



# SERPENTINE SWIMMING CLUB

## RISK ASSESSMENT

### 2021

Risk	Outcome	Who is at risk?	Existing Controls	Risk Rating			Additional Controls Required
				L <sup>1</sup>	C <sup>2</sup>	R <sup>3</sup>	
<b>COVID 19</b>							
<b>Contracting and/or spreading CV-19</b>	Sudden illness or ill health	Club members	<p>Will swim and change in accordance with Covid government measures.</p> <p>Keep social distances with others wherever possible. (minimum of one meter if two meters is not possible and only with mitigations in place).</p> <p>Practice good personal hygiene in accordance with latest NHS guidance.</p> <p>Ask members of public to keep out of swimming area during club hours. Move away from social distancing risks.</p>	2	4	8	<p>Ask others to keep their distance.</p> <p>Social distancing mitigation to include use of screens or barriers or use a face mask at all times.</p> <p>Follow government guidance – <a href="https://www.gov.uk/guidance/coronavirus-covid-19-guidance-and-support">Coronavirus (COVID-19): guidance and support - GOV.UK</a> (<a href="https://www.gov.uk">www.gov.uk</a>)</p>

			<p>One-way system in and out of the water.</p> <p>Directional swimming in swimming area.</p> <p>Swimmers asked to move on when out of the water to avoid crowding.</p>				
<b>Overcrowding in the water or beach area</b>	Transmission of air-borne diseases	Club members	<p>Control swimmers' numbers.</p> <p>During Covid controls – 200</p> <p>Normal operation – 400</p>	2	4	8	Restrict numbers of swimmers. Turn away swimmers above maximum number.
<b>OPEN WATER SWIMMING</b>							
<b>Lone swimming</b>	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 &amp; C</p> <p>If lone swimmer spotted in distress, call 999.</p>
<b>Drowning</b>	Injury or worse resulting from submersion underwater	Club members	<p>New members to receive induction including details on swim course and swim area exits. Ref doc: Induction</p> <p>New members 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>	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>During wardening times, wardens to scan swimming area for signs of swimmers in distress.</p> <p>Wardening times 6.30 to 9.30 am</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>
<b>Sudden ill health or medical conditions</b>	Cardiac arrest, stroke	Club members	<p>If there is a First aid trained swimmer in the area, if not 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.</p> <p>In case of emergency, call 999.</p>
<b>Swimming under or near buoys</b>	Entanglement, Anxiety	Club members	<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</p>	1	1	3	<p>Swim away from buoys.</p> <p>Proceed to nearest exit.</p> <p>The Royal Parks to maintain buoys and monitor for loose lines.</p>
<b>Races</b>	Increased risks of collisions, crowded swimming area	Club members	<p>Staggered start in races. Talk about sighting.</p> <p>If races exceed a certain number, races to be split into smaller groups. This is determined by the race committee</p> <p>Racing courses organised as an open loop to avoid swimmers swimming head-on in both directions.</p>	1	2	3	

			Swimmers asked to wear a colourful hat (orange, pink, yellow are the most visible).				
<b>Head-on collisions</b>	Concussion, head injury	Club members	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
<b>Hypothermia</b>	Loss of body heat	Club members	Swimmers to be informed about Cold Water Swimming Guidelines. Ref Doc Cold water Briefing  Swimming under ice forbidden.  Wear weather-appropriate clothing.  Access to rewarming facility - away from wind, cold, with hot water nearby.	2	4	8	Refer to Cold Water Swimming Guidelines.  In case of mild hypothermia, instruct swimmer on rewarming techniques.  If swimmer unable to rewarm, cover with warm layers and call 999.
<b>Aggressive behaviour in or around the water</b>	Violent or aggressive behaviour	Club members	Be aware of other Park users. If feeling at risk, move away from the locations and make yourself safe.	1	4	8	999 to be called immediately in case of any violent or aggressive behaviour.
<b>Coming into contact with hazardous litter</b>	Cuts, infection, tetanus, blood borne diseases	Club members	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	Report any needles or syringes found at the project site immediately to The Royal Parks.
<b>Swimming area cleaning</b>	Cuts, infection, tetanus,	Club members	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 coordinate appropriate trash disposal.

	blood-borne diseases						
<b>Underwater hazards</b>	Cuts from pipes and other metal structures underwater	Club members	Avoid diving outside of the buoyed area.  Swimming only on the surface.	2	3	3	First aid  Seek medical attention if needed.
<b>NATURE AND WEATHER HAZARDS</b>							
<b>Water quality</b>	Bacterial infections, Blue green algae, Weil's disease	Club members	SSC wardens scrub pontoon regularly. The Royal Parks clean the beach area.  The water quality is tested by TRP 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  Check water quality reports at [??]
<b>Changing or walking under and near trees</b>	Falling branches	Club members	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.
<b>Weather related illness</b>	Sunburn, sunstroke, storm conditions	Club members	Wear weather-appropriate clothing.	1	3	3	Activities to be stopped if necessary.  First aid trained staff  Refer to Cold water swimming guidelines

<b>Extreme weather</b>	Risk of tree or branch falling, Lightning strike	Club members	Park will be closed If open avoid changing under trees During lightning strikes in lake area vacate the swimming area	2	3	6	Use common sense.
<b>Coming into contact with wildlife/animals</b>	Aggressive animals. Grazes, bites, infection.	Club members	Do not touch or aggravate wildlife within the Park whilst working on their activity. 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.
<b>Insect bites and stings</b>	Pain, Allergic reaction	Club members	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.
<b>Swimmer's itch</b>	Pain, Swelling, Itching, Allergic reaction	Club members	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.

## CHANGING ROOM

<b>Hot water in changing room</b>	Burn, scolding	Club members	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

<b>Under 18s in changing or swimming area</b>	Incidents	Club members	<p>Under 18s to change in an area separate from adults.</p> <p>Under 18s must swim with one parent or guardian present in the water at all times (one parent per child).</p> <p>Club Welfare Officers trained in the WavePower Child Safeguarding Programme with Swim England.</p>	2	3	8	<p>Immediately report incidents to Club Welfare Officers.</p> <p>Club Welfare Officers to assess and act on incidents according to WavePower guidelines (<a href="https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/">https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/</a>).</p> <p>Seek medical attention if needed.</p>
<b>OTHER</b>							
<b>ACCESS TO SWIMMING AREA</b>	General safety	Club members	Card with QR code between the hours of 6.30 and 9.30am between April and October + any other potentially crowded days (Christmas Day, New Year's Day, etc)	1	1	3	<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 QR code of members' card (see left column).</p>
<b>MONITORING THE SWIMMING AREA</b>	General safety	Club members	Wardens monitoring the swimming area from dry land between the hours of 6.30 and 9.30am between April and	1	1	3	See individual risks as listed in document.

			October + any other potentially crowded days (Christmas Day, New Year's Day, etc).				
<b>GENERAL SWIMMER SAFETY</b>	General safety	Club members	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:		22 February 2021			
Assessor(s):							

<sup>1</sup> 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	<sup>2</sup> 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	<sup>3</sup> 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