

RISK ASSESSMENT

For General Land Training Activities



Date of Assessment:	01-April-2023
Review Date:	01-April-2024
Name of Assessor:	Nick Bloomfield

Ref No.	Hazard Description	Likely Harm <small>with existing control measures</small>	To Whom	Existing Control Measures	RISK RATING			Additional Control Measures	REVISED RATING		
					L	S	R		L	S	R
OVERARCHING PRINCIPLES FOR ALL ACTIVITIES											
1	Covid 19 Restrictions	• Risk of infection from Coronavirus	All parties within training environment	• All activities are to follow best practice as dictated by HM Government to prevent the spread of Coronavirus	3	5	# # #	While we no longer face lockdown measures, all club activities are to be mindful of the continued risk of infection and are to be conducted as per current legislation from HM Government. Sub routines below are to be revised pending imposition of new measures to prevent the further spread of the virus.			
	In adequate supervision	Injury to swimmers through inappropriately set work.	All	Coaches to be trained and deemed fit to teach land training. BAWLA (British Amateur Weight Lifters Award), UKSCA (United Kingdom Strength and Conditioning Association) and NSCA (National Strength and Conditioning Association) would be sufficient.	2	2	4	All rules to be explained to participants before an activity begins.			
					Safety rules to be fully explained and enforced throughout the session.						
					Warm up prior to and warm down after the activity.						
					Staff to be fully aware of potential dangers & pitfalls associated with particular activities.						
					All activities to be demonstrated prior to participants beginning their session.						
					Safety rules & correct ways to be shown and emphasised.						
					Staff vigilance throughout the session and enforcement of safety points as necessary.						
	Is the room / area large enough for activity	• Slips / fall / bumps leading to minor/moderate injury	All	Room / Area deemed suitable for number in session by session coach.	2	2	4	None			
	Danger from member of public	Harm / abduction through public interaction.	All swimmers	Adherence to HSC Child Protection policies with regard to child supervision whilst under the care of HSC coaches.	2	2	4	None			