



LAND TRAINING RISK ASSESSMENT FOR SWIMMERS / COACHES - LUDLOW SWIMMING CLUB

DATE RISK ASSESSMENT CARRIED OUT: 08/05/2021

HAZARD OBSERVED	WHO MAY BE HARMED ?	RISK RATING BEFORE CONTROLS CONSEQUENCE X LIKELIHOOD=	CONTROL MEASURES	RISK RATING AFTER CONTROLS CONSEQUENCE X LIKELIHOOD =	CONTROL MEASURES BY: INITIAL
Session leader is suitably qualified to take land training session.	• Swimmers.	LOW	<ul style="list-style-type: none"> • Qualified land training instructor. • Regular checks on sessions. 	LOW	J.P.
Venue suitable for land training activities.	• Swimmers. • Instructor.	LOW	<ul style="list-style-type: none"> • Report any concerns immediately to poolside Teme Leisure staff. 	LOW	J.P.
Land training session plan is appropriate to age and ability of participants, including warm-up and cool-down activities.	• Swimmers.	MEDIUM	<ul style="list-style-type: none"> • Sessions planned by suitably qualified instructors. 	MEDIUM	J.P.
Compliance with NOP & EAP for facilities used.	• Swimmers. • Instructor.	LOW	<ul style="list-style-type: none"> • Awareness of general rules at the venue; Support Pool Staff in enforcement. • Usual prohibitions – no blocking exits with bags, fire exits, etc. 	LOW	J.P.
Session leader is suitably assisted so that correct supervision ratios are met	• Swimmers. • Instructor. • Coaches.	LOW	<ul style="list-style-type: none"> • Head Coach or another Coach is always present as assistance. 	LOW	J.P.
Weights <ul style="list-style-type: none"> • Trapping of weights • Back injury • Pulled muscles • Overexertion 	• Swimmers.	MEDIUM	<ul style="list-style-type: none"> • Swimmers to use the gym under supervision of a coach/instructor at all times • Complete gym induction provided by Teme Leisure operator • Proper lifting to be carried out at all times • Spotters to be present when lifting weights • Warm up and down appropriately • Complete stretches appropriately • Suitable clothing and footwear 	LOW	J.P.
Gym Equipment <ul style="list-style-type: none"> • Back injury • Pulled muscles • Overexertion 	• Swimmers.	MEDIUM	<ul style="list-style-type: none"> • Swimmers to warm up before use and cool down after use • Complete stretches after exercise • To use equipment as instructed by coach/teacher 	LOW	J.P.

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N.B The aim of a risk assessment is to provide general information on the type of hazards the swimmers as well as others who may be involved are exposed to. IF FOLLOWING IMPLEMENTATION OF ALL CONTROL MEASURES THE RISK RATING IS STILL SUBSTANTIAL OR ABOVE, FURTHER ASSESSMENT & CONTROL MEASURES SHOULD BE CONSIDERED.
To be reviewed every 12 Months or earlier if required.



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Minor Injuries <ul style="list-style-type: none"> • Trips, cuts, falls • Broken equipment • Wet floor surface 	<ul style="list-style-type: none"> • Swimmers. • Instructor. • Coaches. 	MEDIUM	<ul style="list-style-type: none"> • Instructor to check equipment before the session starts • Instructor to report any broken equipment to Teme Leisure operator • Floor surface to be checked by coach before session starts • All injuries to be recorded by club and Teme Leisure. 	LOW	J.P.

SIGNED:

POSITION:

CHAIR

PRINT:

Jeanette Price

DATE:

08/05/2021