

<b>Activity: Swimming or water polo training &amp; competition</b>	<b>Date and Time: October 2023</b>	<b>Location: External Swimming Pools</b>
<b>Review &amp; Updated date: August 2024</b>		

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 e	High-Acceptable with additional control measures	Low - Acceptable	
Swimming & Water Polo – Behaviour & Conduct			X	To prevent behavioural and conduct issues arising at training, competition or socials all members of the club will be required to sign the code of conduct following the AGM in November of each year. In the Code of Conduct members will be aware of the disciplinary procedures following a behavioural/conduct issue. If behavioural/conduct issues arise in training or competition the coach and the captains will be responsible with dealing with the incident, following the event it will be reported to the club President who will work with the captains, coaches and members involved to assess any next steps. If any club members are notified of behavioural/conduct issues at a social event they should report these to the captains, who will inform the president, who is in the position to organise committee meetings to assess any necessary disciplinary action. As swimming is a non-contact sport any violent behaviour would constitute a

				behaviour/conduct violation. In Water Polo any violent behaviour considered to be excessive to the game would constitute a behaviour/conduct violation. In Water Polo qualified officials will be used to adjudicate on this matter in matches.
Swimming – drowning			X	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			X	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 the ball		X		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.
Swimming – injury from shallow racing dive			X	All team members comply with ASA standards regarding shallow competitive dives. Diving will take place in training under the supervision of a level 3 coach and/or trained lifeguard.
Swimming – concussion			X	Make sure all swimmers are aware of the direction of swim in each lane. Where possible keep male & female swimmers in separate lanes to avoid accidental collisions with strength imbalances. If an incident occurs seek medical attention from pool staff & if necessary, emergency services. Note that the risk of concussion in swimming is incredibly rare & would only be caused by freak accidents.
Water Polo – concussion		X		Could occur by being hit by the ball, making contact with another player, or making contact with the goal post. Make sure all players are wearing protective hats & seek medical attention from pool staff, and if necessary, emergency services, if concussion is suspected.
Swimming & Water Polo – Doping			X	Ensure that all participants are aware of the Swim England, FINA and WADA guidelines on prohibited and exemption required substances. Make swimmers and players aware that if they suspect a member of the club to be doping to report it to the captains, who will then contact the junior president to escalate. In the event a member is found to be doping an

				emergency committee meeting will be called, with the Senior President present.
Wets surfaces – slipping			X	Walk slowly, remind athletes not to run on poolside. If handrails are available encourage athletes to make use of them. In the event any injuries occur seek medical attention from pool staff & if necessary, emergency services.

#### 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

#### 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

<b>Name of assessor:</b> Menna Walmsley	<b>Signature:</b> M L Walmsley	<b>Date:</b> 1/8/2024
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<b>Activity: Swimming or water polo training &amp; competition</b>	<b>Date and Time: September 2020</b>	<b>Location: Dryland training facilities &amp; Social settings</b>
<b>Reviewed &amp; Updated: October 2023</b>		

Indoor gym sessions at the University Sports Centre, Travel to matches/competitions, and social functions with potential for alcohol consumption and related issues.

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.
Social activities and alcohol		X		If an individual turns up to train or compete having been drinking or clearly suffering from the effects of a night out, they will not be permitted to participate in sporting activities (if swimming centre staff have concerns about any members entering the water due to alcohol consumption the captains will ask the member to leave/not enter the water). The club will provide non-alcoholic drink options and access to food as part of their social activities. The club will not pressure anyone to take part or pass any form of initiation as part of their membership of the Club. Social activities will not involve, or promote, unsafe, illegal, degrading or anti-social behaviour or be based on the excessive consumption of alcohol. Anyone who does drink to excess will be supported in returning to their college or residence and someone, who has not been drinking and can monitor their wellbeing, will be informed of their condition. Club Welfare Policy and Officers in place to signpost athletes to support systems if needed.

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.
Management of illness, injuries or infections.		X		As per Swim England guidance, no one should enter the water within 48 hours of having experienced vomiting or diarrhoea. If any athlete has/is suspected to have a contagious infection they will be asked to stay away from training & competition for a period of 72 hours and follow guidelines set by medical professionals. Athletes should make coaches and captains aware if a new injury occurs so training & competitions schedules can be adapted to cater for the athlete.

### ASSESSOR

<b>Name of assessor:</b> Menna Walmsley	<b>Signature:</b> M L Walmsley	<b>Date:</b> 1/8/2024
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