

## Risk Assessment – Pool Activities

<b>Baseline</b>	<input checked="" type="checkbox"/>	<b>Site Specific</b>	<input type="checkbox"/>	<b>Vulnerable Person</b>	<input type="checkbox"/>	<b>Temporary</b>	<input type="checkbox"/>
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**Operating notes:**

- Supervision ratio is 1 Lifeguard to 2 activity lines plus accompanying adults and instructors.
- Supervision for Activity staff is 1 instructor to 2 activity lines plus 1 additional supervising adult to every 1 activity line.
- Qualifications and roles:
  - The Pool Lifeguard is responsible for the safe running of the session and decision making throughout. They must be a qualified RLSS Pool Lifeguard (NPLQ) and have completed a site specific induction.
  - RLSS NPLQ holders must remain current and fit for service as per MHSWR 1999 (HSG65) and MHASPS regulations (HSG179). Kingswood has decided that completion of the RLSS On-going Training and Competency Assessment Programme (found at <https://www.ongoingtandca.org.uk>) meets this requirement. Each RLSS Pool Lifeguard (NPLQ) must have completed the relevant RLSS On-going Training and Competency Assessment within one month of active Lifeguarding duties. If a period of three months plus is reached since the Lifeguards last RLSS On-going Training and Competency Assessment the ‘Return to Work Training and Competency Assessment’ must be completed prior to commencing with active Lifeguarding duties.
  - The Session Instructor must be in house trained with an in-date First Aid qualification.
  - Technical Advice from Group Activities Manager.
- Water quality will be tested three times a day, any concerns over the clarity and safety of the water should be reported to pool plant operator immediately.
- Chemical Handling and Pool Plant Operations must only be completed by a qualified Pool Plant Operator in line with the Site Specific NOP / EAP.

**Risk – Benefit Statement:** There is a low risk of injury / drowning on Pool Activities but high levels of participation in a new activity and environment involving aerobic exercise, making the risk tolerable.

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Inability to contact centre or emergency services if required	All	<ul style="list-style-type: none"> <li>• The Pool Lifeguard must complete a communications check when at poolside.</li> <li>• If communications are lost a member of staff from centre must go to the activity.</li> </ul>	Low

<p><b>Clarity of Roles</b> Confusion concerning responsibility for the session may exist where more than one member of staff is in attendance</p>	All	<ul style="list-style-type: none"> <li>• The Pool Lifeguard has ultimate responsibility for any and all activities delivered in the Swimming Pool. The Lifeguards decision is final. Where two lifeguards are in attendance, they will operate in a collaborative manner. Where there is a concern about the safety of a behaviour or activity, the approach must be to favour caution over leniency</li> <li>• The Pool Lifeguard must receive adequate training in the activity to ensure they recognize the hazards in the activity and signs that safety may be compromised             <ul style="list-style-type: none"> <li>○ The Lifeguard on duty is responsible for overall pool safety and managing non-active participants</li> </ul> </li> <li>• Session Instructors are responsible for the safety of active participants during the structured activity</li> </ul>	Very Low
<p><b>Drowning</b> Multiple swimmers at varying levels of swimming experience in the pool together Entrapment in underwater in vents or ducts on the walls or bottom of the pool Unauthorised and/or unsupervised access to the pool</p>	All	<ul style="list-style-type: none"> <li>• Appropriate safety equipment, including whistle should be available for use by the Lifeguard at all times during the session.             <ul style="list-style-type: none"> <li>○ Each side of the pool must have a minimum of one throw-line and one reach pole that extends to a minimum of half the width of the pool</li> <li>○ A communication or alarm system must be available to the Lifeguard in case of emergency</li> <li>○ All safety equipment and the communication or alarm system must be checked or tested daily</li> </ul> </li> <li>• The Pool Lifeguard must identify weak swimmers at the beginning of the session through communication with the supervising adult and observation of a free swim in the shallow end of the pool prior to the start of the activity.             <ul style="list-style-type: none"> <li>○ Weak or Struggling swimmers must be given the opportunity to use flotation aids and at the discretion of the lifeguard restricted to bathing in the shallow sections of the pool only</li> <li>○ Swimmers deemed to be weak or struggling should be pointed out to the activity instructor so that games used as part of the session can be adapted if necessary</li> </ul> </li> <li>• Underwater vents and ducts must be covered or built with holes of less than 8mm</li> <li>• The Pool Lifeguard is responsible for securing the swimming pool area from unauthorised access at the end of the session.             <ul style="list-style-type: none"> <li>○ The swimming pool area must be secured by a key lock and they must be checked after each use to ensure doors sit firmly in their frames and are secure. Coded padlocks are not suitable.</li> <li>○ Access to the swimming pool from the changing room must be controlled to ensure that participants are unable to access poolside before the Lifeguard is in post and ready to begin</li> </ul> </li> </ul>	Very Low

Neck or Spinal Injury Due to diving/jumping into the shallow end of the pool	Participants	<ul style="list-style-type: none"> <li>• No Diving or Jumping is permitted in an area of the pool where water depth is less than 2 metres <ul style="list-style-type: none"> <li>○ Signage must be displayed clearly marking areas of the pool where diving/jumping is permitted</li> <li>○ Lifeguard to inform participants of where jumping and diving is permitted at the beginning of the session</li> </ul> </li> </ul>	Low
Slips, Trips or Falls Wet Flooring Equipment including hoses on pool side Access to the pool itself giving rise to potential for harm	All	<ul style="list-style-type: none"> <li>• At the start of the session the Lifeguard must advise participants that no running is permitted on pool side</li> <li>• Non Slip matting or flooring should be used on pool side to mitigate risk of participants slipping</li> <li>• All safety equipment must hang securely on the walls of the pool building and not in a way that results in equipment parts protruding from the wall or trailing along the floor</li> <li>• Due to the nature of the Water Walker participants will fall over, however the control lines on the "Zorb" will prevent participants from colliding with the side.</li> <li>• Access to the pool itself must be controlled through use of explained methods: <ul style="list-style-type: none"> <li>○ Steps or ladders that are adequately secured to the poolside</li> <li>○ Participants must be instructed to sit down on the poolside to enter the pool in an area where jumping or diving is not permitted</li> </ul> </li> </ul>	Low
Physical Environment The pool environment may present a hazard, affecting the effectiveness of the lifeguard	All	<ul style="list-style-type: none"> <li>• Lifeguard to carry out pre-session checks to ensure pool area and water is safe for use. Checks must include <ul style="list-style-type: none"> <li>○ Temperature – Water must be between 25 &amp; 35 degrees C – ideally at 30 degrees centigrade. Air should be no more than 1 degree C higher</li> <li>○ Water Clarity – the lifeguard must be able to see the bottom of the pool clearly from the surface</li> <li>○ Poolside visibility – the lifeguard must be able to clearly see the entire length of the pool from one end to the other with no restriction on visibility</li> <li>○ Where a check identifies an issue the lifeguard must report it immediately and may need to curtail the activity</li> </ul> </li> <li>• Pool water quality must be tested in line with the Normal Operating Procedure for the swimming pool</li> <li>• Lifeguards must be provided a break of 10 minutes for every 60 minutes of duty on poolside. The break must include an opportunity to refresh themselves away from the pool area</li> </ul>	Low

Chemicals in Pool Water	Participants	<ul style="list-style-type: none"> <li>● The Lifeguard must advise participants to shower without using gels or lotions before entering pool side</li> <li>● The Swimming Pool operating procedures, including pool water treatment &amp; testing systems must be up-to-date and in place</li> </ul>	Low
Poor Group Control/Management Swimmers/Participants may behave in a manner that compromises their safety or that of others	All	<ul style="list-style-type: none"> <li>● Prior to starting the session, the Lifeguard must:             <ul style="list-style-type: none"> <li>○ Advise participants of how they will access poolside                 <ul style="list-style-type: none"> <li>▪ Access must not be permitted until all participants are ready to enter poolside</li> <li>▪ On entry to poolside, participants must not enter the water until advised to do so</li> </ul> </li> <li>○ Advise participants of the Swimming Pool Rules, which include                 <ul style="list-style-type: none"> <li>▪ No running on poolside, jumping or diving only in the deep-end and be respectful to other swimmers</li> </ul> </li> <li>○ Advise participants of the commands that the Lifeguard may give for swimmers to cease inappropriate behaviour, immediately swim to the side or evacuate the pool</li> </ul> </li> </ul>	Very Low