

Hampshire Open Water @ Lakeside Events Open Water Swimming  
Risk Assessment 2021 COVID - 19 secure (Eastleigh Lakeside Country Park)

Hazard	People at risk & how	Risk factor	Control measures
<b>Approach to/leaving the water:</b> <ul style="list-style-type: none"> <li>Access road at top of slope leading from/to car park and (eventually) Lake</li> </ul>	All participants and attendees at risk of collision with vehicle	Minor/medium/serious injury possible  Low	Warning signs in place  Reminder to all club members and attendees to take care at all times
<b>Approach to the water:</b> <ul style="list-style-type: none"> <li>Mixed surface of grass and stoned path to jetty</li> </ul>	All participants at risk of: <ul style="list-style-type: none"> <li>slipping, tripping and/or falling</li> <li>cuts and abrasions to feet</li> </ul>	Minor/medium/serious injury possible  Low	Warning to all members to wear shoes/flip-flops to the jetty  Lifeguard to check for sharp items before start of session.
<b>Stony bottom in shallow water</b>	All participants at risk of injury from stones and rocks alongside jetty when entering and leaving water	Minor/medium/serious injury possible  Low	Mats placed in water. Warning to all members to take particular care.
<b>Open water swimming</b> <ul style="list-style-type: none"> <li>Drowning</li> </ul>	All swimmers	Serious injury/fatality possible – unlikely  Medium	<ul style="list-style-type: none"> <li>No person will enter the water unless and until sanctioned by the session leader.</li> <li>The route is no more than 5-15 metres away from the bank of the lake</li> <li>1 safety boat will be on the water, crewed by RLSS or other water sports qualified lifeguards carrying VHF radios</li> <li>There will be a land based spotter carrying VHF radio, whistle, mobile phone and life-buoy</li> <li>All participants will wear wet suits, unless water temperature allows. – refer to NOP</li> <li>All participants are reasonably competent open water swimmers and .</li> </ul> Members made aware of the risks and action to take in event of an incident.  Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers.

Hazard	People at risk & how	Risk factor	Control measures
<b>Open water swimming:</b> • Swimming related physiological conditions, e.g., cramp, dehydration, tiredness, exhaustion.	All swimmers	Minor/medium injury – possible - unlikely  LOW	All swimmers will wear wet suits according to the Water temperature will be within BTF advised temperature tolerance levels On water safety available throughout session as set out above
<b>Open water swimming:</b> Other swimmers swimming action and/or swim line indiscipline	All swimmers may be hit by the arm and/or leg action of other swimmers	Minor injury – possible  Low	Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers. Large buoys clearly mark the route. All swimmers to follow route, COVID-19 , ensure swimmers keep 2m apart. Lifeguard to signal to swimmer if they are swimming too close
<b>Open water swimming:</b> Swimming into/hitting buoys	All swimmers may swim into/hit the buoys	Minor injury - possible  Low	Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers.  Swim will be held before other users are scheduled to be on the water. Swimmers will remain within the designated swim route – way from other users of the water Water safety craft and session leader/safety coordinator will monitor any other activity and advice accordingly.
<b>Open water swimming</b> Other users of/on water	Collision with other water uses – rowers, canoeists, sailing vessels	Minor/medium/serious injury – unlikely	
<b>Open water swimming:</b> Hypothermia	All swimmers	Minor/medium/serious injury – unlikely	All swimmers will wear wet suits according to the water temperature and will be within BTF advised temperature tolerance levels On water safety available throughout session as set out above.  COVID -19, swimmers are asked to bring their own warm drink. Swimmers will be advised to put on clothes asap. Spare hat and dryrobe in case swimmer does not have warm items. No changing rooms will be open.

Hazard	People at risk & how	Risk factor	Control measures
<b>Water condition/quality:</b> Ingestion of/ immersion in polluted water	All swimmers	Minor/medium injury – remote  LOW	A check will be made before swimming that there is no visible algal scum in the designated swimming area. Steve Cooke to carry out monthly water quality testing. IF tests do not pass no swimming to happen. All swimmers advised to wash hands as soon as possible after swimming
<b>Medical conditions of individual members:</b> Asthma, diabetes, anaphylaxis	Individual members suffering from medical conditions	Minor/medium/serious injury/fatality – possible.  LOW	Before entering the water, all swimmers will: <ul style="list-style-type: none"> <li>• Complete the pre-swim entry in the session register. This includes the person's name, address, an emergency contact telephone number and information about any medical condition</li> <li>• Those with a medical condition will inform the session leader/safety coordinator of the condition and the type and whereabouts of any medication.</li> <li>• The coordinator/coach will inform the Safety Boat about any swimmers who have a medical condition and the type and whereabouts of any medication.</li> </ul> <p>Note: Members have been informed that individual members remain responsible for self-administering any medication.</p>
<b>Leaving the water:</b> Stepped concrete sloped slipway leading from water	All participants at risk of: <ul style="list-style-type: none"> <li>• slipping, tripping and/or falling</li> <li>• minor cuts and abrasions to feet from uneven surface and debris</li> </ul>	Minor/medium/serious injury possible  LOW	Warning to all club members to take care and leaving the water Slip way will be checked for debris and swept clean. Mats are placed to use.
<b>Wild Life</b> Possibilities of Swans or other Wildlife	All participants at risk of:	Minor/medium/serious injury possible-  LOW	<ul style="list-style-type: none"> <li>• Wildlife will be policed by the Safety Craft.</li> <li>• Swimmers advised to spot frequently and to be aware of other swimmers</li> </ul>
<b>Walking from changing rooms</b> Uneven and stony floor. COVID-19 Changing rooms closed	All participants at risk of:	Minor/medium/serious injury possible	Warning to all club members to take care when leaving the changing room. Advised to wear shoes to walk to lakeside.

Hazard	People at risk & how	Risk factor	Control measures
<p><b>COVID-19</b> <b>Spread of the virus.</b></p>	<p>Swimmers and staff are at risk of spreading the COVID-19 Virus</p>	<p>Medium</p>	<p>Social distancing to be followed at all times. One hour sessions only with limited numbers. No cash and contactless check in Wash bucket for wristbands</p> <p>No changing rooms will be open to avoid the spread of the virus on surfaces</p> <p>No hanging around at the start or end of session to avoid crowds</p> <p>Swimmers to come ready for swimming</p> <p>All rescues will be completed with at least contact as possible (See EAP)</p> <p>Only experienced swimmers to reduce the risk of a rescue situation.</p>