of masks and gloves.</p> <p>If required, only deliver CPR by chest compressions – don't do rescue breaths.</p> | Qualified first-aider              | Likelihood: Medium<br>Impact: Medium | 30/03/21       |

| <b>Location &amp; Description of Hazard:</b>                | <b>People at Risk:</b> | <b>Level of Risk</b><br>(High/Medium/Low): | <b>Advice Required:</b><br>(from whom)               | <b>Action(s) to Mitigate/ Remove Risk:</b>  | <b>Person responsible for resolution:</b> | <b>Residual Risk:</b><br>After resolution | <b>Dates Reviewed</b> |
|---|------------------------|--|--|---|---|---|-----------------------|
| Equipment   | All                    | Likelihood:<br>Medium<br>Impact: High      | X No<br><input type="checkbox"/> Yes<br>If yes, who: | Observe a 'No Touch' policy. No participant should touch another participant or their equipment (including goggles, swim caps, drink bottles and swim aids). If this cannot be avoided, any item should be cleaned / disinfected before exchanging. | Participants and any coaches              | Likelihood: Low<br>Impact: Low            | 30/03/21              |
| Social distancing with members of the public                |                        | Likelihood:<br>Low<br>Impact: High         | X No<br><input type="checkbox"/> Yes<br>If yes, who: | Social distancing rules should be maintained with members of the public as well as other participants in the session. Particular attention should be paid when walking from the car park to the lake.   | Participants and any coaches              | Likelihood: Low<br>Impact: Low            | 30/03/21              |
| Method of travel for coach and participants to the session. |                        | Likelihood:<br>Medium<br>Impact: High      | X No<br><input type="checkbox"/> Yes<br>If yes, who: | Follow government guidance on car sharing and use of public transport. Avoid sharing with any members outside of your household where possible. Aim to walk or cycle in preference to using public transport if it is safe to do so.                | All involved with session                 | Likelihood: Low<br>Impact: Low            | 30/03/21              |

Risk Assessment Form Part 2 - General

| <b>Location &amp; Description of Hazard:</b>                     | <b>People at Risk:</b> | <b>Level of Risk (High/Medium/Low):</b> | <b>Action(s) to Mitigate/ Remove Risk:</b>   | <b>Person responsible for resolution:</b> | <b>Residual Risk: After resolution</b> | <b>Dates Reviewed</b> |
|--|------------------------|---|--|---|--|-----------------------|
| Drowning due to panic attacks, cramp or other medical issue      | Swimmers               | M                                       | <ul style="list-style-type: none"> <li>• All swimmers to 'self-assess' and novice swimmers to confirm that they have strong pool swimming skills (minimum 400m continuous swimming)</li> <li>• Wear a wet suit for buoyancy and attach floats for visibility/security</li> <li>• Always swim with a buddy</li> <li>• Swimmers to wave for assistance if in trouble</li> <li>• All swimmers to keep an eye out for others in distress</li> <li>• If you feel begin to feel anxious in the water change your stroke or float on your back until you can regulate your breathing</li> <li>• Coached sessions to have some level of canoe safety cover</li> <li>• Spotter to be present on lakeside</li> </ul> | Participants and any coaches              | L                                      | 12/10/20              |
| Low water temperature leading to cold water shock or hypothermia | Swimmers               | M                                       | <ul style="list-style-type: none"> <li>• Avoid swimming when water temp is less than 11C</li> <li>• Swimmers to wear wetsuits unless the water temperature allows for non-wetsuit swims (see British Triathlon guidance)</li> <li>• Non-wetsuited swimmers must swim with a designated buddy who must be within 15m whilst in the water.</li> <li>• Swimmers advised to come straight out if feeling tired or cold</li> <li>• Swimmers advised to wear thermal hats under swim hats</li> <li>• Swim with a buddy</li> </ul>  | Participants and any coaches              | L                                      | 12/10/20              |

| <b>Location &amp; Description of Hazard:</b>             | <b>People at Risk:</b> | <b>Level of Risk</b><br>(High/Medium /Low): | <b>Action(s) to Mitigate/ Remove Risk:</b>   | <b>Person responsible for resolution:</b>  | <b>Residual Risk:</b><br>After resolution | <b>Dates Reviewed</b> |
|--|------------------------|---|--|--|---|-----------------------|
|  |                        |   | <ul style="list-style-type: none"> <li>• Enter water slowly to get used to temperature to minimise cold water shock risk</li> </ul>  |  |   |                       |
| Poor water quality                                       | Swimmers               | M   | <ul style="list-style-type: none"> <li>• Water quality is checked prior to the start of the swim season, in the middle of the season and if poor water quality is suspected.</li> <li>• Swimming is advised against after heavy rain when runoff water may have polluted the lake with crop fertilizer or animal faeces.</li> <li>• The water is visually monitored for signs of blue green algae on a regular basis.</li> <li>• See a GP if you feel ill (fever and diarrhoea) within 48 hrs of the swim and inform the club</li> </ul> | Water quality check organised by Alnwick Tri committee member or nominated volunteer | L   | 12/10/20              |
| Sharp objects (e.g. glass) in lake bed near entry / exit | Swimmers               | M   | <ul style="list-style-type: none"> <li>• Enter water slowly (no running)</li> <li>• Warn other swimmers of objects in the lake and remove if safe to do so</li> <li>• Always enter and exit the lake at the same location (at the boat ramp next to the watersports car park)</li> </ul>   | Participants and any coaches   | L   | 12/10/20              |
| Missing Swimmer  | Swimmers               | M   | <ul style="list-style-type: none"> <li>• Register in and out. No swimmer allowed in the water unless registered.</li> <li>• Buddy system within group for continuous monitoring of swimmers</li> <li>• Coloured Swim hats to identify which group each swimmer is in</li> </ul>  | Participants and any coaches   | L   | 12/10/20              |

| <b>Location &amp; Description of Hazard:</b> | <b>People at Risk:</b> | <b>Level of Risk</b><br>(High/Medium /Low): | <b>Action(s) to Mitigate/ Remove Risk:</b>   | <b>Person responsible for resolution:</b> | <b>Residual Risk:</b><br>After resolution | <b>Dates Reviewed</b> |
|--|------------------------|---|--|---|---|-----------------------|
| Collision of swimmer                         | Swimmers               | M   | <ul style="list-style-type: none"> <li>• Agree on swim direction before entering the water</li> <li>• Be aware of non-club swimmers</li> <li>• Regular sighting when swimming</li> <li>• Swimmers to wear brightly coloured swim caps</li> </ul>       | Participants and any coaches              | L   | 12/10/20              |
| Bad weather                                  | Swimmers               | L   | <ul style="list-style-type: none"> <li>• Be aware of worsening sea fret or mist which can severely reduce visibility</li> <li>• Swimmers to exit the water if visibility is poor</li> <li>• No swimming during thunder and lightening</li> </ul>       | Participants and any coaches              | L   | 12/10/20              |
| Weeds in lake (danger of tangling)           | Swimmers               | L   | <ul style="list-style-type: none"> <li>• Swimmers only to use jetty entry point in and out of the lake</li> <li>• Avoid edges of the lake where weeds are prevalent</li> <li>• Swimmers briefed on how to disentangle themselves from weeds</li> </ul> | Participants and any coaches              | L   |                       |
| Wildlife (swans, geese)                      | Swimmers               | L   | <ul style="list-style-type: none"> <li>• Avoid swimming close to swans or geese</li> <li>• Be aware of adults birds protecting a nest</li> </ul>   | Participants and any coaches              | L   | 12/10/20              |

**Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):**

