



SERPENTINE SWIMMING CLUB

RISK ASSESSMENT - CHANGING ROOM

2021

Risk	Outcome	Who is at risk?	Existing Controls	Risk Rating			Additional Controls Required
				L ¹	C ₂	R ₃	
Health and Safety Risk Assessment – Changing room (November 2021)							
Completed by : Alan Mitchell, Serpentine Swimming Club President, Laure Latham, Serpentine Swimming Club Hon. Secretary and Rob Ouldcott, Serpentine Swimming Club Committee member							
General assumption relevant to this risk assessment:							
The Serpentine Lido changing room and the operation of the changing room are a key element to the operation of the Serpentine Swimming Club. Due to Covid-19, the changing room closed in March 2020 and reopening it needs operating it in a different manner than usual. This risk assessment works as a supplement to the Serpentine Swimming Club Risk Assessment dated February 2021.							
Date completed:		14-Nov-21	Review date :		June 2020	14-Nov-22	

COVID 19

<p>COVID being spread person to person via air during changing times.</p>	<p>Transmission of air borne diseases</p>	<p>Club members who attend in person</p>	<p>Club members are requested to follow government guidelines regarding COVID 19 health and safety.</p>	<p>3</p>	<p>3</p>	<p>9</p>	<ol style="list-style-type: none"> 1. Swimmers to have access to the original changing room from Saturday 20 November 2021.. 2. Interconnecting door with wider Lido building to be locked. 3. Front door to remain open during club hours to allow for air ventilation. 4. Membership database enables all members to be informed about any member who contracts Covid. 5. QR code is displayed on the changing room door. 6. Members are encouraged to use the NHS COVID app. 7. Swimmers to be asked to bring their own tea / hot drink and cups to avoid contact point contamination with boiler and club mugs.
<p>COVID being spread person to person via surfaces during changing times.</p>	<p>Transmission of surface borne diseases</p>	<p>Club members who attend in person</p>	<p>Club members are requested to follow government guidelines regarding COVID 19 health and safety.</p>	<p>3</p>	<p>2</p>	<p>6</p>	<ol style="list-style-type: none"> 1. Drinks & Food: Swimmers to be asked to bring their own tea / hot drink and cups to avoid contact point contamination with boiler and club mugs.

						<p>2. Consumption of drinks & food: Swimmers to be asked to drink tea / hot drink and consume food outside of the changing room.</p> <p>3. Normal cleaning routine: cleaning staff should mop floors, clean surfaces, dust, wipe down high touch surfaces and empty bins. Staff cleaning the changing room should wear a face covering and gloves.</p> <p>4. Cleaning of high touch areas: In addition to the normal cleaning routines within the changing room, 'high touch areas' must be cleaned at the end of each day after club hours using a suitable disinfectant. These high touch areas include:</p> <ul style="list-style-type: none">- Door key entry pads- Door handles- Switches- Taps- Toilet flush handles- Toilet lids- Hooks- Benches <p>5. Cleaning supplies: The SSC Committee should be contacted for any additional supplies of cleaning products or PPE. If any cleaning staff feel</p>
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							they need extra training, this will be provided as and when needed by the SSC Committee.
							6. Lost & Found: to be discontinued until further notice. All items left in the changing room during club hours will be binned on a daily basis.
Explaining how to minimise risk	Transmission of Air or Surface diseases	Club members who attend in person	Club members are requested to follow government guidelines regarding COVID 19 health and safety.	2	3	4	1. Risk assessment to be printed and placed prominently on the walls of the original changing room. 2. Risk assessment to be made available via the serpenteswimmingclub.com website in the "Documents" section.
Overseeing changing room works	Transmission of Air or Surface diseases	Club members who attend in person	Club members are requested to follow government guidelines regarding COVID 19 health and safety.	2	3	6	Those planning to visit the changing room will contact the SSC President or the SSC Hon. Secretary, and a specific time and date for the visit will be arranged. Club committee members should be informed when the visitor is due to arrive to avoid face to face contact.
Bodily harm							
Applying First aid and coming into close contact with a	Transmission of Air or Surface diseases	Club members who attend in person	Club members are requested to follow government and club guidelines regarding cold	2	3	6	1. Swimmers to be informed about Cold Water Briefing in "Welcome email" after joining and in regular social media and group chat shares. The Cold Water Briefing is also available via the

<p>swimmer suffering from hypothermia</p>			<p>water and COVID 19 health and safety.</p>				<p>serpentineSwimmingclub.com website in the "Documents" section.</p> <p>2. Cold Water Briefing to be printed and displayed prominently on walls of the original changing room.</p> <p>3. Swimming under ice is forbidden.</p> <p>4. SSC members to be advised to wear weather-appropriate clothing.</p> <p>5. In case of suspected hypothermia, SSC members to access the changing room with hypothermia subject - away from wind, cold, with hot water nearby.</p> <p>6. In case of emergency and swimmer unable to rewarm, cover with warm layers and call 999.</p> <p>7. Helpers to wear face coverings and use gloves while rewarming hypothermic swimmer.</p>
<h2>Health & Safety Hazards</h2>							
<p>Fire / explosion</p>	<p>Bodily harm</p>	<p>Club members who attend in person</p>	<p>Use common sense</p>	<p>1</p>	<p>3</p>	<p>10</p>	<p>Regular inspection, testing of alarms (The Royal Parks)</p>

Electric shock	Bodily harm	Club members who attend in person	Use common sense	1	3	10	Testing and visual inspection, RCD (The Royal Parks)
Slips and trips	Bodily harm	Club members who attend in person	Use common sense	1	3	3	1. Inspection, housekeeping (The Royal Parks, SSC) 2. Use of anti-slip floor mats (The Royal Parks) 3. Wetsuits not allowed in changing room. After swimming, wetsuiters need to remove wetsuits outside and leave them outside before entering changing room to get dressed.
Inadequate first aid provision	Bodily harm	Club members who attend in person	Use common sense	1	3	3	1. Trained first aiders, appropriate kits available, defibrillator available on site (SSC) 2. In case of emergency, call 999.
Burns and scalds	Bodily harm	Club members who attend in person	Use common sense	1	3	3	1. Appropriate training, regular inspection of boiler, first aid kit 2. In case of emergency, call 999.

¹ Likelihood of Occurrence	² Likely Consequences	³ Risk Rating $R = L \times C$
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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