

Risk Assessment: Open water swim sessions

Description and Location of activity: Open water swim sessions -Lake Burley Griffin **Participants:** ACT Masters members and non members

Frequency of activity: weekly during summer months

Person in charge: Anne Smyth/Greg Gourley

Identified Element or Activity of Risk	Hazard (What could go wrong?)	What is the risk rating? (Without control measures in place)	What measures will be put in place to lower risk?	What is the revised risk rating? (With control measures)
Person in Charge: Awareness of the Masters Swimming Australia Safety Policies and Procedures	Unfamiliarity with Policies and Procedures.	3	Person in charge is aware of the Masters Swimming Australia Safety Policies and Procedures. MSA Safety Policies and Procedures.pdf	5
People: Attributes people bring to an activity: skills, attitudes, physical fitness, health, age, fears, numbers, etc.	Swimmers unable to make distance back to shore. Swimmers panicking in deep water. Medical conditions – cramp, heart attack, asthma.	2	A briefing is held at the start outlining swim course and any concerns. Ensure swimmers are aware of own capabilities. Wear fins if needed. If required divide swimmers into 2 groups of swimming ability and distance swum. Make sure swimmers are not swimming solo. Swimmers returning to shore must be accompanied. Stop at buoys and do a head count. Ensure swimmers wear brightly coloured caps. Organiser wears tow float for visibility if available. Coaches/organisers are aware of any medical conditions. Participants have any required medication onshore. 1 st Aid kit and phone are accessible onshore to contact 000 if required. A member of the group is CPR/1 st Aid qualified.	5
Aquatic Environment:	Contaminated water Cold water potentially causing hyperthermia/cramping Collisions with water craft- dragon	2	Organiser checks water quality. https://www.nca.gov.au/publication/lake-burley-griffin-water-quality-management-plan-2011/lake-water-quality-updates Organiser checks water temperature. If water temperature is below 18degee swim is cancelled or wetsuits worn. https://www.theswimguide.org/ Swimmers are aware of any surrounding craft by stopping	5

	boats, rowers Swimmers see or contact submerged object(s) e.g. trees Swimmers stepping on sharp object when entering water		frequently to assess any dangers. Swimmers do not enter areas with visible or known to be submerged objects. If swimmers come into contact with a submerged object, swimmers take care and move slowly away from the area of the submerged object. Notify National Capital Authority emergency hotline on (02) 6273 44 58 (Business hours 02-6271 2888). Swimmers take care when entering water and look for hazards.	
Weather	Thunderstorm/lightning Strong winds and waves making swim challenging	2	Organiser checks weather conditions on BOM website. Swim is cancelled if storms are forecast. In challenging conditions, swimmers make a group decision whether to proceed. Individuals should swim within capabilities according to conditions.	5

The revised risk rating of 5 indicates the open water session is within risk assessment acceptable guidelines

RISK ASSESSMENT MATRIX

SEVERITY	LIKLIHOOD			
	How likely is that to be that bad?			
How severely could it hurt someone or how ill could it make someone?	Very likely Could happen Any time	Likely Could happen sometime	Unlikely Could happen, but very rarely	Very unlikely Could happen, but probably never will
Kill or cause permanent disability or ill health	1	1	2	3
Long term illness or serious injury	1	2	3	4
Medical attention and several days off work	2	3	4	5
First aid needed	3	4	5	6

The numbers indicate how important it is to put control measures in place
1-2 High risk activity. Use additional controls or change activity
3-4 moderate risk
5-6 low risk

What would happen if there are no control measures in place? How likely is something to happen and how severe are the consequences? Use the table to determine a risk rating for each of those hazards.

- Step 1. How severe are the consequences?
- Step 2. How likely is it for this to occur if I don't do anything to control the risk?
- Step 3. The intersection of the severity row and the likelihood column gives you a risk rating.