

Midlothian Swimming Club - COVID-19
Risk Assessment
Midlothian Centres

Prepared

10-Sep-20

Item	Hazard	Initial Risk			Mitigation	Residual Risk			Impact on	Review Date
		Probability	Severity	Risk Rating		Probability	Severity	Risk Rating		
1	Infection from Covid-19 - Process & Communication	2	5	10	Circulate risk assessment & briefing document to all swimmers and coaches prior to first training session All swimmers and coaches must confirm positively that they have read, understand the requirements and commit to adhering to the mitigation measures. Access to training will only be granted to those who have confirmed in writing that they accept these processes.	1	5	5	All swimmers, parents & carers, coaches and Covid Liaison Officer	Ongoing
2	Infection from Covid-19 - General	2	5	10	Wear masks between leaving car and finishing changing Follow guidance and instructions of facility staff and signage Practice good hygiene at all times - use hand sanitiser when entering the facility and as required Confirm attendance on register with Covid Officer No one should travel to the pool if they feel unwell in any way	1	5	5	All swimmers, parents & carers, coaches and Covid Liaison Officer	Ongoing
3	Infection from Covid-19 - Travel to Training	2	5	10	Travel to training sessions as one family group Do not car share unless absolutely necessary Where guided or if necessary, limit the number in each vehicle, wear face masks and practice good hygiene	1	5	5	All swimmers, parents & carers, coaches and Covid Liaison Officer	Ongoing
4	Infection from Covid-19 - Accessing training facility	2	5	10	Wear masks between leaving car and finishing changing Follow guidance and instructions of facility staff and signage Practice good hygiene at all times - use hand sanitiser when entering the facility and as required Confirm attendance on register with Covid-19 officers Confirm wellness with Covid-19 officers before entering building Parent/carers should not enter training facility For younger swimmers, one parent/carer may accompany the swimmer to the door At all Midlothian Pools, facility staff will be conducting temperature checks on arrival. Anyone who is determined to have an excess temperature will not be allowed entry. Facility staff have the final say on this point.	1	5	5	All swimmers, parents & carers, coaches and Covid Liaison Officer	Ongoing
5	Infection from Covid-19 - Changing	2	5	10	Do not share changing facilities Follow good hygiene & cleanliness practices Do not share clothes or equipment Bags shall be left in changing room/cubicle Maintain social distance distancing, particularly from adults/older swimmers Wear masks until ready to enter pool Wear swimming costumes under outdoor clothes Do not use showers Only use areas permitted by facility staff	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing
6	Infection from Covid-19 - Warm-up	2	5	10	Maintain social distancing & hygiene requirements Use own bag and equipment only - all equipment must be labelled with swimmers name Equipment in net bags to be submerged in pool water at start of sessions Use own water bottle that must be filled prior to attendance prior to training session If directed by coaches, warm-ups shall be carried out at home prior to training session Covid-19 officer shall monitor and enforce Covid-19 protection measures	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing

7	Infection from Covid-19 - Commencing swimming	2	5	10	Maintain social distancing requirements at poolside and during rest breaks in the pool Do not congregate in large groups Entry and exit the pool as instructed by the coach No spitting Maintain coughing etiquette	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing
8	Infection from Covid-19 - During training session	2	5	10	Maintain social distancing protocols Do not congregate in large groups Maximum 6 swimmers per double lane Swim at side of each lane as directed by the coaches Start swimming as directed by coaches Maintain spacing during each set and minimise physical contact with other swimmers If a swimmer becomes unwell provide support as appropriate to incident and coach capability. Inform lifeguard and provide first aid as appropriate	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing
9	Infection from Covid-19 - Leaving the pool	2	5	10	Maintain social distancing protocols Do not congregate in large groups Do not use showers Remove all personal equipment from the pool One swimmer per changing cubicle Dry quickly and leave changing area as directed by facility staff	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing
10	Infection from Covid-19 - Leaving the facility	2	5	10	Maintain social distancing Wear masks Follow hygiene standards Remove all belongings Follow guidance of facility staff and signage Sign out with Covid-19 marshall Meet parent/ carer at door for youngers swimmers or in car park for older swimmers	1	5	5	All swimmers, coaches & Covid Liaison officer	Ongoing