

# RISK ASSESSMENT FORM

<b>Centre: Other</b>	<b>Date: January 2017</b>	<b>Review Date:</b>
<b>Risk Assessment: Swimming or water polo training or competition</b>		

**Description of the activity, equipment or area under assessment**  
 Swimming competition, or training with the possibility of using kick boards, pull buoys, fins, paddles or snorkels.  
 Water polo training using polo hats, balls and nets.  
Both take place in a swimming pool with qualified lifeguards at hand

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Swimming	Drowning	Low	All team members can swim more than 50m and are strong athletes. Drowning when swimming should not be a risk. Every effort will be made to ensure qualified lifeguards are present on poolside.	
Water polo	Drowning	Low	When playing polo dunking of players is not permitted and foul play results in expulsion from the match. Referees or coaches must stop play and check the player is unharmed. If breathing is difficult player should exit the pool and recover on the side.	
Water polo	Being hit by ball	Medium	Contact sport may involve face/arms etc being hit. Nosebleeds or dislocated shoulders can occur, in which case the player must get out of the pool and stop play. Medical attention may be required.	Hospitalisation in severe cases.
Swimming	Injury from shallow racing dive	Low	All team members comply with ASA standards regarding shallow competitive dives. Diving must only take place in areas in which it is permitted.	
Wet surfaces	Slipping	Low	Walk slowly and with flat feet in wet areas. If available, hold handrails.	

### PERSONAL PROTECTIVE EQUIPMENT (PPE)

Eye Protection	<b>Yes</b>	No	Type/standard: Goggles for swimming
Ear Protection	<b>Yes</b>	No	Type/standard: Water polo hats
Overalls	Yes	<b>No</b>	Type/standard:
Gloves	Yes	<b>No</b>	Type/standard:
Respiratory Protection	Yes	<b>No</b>	Type/standard:
Other	Yes	<b>No</b>	Specify:

### HEALTH SURVEILLANCE

Is Special Monitoring required? (e.g. hearing test, eye test, health surveillance).

Enter details.

N/A

### EMERGENCY PROCEDURES

Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding): -

In the case of excessive chlorine levels training should stop and participants take a long shower to remove chlorine from skin. If breathing difficulties arise, open the doors to improve ventilation and, if necessary, leave the pool area to recover.

In the case of a power cut, follow pool procedure – take towel if evacuated, where possible (foil blankets should be provided by pool staff)

In the case of a medical emergency, notify lifeguards immediately and follow their instructions. If there are no lifeguards, call emergency services immediately.

Any special First Aid Measures required?

No. Trained first aiders are provided by centre through lifeguards and staff.

**ASSESSOR**

<b>Name of assessor:</b>	<b>Signature:</b>	<b>Date</b>	<b>Name of Supervisor:</b>	<b>Signature:</b>	<b>Date</b>
Erik Sullivan	Erik Sullivan	January 2017			

**REVIEW DATES**

<b>Reviewed by (name)</b>	<b>Signature</b>	<b>Date</b>	<b>Indicate changes here</b>