| Work/Activity: Lifesaving Club Training (Wet) |
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| We train in the Jubilee Sports Centre Pool between 19:00 and 20:00 Tuesday & between 20:00 and 21:00 Thursday.Our wet training sessions will occur every Tuesday and Thursday for the year 2021/22. |
| Group: Lifesaving | Assessor(s): Theo Levison | Contact: committee.sulsc@gmail.com |
| Guidance/standards/Reference documents  | Competence requirements |
| * RLSS Risk assessment for lifesaving 2020/21
 | **Role:** [who has what H&S responsibilities for each task e.g. event stewards] | **Skills, experience or qualifications** [what training/experience has this person had to undertake their H&S responsibilities] |
| Lifeguards provided by Jubilee Sports Centre Pool - Evacuate pool, provide first aid, perform aquatic rescues, as per the PSOP for the centre.Instructor for the evening (any committee member): Will ensure the general safety of the club’s members and ensure there are no trip hazards, the general wellbeing of club members and ensure all tows, dives etc are performed safely.(Committee members: Emily ChildsTheo LevisonJ AinsworthEmily ManningMillie DaviesOwain Jones) | IQL qualified lifeguards / Qualified First Aiders. |
| Risk assessments linked |
| Fire evacuation and all other building evacuation will be covered under SUSU’s generic evacuation procedures alongside Jubilee’s Pool Safety Operating Procedure and will be executed by pool lifeguards on duty/ whomever is elected within the PSOP. |

| Hazards | Current control measures | Current risk /9 | Additional control measures | Action by whom? | Residual risk/9 | Additional comments |
| --- | --- | --- | --- | --- | --- | --- |
| Illness or injury due to pre-existing medical conditions.  |  Committee members of the club who are present to be aware of any pre-existing medical conditions. First aiders to be present (any of those named above) |  2 |  Jubilee sports centre to be made aware of any serious conditions. |  Instructor for the evening |  2 |   |
|  Illness or injury not due to pre-existing medical conditions. |  First aiders to be present at training. Jubilee sports centre to provide qualified first aiders. |  2 |   | Lifeguard |  1 |   |
|  Risk of Drowning |  Jubilee sports centre to provide IQL qualified Pool lifeguards at the pool. One of the aforementioned lifeguards to be present for all training sessions. |  3 |   | Lifeguard |  1 |   |
|  Risk of fatigue related illness or injury due to physical exertion  |  Coach for the evening to monitor all members during training and report any issues to senior committee members (Captain/Vice Captain) and lifeguards on duty. |  1 |  Users will be asked to bring water bottles onto poolside to reduce fatigue and the implicated risks. | Instructor for the evening | 1 |   |
|  Alcohol or drugs |  Members will be sent home if they appear to be under the influence of alcohol/similar substances. |  3 |   |  Instructor for the evening |  1 |   |
| Damaged Equipment | Committee currently check equipment on a very regular basis to ensure it is still safe for use of members. | 1 | A more formal method of checking equipment should be provided. Creation of a two weekly equipment check to be completed, where two people check each item of equipment | Instructor for the evening | 1 |  |
| Contamination | No outdoor footwear to be worn on poolside to reduce risk of mud/other coming into the pool sides and pool itself. | 1 |  | Instructor for the evening | 1 |  |
| Diving Blocks | Members are not able to use diving blocks before an instructor has seen them diving from the poolside. | 3 |  | Instructor for the evening | 1 |  |
| Injury from jewellery | Members are not allowed to wear items such as earrings, rings, necklaces, spectacles to our poolside training. If members are wearing jewellery, they are asked to remove it. | 1 |  | Instructor for the evening | 1 |  |
| Depth of water | Surface Diving down to the bottom of the pool is completed at member’s own risk; Any member who experiences pain to the ears or head must abandon the dive and inform the night’s Lifeguards/First Aiders. | 2 |  | Instructor for the evening / Lifeguard | 1 |  |
| Overcrowding | Currently there are no control measures for overcrowding as our pool space has been cut so dramatically. | 6 | Club members will have to leave training if there are too many members present in the pool as jubilee’s limit is 10 per lane. | Instructor for the evening  | 4 |  |
| Sprains, Strains | Use of warm ups and cool downs. Qualified coach present; check if injuries are recurring.  | 2 |  | Instructor for the evening  | 1 |  |
| Collisions | Ensure pool is not overcrowded and that the members are divided into appropriate speeds (i.e. slowest in one lane, fastest in the other. | 2 |  | Instructor for the evening | 1 |  |
| Hypothermia | Coach to check the temperature of the poolside & Ensure it is not too cold. Members should always be moving and not staying still. | 1 |  | Instructor for the evening | 1 |  |
| Covid 19 infection from contaminated surfaces: Using pool facility | * Ensure all follow rules and guidelines set by the pool operator (Sports and Wellbeing, see link)
* Clean storage space in pool hall after every time it is used
 | 7 |  | Instructor for the evening | 2 |  For all up to date university guidelines, follow this link. <https://www.southampton.ac.uk/coronavirus.page>  |
| Infection from contaminated surfaces: Poolside equipment (ropes, manikins, gates etc.) | * All equipment should be disinfected prior to use by an individual and again the end of the session
* Arrange training to allow a candidate to demonstrate all skills using that piece of equipment before handing over to the next candidate
 | 7 |  | All members/Instructor for the evening | 2 | https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19 |
| Infection from loss of social distancing: Demonstrating close contact first aid techniques (recovery position, etc.) | * The trainer must use visual aids to demonstrate the correct techniques via video or candidate manual
* Trainers and Candidates can complete a recovery position on a member from the same household/social bubble
* Follow current RLSS and Gov guidelines regarding sport activities
 | 8 |  | All members/Instructor for the evening | 2 | https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19 |
| Infection from loss of social distancing: Demonstration of techniques using first aid equipment | * Demonstrations should be conducted on themselves where possible, casualty manikins, or other suitable equipment
* Demonstration of treatments on a live casualty can be demonstrated on a member of the same household/social bubble
 | 9 |  | All members/Instructor for the evening | 2 | https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19 |
| Infection from loss of social distancing: Poolside based rescue techniques  | * Skills should be demonstrated with a member of the same household/social bubble
* If no household/social bubble casualty available, practice using a manikin
 | 7 |  | All members/Instructor for the evening | 2 | https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19 |
| Infection from loss of social distancing: Swim tows | * Torpedo buoy must be used at full reach to maintain social distancing
* Contact tows to be performed with member of household/social bubble
* If no household/social bubble casualty available, practice using submersible manikin
 | 6 |  | All members/Instructor for the evening | 1 | https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19 |

| Reviewed By: | Comments: |
| --- | --- |
| Responsible person (SA/DM): Theo Levison & Emily Childs | Date: 27/08/2021 |  |
| SUSU H&S manager (where applicable): | Date: |  |

| Likelihood |
| --- |
| Impact | 3 | 6 | 9 |
| 2 | 4 | 6 |
| 1 | 2 | 3 |

| Likelihood |
| --- |
| Level | **Description** |
| High (3) | Will probably occur in most circumstances |
| Medium (2) | Might occur at some time |
| Low (1) | May occur only in exceptional circumstances |

| Impact |
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| Level | **Description** |
| High (3)  | Major Injury or Death; Loss of limb or life-threatening conditions. In hospital for more than 3 days, and/or subject to extensive prolonged course of medical treatment and support.  |
| Medium (2) | Serious injury causing hospitalisation, less than 3 days. Rehabilitation could last for several months. |
| Low (1) | Minor/superficial injuries. Local first aid treatment or absence from work for less than 3 days. |