| Work/Activity: Lifesaving Club Training (Dry) | | | |
| --- | --- | --- | --- |
| Thursday Training Session.  Location yet to be confirmed by SUSU and Sports and Wellbeing  18:00-20:00 Clubs & Socs Room  Our dry training session will occur every 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] | |
| Committee members will ensure that the Clubs and Socs room door remains unlocked while members are present within the room. The Fire Committee members will hold the clubs and socs room key to lock the door in the case of fire evacuation and marshal members to the nearest exit. The door will remain unblocked and usable.  Lifeguards provided by Jubilee Sports Centre Pool –Emily Childs: Will undertake rescues to reduce the risk of drowning; Provide first aid as necessary and deal with any illness or injury due to existing medical conditions, 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 Childs  Theo Levison  J Ainsworth  Emily Manning  Millie Davies  Owain Jones) |  | |
| 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 | Who might be harmed and how | 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. | Club member with pre-existing medical condition | 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 | SUSU to be made aware of any serious conditions. |  | | 2 |  |
| Illness or injury not due to pre-existing medical conditions. | Any club member | First aiders to be present at training.  SUSU/Jubilee sports centre to provide qualified first aiders. | 2 |  | Committee members/First aider | |  |  |
| Risk of fatigue related illness or injury due to physical exertion | Any club member | Coach for the evening to monitor all members during training and report any issues to senior committee members (Captain/Vice Captain). | 1 | Users will be asked to bring water bottles to reduce fatigue and the implicated risks. | Committee members/First aider | | 1 |  |
| Slips, Trips and falls. Laceration to feet | Any club member | Equipment will be kept to a minimum to reduce tripping. Any additional equipment not being used to be stored in the corner of the room. Footwear must be worn everywhere and no running is permitted. | 2 | Members will be asked not to run, and coach for the evening will monitor the area for excess obstacles or equipment. | Committee members/First aider | | 2 |  |
| Alcohol or drugs | Any club member | Members will be sent home if they appear to be under the influence of alcohol/similar substances. | 3 |  | | Instructor for the evening |  |  |
| Damaged Equipment | Any club member | 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 | | Committee members | 1 |  |
| Sprains, Strains | Any club member | Use of warm ups and cool downs. Qualified coach present; check if injuries are recurring. | 2 |  | | Instructor for the evening |  |  |
| First Aid Hygiene | Any club member | First aid equipment is checked on a weekly basis for hygiene & Damage. When they are considered unhygienic, they are disposed of. | 1 |  | | Committee Members |  |  |
| Use of Manikins | Any club member | Risk of respiratory disease; All manikins are wiped with disinfecting wipes between uses and the lungs are changed on a two-monthly basis. Any faces with cracks in are removed RE: RLSS guidelines | 3 |  | | Instructor for the evening |  |  |
| Incorrect first aid techniques | Any club member | All techniques are taught by qualified coaches / experienced lifeguards to ensure correct method is used. Within all scenarios, there is always a committee member who sits on the side and watches, and can step in if anything incorrect is performed. (e.g. CPR on a live person) | 3 |  | | Instructor of the evening |  |  |
| Storage is very overcrowded | Committee members | Risk of items falling out of cupboard (cage 1) as it is very full. There are quite high piles which have heavy items. | 4 | Change current stacking situation and move lighter things to the top rather than heavier items.  Enter the area with at least three people to make sure items do not fall.  Talk to Athletic Union Committee to see if we can arrange an alternative space. | | Committee Members | 2 |  |
| Infection from contaminated surfaces: CPR manikins | Any club member | * The skill of rescue breaths must still be taught as per the Resuscitation Council UK * Manikin lungs should be removed prior to training * Perform simulated rescue breaths * For CPR on manikin with fabric body, disinfect hands before and after use * Where the manikins are shared, the manikin must be fully disinfected * After training, all resuscitation manikin should be cleaned with suitable and sufficient disinfectant solution | 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 contaminated surfaces: First aid box contents (bandages, slings etc.) | Any club member | * Candidate is provided with bandage/ sling etc. can only be shared with members of the same household/social bubble * Once finished, equipment be disinfected or be quarantined for a minimum of 3 days before being used again * Where bandage is applied to non-household/social bubble casualty, all contacted body surfaces must be disinfected with appropriate disinfectant | 7 |  | | All members/Instructor for the evening | 1 | 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.) | Any club member | * 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 | 7 |  | | All members/Instructor for the evening | 1 | RLSS Guidelines:  <https://www.rlss.org.uk/pages/category/rlss-uk-guidance-for-operating-during-covid-19>  University guidelines: <https://www.southampton.ac.uk/coronavirus.page> |

| 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 | |
| --- | --- |
| 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. |