

RISK ASSESSMENT FORM

| | | |
|--|---------------------------|---------------------|
| Centre: Parkside Pools and Gym | Date: January 2017 | Review Date: |
| Risk Assessment: Swimming or water polo training or competition | | |

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

| 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. Qualified lifeguards are always present on poolside during training sessions and competitions. | |
| 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 and, during training sessions, under the supervision of a Level 3 coach. | |
| Wet surfaces | Slipping | Low | Walk slowly and with flat feet in wet areas. If available, hold handrails. | |

PERSONAL PROTECTIVE EQUIPMENT (PPE)

| | | | |
|------------------------|------------|-----------|-------------------------------------|
| Eye Protection | Yes | No | Type/standard: Goggles for swimming |
| Ear Protection | Yes | No | Type/standard: Water polo hats |
| Overalls | Yes | No | Type/standard: |
| Gloves | Yes | No | Type/standard: |
| Respiratory Protection | Yes | No | Type/standard: |
| Other | Yes | No | 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.

Any special First Aid Measures required?

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

ASSESSOR

| Name of assessor: | Signature: | Date | Name of Supervisor: | Signature: | Date |
|--------------------------|-------------------|--------------|----------------------------|-------------------|-------------|
| Erik Sullivan | Erik Sullivan | January 2017 | | | |

REVIEW DATES

| Reviewed by (name) | Signature | Date | Indicate changes here |
|---------------------------|------------------|-------------|------------------------------|
| | | | |
| | | | |
| | | | |