

Risk Assessment Form – Open Water swimming



(The risk assessment should be reviewed after accidents, Incidents, near misses and when significant changes in personnel or work practices occur) RISK ASSESSMENT FORM: Training Sessions

No.	Location and description of hazard	People at Risk	Level of Risk / Severity of risk	Actions to mitigate or remove risk	Residual Level of Risk / Severity after resolution	Dates reviewed

1	Deep cold water - Drowning, Hypothermia, Panic, Cold water shock	All swimmers	Medium /High	<ul style="list-style-type: none"> • Safety paddleboarder (SUP) attendance on inexperienced swimmers • Compulsory wetsuit use where water temperature below 14°C • Where water temperature is between 14°C and 22°C wetsuits may be worn by those experienced in open water swimming • When the water temperature is over 22°C wetsuits need not be worn by any swimmer • All swimmers not wearing a wetsuit must have a tow float 	Low / High	
2	Deep cold water medical emergency (i.e. heart attack, stroke, cramp)	All swimmers	Low / High	Enquiry regarding any pre-existing medical condition	Low / High	

3	Deep water	Safety spotter on landing stage/beach	Medium / Medium	<ul style="list-style-type: none"> • Availability of safety throwline • All swimmers to wear a brightly coloured swim hat • All sea swimmers must wear use a tow float. 	Medium / Low	
4	Capsize in deep water	Safety SUP	High / Medium	Compulsory use of lifejackets	High / Low	
5	Collision with SUP	All swimmers	Medium / Medium	Training of safety SUP in bow first approach to swimmers	Low / High	
6	Swans	Swimmers and safety SUP	Low / Medium	Safety SUP to shepherd swans away from swimmers	Low / Low	
7	Weed around perimeter of lake	Swimmers	Low / High	Swimming course routed away from banks of lake	Low / High	
8	Slippery surface and sharp material on lake bed at entry/exit point	Swimmers and safety SUP	Medium / Low	Underwater inspection of lakebed at entry exit points and removal of sharp material	Low / Low	
9	Infection from rodents – Weil's disease	Swimmers, safety SUP, safety spotter	Low / High	Training advice to swimmers. Wash hands, body, clothing and equipment after use. Do not put hands to mouth.	Low / High	
10	Water quality	Swimmers and safety SUP	Low / medium	Check water quality with site owner – no swimming if not suitable	Low / Medium	
11	Sharp material on approaches to water entry point	Swimmers and safety SUP	Medium / Low	Inspect approach paths and clear of sharp material, or lay protective mats	Low / Low	

12	Tethering cables to marker buoys	All swimmers	Low / Low	Training advice to swimmers	Low / Low	
13	Infection risk in relation to COVID-19	Everyone	High / Low-High	Maintaining social distancing as per NOP for COVID-19 except in the event of emergency rescue	Low / Low-High	
14	Groynes and other hazards	Summers and safety SUP	High / Medium	Training advice to swimmers and safety SUP identifying underwater hazards	Medium / Low	
15	Sea state	Swimmers and safety SUP	High / Medium	Weather conditions and tidal state to be assessed by OW coach prior to swimmers / SUP entering the water.	Low / Medium	

Risk Rating; evaluation of the potential impact, extent & likelihood of the harm occurring

High: (e.g. Fatality possible to one or more individuals however infrequent. Major injury to one/few individuals likely. Minor injury to many individuals likely.)

Medium: (e.g. Major injury to one/few individuals infrequently. Minor injury to few individuals occurring frequently.)

Low: (e.g. Minor injury occurring infrequently to few individuals)

Prepared by:

Date:

Certified that all controls in place, all staff informed, and safe systems of work being applied.

Signed:..... Date.....

High: Immediate action required

Medium: Requires attention as soon as possible

Low: Not a priority, may need attention if not as Low as Reasonably Practicable

