

**Tuggeranong Masters Swimming ACT**



**Risk Assessment: Pool swim sessions**

**Description and Location of activity:** Pool training sessions at Tuggeranong Lakeside

**Participants:** Tuggeranong Masters Swimmers

**Frequency of activity:** 6 sessions /week

**Person in charge:** Anne Smyth (Head Coach) and **Coach** for the session

<b>Identified Element or Activity of Risk</b>	<b>Hazard</b> (What could go wrong?)	<b>What is the Risk rating?</b> (Without control measures in place)	<b>What measures will be put in place to lower risk?</b>	<b>What is the revised risk rating?</b> (With control measures)
Coaches: Awareness of the Masters Swimming Australia Safety Policies and Procedures	Unfamiliarity with Policies and Procedures	<b>3</b>	Coaches are aware of the Masters Swimming Australia Safety Policies and Procedures <a href="#">MSA Safety Policies and Procedures.pdf</a>	<b>5</b>
People: Attributes people bring to an activity: skills, attitudes, physical fitness, health, age, fears, numbers, etc.	Medical conditions – cramp, heart attack, asthma  Swimmers becoming over tired  Swimmers become injured and/or make an existing condition worse For example, shoulder injuries	<b>2</b>	Ensure swimmers are aware of own capabilities and medical conditions. Swimmers have asthma medication on pool deck Coaches differentiate program and allow for swimmers to alter program to cater for individual fitness levels, medical conditions or injuries Swimmers are required to, and are responsible for, notifying coaches of any medical condition or injury. A medical form should be completed and these, with emergency contact list, be kept in an accessible file at pool. Any injures/Incidents that occur during session are required to have an MSA Incident /Injury Report Form completed by the coach and safety officer and sent to MSA office. Coaches are current CPR qualified De-fib is available at pool Life guards are on deck in accordance with pool’s risk management policy	<b>5</b>
Aquatic Environment:	Collisions with other swimmers Collisions with lane ropes, end of pool Diving into shallow water	<b>2</b>	Swimmers are made aware of pool etiquette – how to swim correctly in lanes with other swimmers to avoid collisions Swimmers are made aware of importance to count strokes	<b>5</b>

	Cold water potentially causing hyperthermia/cramping Poor water quality		to wall in backstroke and to dive safely into water Coaches to liaise with pool management to assess any changes in water temperature and water quality. If temperature is too cold or water is of poor quality the session is cancelled	
Emergency Situation	Emergency or lockdown Situation	<b>3</b>	Coaches follow emergency /lockdown procedures as instructed by pool management.	<b>5</b>

**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.