



SERPENTINE SWIMMING CLUB

RISK ASSESSMENT

2023

Risk	Outcome	Who is at risk?	Existing Controls	Risk Rating			Additional Controls Required
				L ¹	C ²	R ³	

Health and Safety Risk Assessment

Date conducted: 26 January 2023

Completed by : Laure Latham, Serpentine Swimming Club Hon. Secretary and Rob Ouldcott, Serpentine Swimming Club President

General assumption relevant to this risk assessment:

The Serpentine Swimming Club runs early morning swimming in Hyde Park on a daily basis between the hours of 5 and 9.30am. This risk assessment covers all risks inherent to open water swimming and using the Lido area during club hours. This risk assessment works as a supplement to the Serpentine Swimming Club Changing Room Risk Assessment dated 15 November 2021.

OPEN WATER SWIMMING

Lone swimming	Risk of incident occurring without nearby assistance	Club members	<p>Lone swimming is not permitted at any times in accordance to club rules.</p> <p>The only mitigating circumstance is if there is at least one other swimmer aware and informed when entering/leaving the water.</p> <p>Wear bright coloured swimming cap.</p>	2	3	8	<p>See Terms and Conditions of membership application form. Ref Doc: Club T & C</p> <p>If lone swimmer spotted in distress, call 999.</p> <p>St Marys is the nearest hospital and the</p>
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							ambulance route is St Marys – West Carriage Drive – Lido.
Drowning	Injury or worse resulting from submersion underwater	Club members and guests	<p>New members and guests to receive induction including details on swim course and swim area exits. Ref doc: Induction</p> <p>New members and guests to complete satisfactory 50m swim test before swimming during the busy season. This is noted on the membership list</p> <p>Swimmers to swim in or out of buoyed area according to their swimming ability.</p> <p>During wardening times, wardens to scan swimming area for signs of swimmers in distress.</p> <p>Wardening times 6.30 to 9.30 am from April to October.</p>	2	3	8	<p>The Royal Parks to ensure the presence of a lifebuoy safety emergency ring on site at all times.</p> <p>If a swimmer is spotted in distress, attempt to get them out of the water safely.</p> <p>Throw lifebuoy safety emergency ring so swimmer can grab it.</p> <p>If distressed swimmer cannot be extracted to dry land safely, call 999.</p> <p>St Marys is the nearest hospital and the ambulance route is St Marys – West Carriage Drive – Lido.</p>
Sudden ill health or medical conditions	Cardiac arrest, stroke	Club members and guests	<p>If there is no First aid trained swimmer in the area, call 999.</p> <p>Defibrillator on site.</p>	1	4	8	<p>Safety wardens on site to monitor the wellbeing of all on site.</p> <p>Use defibrillator if necessary (instructions inside).</p> <p>In case of emergency, call 999.</p>

							St Marys is the nearest hospital and the ambulance route is St Marys – West Carriage Drive – Lido.
Swimming under or near buoys	Entanglement, Anxiety	Club members and guests	Swimmers to swim in or out of buoyed area according to their swimming ability. During wardening times, wardens to scan swimming area for signs of swimmers in distress. Wardening times 6.30 to 9.30 am April to Sept	1	1	3	Swim away from buoys. Proceed to nearest exit. The Royal Parks to maintain buoys and monitor for loose lines.
Races	Increased risks of collisions, crowded swimming area	Club members	Staggered start in races. Talk about sighting. If races exceed a certain number, races to be split into smaller groups. This is determined by the race committee Racing courses organised as an open loop to avoid swimmers swimming head-on in both directions. Swimmers asked to wear a colourful hat (orange, pink, yellow are the most visible).	1	2	3	
Head-on collisions	Concussion, head injury	Club members and guests	Sight when swimming, particularly when swimming towards sun glare. Swimmers asked to wear a colourful hat (orange, pink, yellow are the most visible).	2	1	3	Seek medical attention if needed
Hypothermia	Loss of body heat	Club members and guests	Swimmers to be informed about Cold Water Swimming Guidelines. Ref Doc Cold water Briefing	2	4	8	Refer to Cold Water Swimming Guidelines.

			<p>Swimming under ice forbidden.</p> <p>Wear weather-appropriate clothing.</p> <p>Access to rewarming facility - away from wind, cold, with hot water nearby.</p>				<p>In case of mild hypothermia, instruct swimmer on rewarming techniques.</p> <p>If swimmer unable to rewarm, cover with warm layers and call 999.</p> <p>St Marys is the nearest hospital and the ambulance route is St Marys – West Carriage Drive – Lido.</p>
Aggressive behaviour in or around the water	Violent or aggressive behaviour	Club members, guests and members of the public	Be aware of other Park users. If feeling at risk, move away from the locations and make yourself safe.	1	4	8	<p>999 to be called immediately in case of any violent or aggressive behaviour.</p> <p>Contact Hyde Park Duty Manager at 07974 836 278 or Police Duty Sergeant Hyde Park at 07919 395850.</p>
Coming into contact with hazardous litter	Cuts, infection, tetanus, blood borne diseases	Club members and guests	Park litter picked daily. Visual inspection of swim area. Do not touch or pick-up litter, needles or syringes. Section off the area. Gloves to be worn where appropriate whilst carrying out activities.	1	3	3	<p>Report any needles or syringes found at the project site immediately to The Royal Parks.</p> <p>Contact Hyde Park Duty Manager at 07974 836 278, Hyde Park Out of Hours Duty Manager at 0300 061 2262, or Police Duty Sergeant Hyde Park at 07919 395850.</p>
Swimming area cleaning	Cuts, infection, tetanus,	Club members and guests	Grab underwater rubbish and put it in the bin. Regular swimming area clean-ups.	1	3	3	Inform The Royal Parks of cleaning days to

	blood-borne diseases						coordinate appropriate trash disposal. Contact Hyde Park Duty Manager at 07974 836 278 or Hyde Park Out of Hours Duty Manager: 0300 061 2262.
Underwater hazards	Cuts from pipes and other metal structures underwater	Club members and guests	Avoid diving outside of the buoyed area. Swimming only on the surface.	2	3	3	First aid Seek medical attention if needed.

NATURE AND WEATHER HAZARDS

Water quality	Bacterial infections, Blue green algae, Weil's disease	Club members and guests	Pontoon is scrubbed regularly. The Royal Parks clean the beach area. The water quality is tested by Royal Parks on a regular basis to ensure it's appropriate for swimming. Shower recommended after swimming. Hand-washing facilities available by the Lido Cafe.	2	4	8	Seek medical attention if illness develops. Report water quality incidents to Royal Parks Office. Contact Hyde Park Duty Manager at 07974 836 278 or Hyde Park Out of Hours Duty Manager at 0300 061 2262. Check water quality in Hyde Park at https://www.royalparks.org.uk/whats-on/blog/water-features-of-hyde-park-and-kensington-gardens Close swimming area if water quality is
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							insufficient for swimming purpose.
Changing or walking under and near trees	Falling branches	Club members and guests	Regular tree inspections from The Royal Parks staff. Avoid changing or walking under trees in strong wind. Park to close in event of extremely high winds.	1	3	3	Use common sense.
Weather related illness	Sunburn, sunstroke, storm conditions	Club members and guests	Wear weather-appropriate clothing.	1	3	3	Activities to be stopped if necessary. Refer to Cold water swimming guidelines.
Extreme weather	Risk of tree or branch falling, Lightning strike, ice on ground	Club members and guests	Park will be closed . If open, avoid changing under trees. During lightning strikes in lake area, vacate the swimming area. Use grit around icy entrance / exit areas to prevent risk of slippage.	2	3	6	Use common sense.
Coming into contact with wildlife/animals	Aggressive animals. Grazes, bites, infection.	Club members and guests	Do not touch or aggravate wildlife within the Park Extra caution during breeding season or around young animals.	2	2	3	In case of emergency, call 999 Report dangerous occurrences to The Royal Parks at once. Contact Hyde Park Duty Manager at 07974 836 278.
Insect bites and stings	Pain, Allergic reaction	Club members and guests	Watch closely for symptoms.	2	2	3	In event of sudden swelling, breathlessness or increased heart rate, ambulance to be called

							immediately by phoning 999.
Swimmer's itch	Pain, Swelling, Itching, Allergic reaction	Club members and guests	If allergic reaction, no swimming during Swimmer's itch season or use barrier cream. Duck snails collection in the spring helps mitigate Swimmer's itch in warmer weather.	2	2	3	Anti-histamines before or after swimming. Avoid swimming if allergic reaction of individual member is uncomfortable.

CHANGING ROOM

Hot water in changing room	Burn, scolding	Club members and guests	Hot water signage on boiler. Take appropriate precautions when making hot drinks.	2	2	3	First aid kit Seek medical attention if needed.
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UNDER 18s

Under 18s in changing or swimming area	Incidents	Club members	Under 18s to change in an area separate from adults. Under 18s must swim with one parent or guardian present in the water at all times (one adult per child if under 8, 1 adult per 3 children if 9 to 12, 1 adult per 6 children if 13 to 18). Club Welfare Officers trained in the WavePower Child Safeguarding Programme with Swim England.	2	3	8	Immediately report incidents to Club Welfare Officers at welfare@serpenteswimmingclub.com . Club Welfare Officers to assess and act on incidents according to WavePower guidelines (https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/). Seek medical attention if needed.
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OTHER

<p>ACCESS TO SWIMMING AREA</p>	<p>General safety</p>	<p>Club members</p>	<p>Membership card checked between the hours of 6.30 and 9.30am between April and October + any other potentially crowded times of the year (Christmas Day, New Year's Day, etc)</p>	<p>1</p>	<p>1</p>	<p>3</p>	<p>The Royal Parks to close gates so as to prevent general public from entering swimming area during swimming hours.</p> <p>The Royal Parks to unlock West gate for swimmers each morning.</p> <p>Wardens to monitor access to swimming area with member's card (see left column).</p>
<p>ACCESS TO SWIMMING AREA</p>	<p>General safety</p>	<p>Guests</p>	<p>Guest form filled in, signed and handed over to warden or club officer before swimming.</p> <p>Only one guest visit per guest per calendar year.</p> <p>Swimming subject to satisfactory swim test (see above).</p>	<p>1</p>	<p>1</p>	<p>3</p>	<p>The Royal Parks to close gates so as to prevent general public from entering swimming area during swimming hours.</p> <p>The Royal Parks to unlock West gate for swimmers each morning.</p> <p>Wardens to monitor access to swimming area with member's card (see left column).</p>
<p>MONITORING THE SWIMMING AREA</p>	<p>General safety</p>	<p>Club members and guests</p>	<p>Wardens monitoring the swimming area from dry land between the hours of 6.30 and 9.30am between April and October + any other potentially</p>	<p>1</p>	<p>1</p>	<p>3</p>	<p>See individual risks as listed in document.</p>

			crowded times of the year (Christmas Day, New Year's Day, etc).				
GENERAL SWIMMER SAFETY	General safety	Club members and guests	Swimmers must comply with the club rules and the Royal park rules Swimmers swim at their own risk. They are responsible for their own safety and the safety of others. They must not negatively impact the safety of others.	1	1	3	See Terms and Conditions on members application form.
Organisation: SERPENTINE SWIMMING CLUB		Date of Risk Assessment production:		26 January 2023			
Assessor(s):							

¹ Likelihood of Occurrence 1. Improbable: probability is close to zero 2. Remote: Unlikely though conceivable 3. Occasional: Could occur some time 4. Probable: Occurs repeatedly/an event to be expected 5. Frequent: Not surprised if event occurs/will occur several times	² Likely Consequences 1. Negligible: Trivial injury (requiring minor first aid) 2. Minor: Minor injury/short term issue 3. Serious: Single severe injury and/or multiple minor injuries 4. Critical: Single fatality and/or multiple severe injuries 5. Catastrophic: Multiple fatalities	³ Risk Rating R = L x C 1-5 Tolerable: No additional controls required 6-10 Low Risk: Probably requiring written guidelines 11-15 Medium Risk: Written guidelines required until risk is designed out 16-20 High Risk: Consider need for activity and additional control methods 21-25 Intolerable Risk: Cease activity
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Reference documents

- Induction V1 - Completed
- Warden process V2 - Completed
- Cold water briefing V1 - completed
- Swim Area with Directions - Completed