

<b>Activity: Swimming or water polo training &amp; competition</b>	<b>Date and Time: January 2026</b>	<b>Location: External swimming venues</b>
<b>Review due: January 2027</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	High-Acceptable with additional control measures	Low - Acceptable	
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 must only take place in areas in which
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				it is permitted and, during training sessions, under the supervision of a Level 3 coach.
Wet surfaces - slipping			X	Walk slowly and with flat feet in wet areas. If available, hold handrails. 'No running' signs on poolside.
Dehydration			x	All participants encouraged to bring water and stay hydrated throughout the season. Our swimming pools all have water fountains. If feeling dizzy, participants will be told to sit down, and any further medical attention will take place as needed.
Injury from exit/entry to water			x	Swimmers are encouraged to enter and exit the water safely. Those diving will do so under appropriate supervision and guidance and when the pool is of the appropriate depth.
Known health issues / disabilities			x	All swimmers and water polo players will have disclosed any medical conditions in a form sent out at the start of the year. Sessions/activities/tasks will be altered accordingly. Any required medication should be easily accessible.
Overcrowding in the pool			x	We follow guidance from the leisure centres we use, and never exceed maximum capacity for the areas we hire.

**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> Aurelio Lencioni	<b>Signature:</b> A. Lencioni	<b>Date:</b> 13/01/2026
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<b>Activity: Swimming or water polo training &amp; competition</b>	<b>Date and Time: January 2026</b>	<b>Location: Dryland training facilities</b>
<b>Review due: January 2027</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	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. Make sure users bend knees to lower weights to not hurt their back.
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. Ensure all participants warm up effectively to avoid muscle strain.

Inappropriate footwear/ clothing			x	Ensure all participants wear suitable trainers and clothing to avoid injury to feet/ slipping or getting caught in equipment.
Dehydration/ overheating			x	All participants encouraged to bring water and stay hydrated throughout the season. Our land training facility (the university sports centre) also has several water fountains and air conditioning. If feeling dizzy, participants will be told to sit down, and any further medical attention will take place as needed.
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/ bomb threat			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. All facilities we use will have an Emergency Action Plan.
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

#### 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

<b>Name of assessor:</b> Aurelio Lencioni	<b>Signature:</b> A. Lencioni	<b>Date:</b> 13/01/2026
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<b>Activity: Swimming or water polo competition</b>	<b>Date and Time: January 2026</b>	<b>Location: Any place where matches/ competitions are held</b>
<b>Review due: January 2027</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	High-Acceptable with additional control measures	Low - Acceptable	
Injury due to condition of pool equipment and slipping			X	Check all equipment is intact and appropriate when entering the building e.g. watch out for loose tiles/ diving blocks Also ensure the pool is deep enough for diving if needed Walk slowly and carefully over wet surfaces, holding onto handrails where possible.
Drowning: 1) Generally (both swimming and water polo) 2) As a result of dunking in Water polo			X	1) 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. 2) 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.
Injury due to overexertion		X		All members must warm up sufficiently before any matches. All members are encouraged to keep hydrated and fed in the build up to a match, to avoid fainting. If injured the player must leave the pool. All facilities have lifeguards on hand, as well as AED equipment if needed.
Injury due to aggression			X	Any verbal or physical abuse will not be tolerated, any instigators will be asked to leave the pool. Referees have zero tolerance for it, and we have a zero-tolerance policy of it within the club. Also referees check nail lengths before any game begins to avoid scratches
Known health issues / disabilities			x	All swimmers and water polo players will have disclosed any medical conditions in a form sent out at the start of the year. Sessions/activities/tasks will be altered accordingly. Any required medication should be easily accessible.
Overcrowding			X	We always comply with the venue's capacities for swimmers and spectators to ensure a safe environment.
Travel – becoming involved in an accident			X	These are detailed in the CUSWPC Travel Policy
Travel – travel by coach			X	We only travel with coaches that fulfil any legal requirements and that are approved by the university sports centre.

Fire/ bomb threat			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. All venues we use have EAP's in place.
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.

## 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 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

<b>Name of assessor:</b> Aurelio Lencioni	<b>Signature:</b> A. Lencioni	<b>Date:</b> 13/01/2026
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