UNIVERSITY OF CAMBRIDGE SPORT

DYNAMIC RISK ASSESSMENT CUSWPC

Activity: Swimming or water polo training & competition	Date and Time: September 2020	Location: Dryland training facilities
Review date: September 2021		

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.
Both take place in a swimming pool with qualified lifeguards at hand

Condition	Assessment of Risk Level			Additional Control Measures/Notes
	High -Unacceptable	High- Acceptable with additional control measures	Low - Acceptable	
Land Training at University Sports Centre – dropping weights			X	Always carry weights with two hands and lower gently to the ground. Do not use weights excessively near to someone else. Ask for help if carrying a heavy load.
Land Training at University Sports Centre – trip on apparatus			X	Ask for an induction if using unfamiliar apparatus. Always put apparatus away after use to keep training areas tidy.
Land Training at University Sports Centre – injury from misuse or overuse of apparatus		X		Do not attempt to increase difficulty of exercise routine too rapidly. When using unfamiliar apparatus, ask for an induction. Stop club members who appear to be misbehaving around apparatus.
Travel – becoming involved in an accident			X	These are detailed in the CUSWPC Travel Policy
Travel – becoming lost in unfamiliar surroundings			X	When travelling, members are encouraged to remain in pairs at all times. Members should carry their mobile phones to access online maps if necessary. Committee members have access to

				all club members' mobile phone numbers.
Travelling to training – personal injury			X	Members should always cross roads at official crossings, if available, and obey the Green Cross Code. Bicycles should always be ridden with both hands on the handlebars, and with front and rear lights after dark, and helmets should always be worn. Extreme caution should be taken when travelling in icy or wet conditions. Shoes with proper tread should be worn.
Dining – allergic reaction to food		X		Members with severe food allergies should carry an epipen or relevant medication at all times. When dining in unfamiliar restaurants, members with food allergies should always enquire if their food contains any allergens. Where possible, restaurants with a Food Hygiene Rating of 4 or 5 will be chosen.
Dining – excess alcohol consumption		X		Alcohol should always be consumed in moderation and with sufficient time between drinks. Club members should pay attention to others' intake and be prepared to discourage the intoxicated from further consumption of alcohol. At club events, alcohol-free options shall always be made available, and peer pressure to drink alcohol shall not be tolerated. If a club member becomes severely intoxicated, more lucid members should look after him/her.
Fire			X	Emergency exits should always be located upon entry into a new building and smoke detectors tested regularly. Evacuation pathways should be kept clear. Fire doors should be kept shut.
Perception of Cambridge University students – targets for crime			X	Members should make an effort not to wear excessive amounts of Cambridge stash, and attempt not to stand out in unfamiliar areas.
Unfamiliarity with kit and/or rules for new activities causing a medical emergency		X		When confronted with an unfamiliar activity or apparatus, members should ask to see a risk assessment for the activity, if available. Safety advice or guidance should be sought from qualified or experienced persons and safety equipment should always be worn. Potential hazards should be contemplated before commencing the activity, and control measures considered.

PERSONAL PROTECTIVE EQUIPMENT

Item	Condition			Notes
	Acceptable	Acceptable with alterations	Not acceptable	
Eye Protection	Y			Type/standard: Goggles for swimming
Ear Protection	Y			Type/standard: Water Polo hats
Face coverings	Y			Comply with changing government requirements on the use of facial coverings regarding the COVID-19 pandemic.Ensure all members observe the law (they are exempt only for medical reasons). Communicate to all members any changes in procedure at any site used for any CUSWPC activity.

EMERGENCY PROCEDURES

Action to be taken in case of reasonably foreseeable emergencies (e.g.overheating, loss of electricity, flooding):
In the case of flooding, head for higher ground. Do not attempt to swim in water unless absolutely necessary. Vacate vehicles.
In the case of a power cut, follow centre procedure.
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:**
Segev Gonen Cohen	Segev Gonen Cohen	13/09/2020