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| **Risk Assessment** | | | | |
| **Risk Assessment for the activity of** | **Water Polo** | | **Date** | **13/05/2021** |
| **Club/Society** | **Southampton University Water Polo Club** | **Assessor** | **Samuel Pina, President** | |
| **President** | ***Samuel Pina*** | **Signed off** | ***Samuel Pina & Charlotte Davis*** | |

**Swim England 17 May guidance:** Club activity for all ages can resume with no limit on group numbers so long as people adhere to capacity restrictions on indoor facilities. Social distancing guidelines must be followed and it is important for all participants to adhere to social distancing when not undertaking activity in the water.

Available here: [https://m.box.com/.../https%3A%2F.../view/722437234139](https://m.box.com/shared_item/https%3A%2F%2Fswimming.box.com%2Fs%2Faydu72bn10zwui6mgv34pmi8od8e9ko7/view/722437234139?fbclid=IwAR3L8XPbAh_4Wf-Z2FH853zP4IqXgzYt69S9kKdge9FvfA9IeUOES5LRB7c)

| ***PART A*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **(1) Risk identification** | | | | | | | | **(2) Risk assessment** | | | | | | | | | | | **(3) Risk management** | | | | | | | | | | | |
| **Hazard** | | **Potential Consequences** | | **Who might be harmed**  **(user; those nearby; those in the vicinity; members of the public)** | | | | **Inherent** | | | | | | |  | | | | **Residual** | | | | | | | | **Further controls (use the risk hierarchy)** | | | |
| **Likelihood** | **Impact** | | | **Score** | | | **Control measures (use the risk hierarchy)** | | | | **Likelihood** | | **Impact** | | | **Score** | | |
| **Lack of education on Covid-19** | | * Club members who do not know the procedures before participating in training may put themselves at risk of Covid-19 * Poor communication on the proper way to train will increase this risk | | | * All club members | | | | | **3** | | | **4** | | | **12** | **Communication**   * Regular communication with members before they return to the water. Video calls/ club social media posts to prepare parents and athletes for the session and environment expectations. * Coaches/ Captains to have clearly defined and planned session plans adhering to all poolside and technical delivery guidance of Water Polo, as per the Swim England guidance. * Covid-19 Officer to have engaged with the facility operator to ensure all social distancing and hygiene measures have been put in place and will be present on arrival. * Club delivery team briefing ahead of any session taking place to ensure all coaches and volunteers know what the rules of engagement for the session are, along with understanding of any injury or illness protocols in the event of an emergency. | | | | | **2** | | | **2** | | | **4** | * All should reminded on a regular basis to wash their hands for 20 seconds with water and soap and the importance of proper drying with disposable towels. * Also reminded to catch coughs and sneezes in tissues. Follow Catch it, Bin it, and Kill it and to avoid touching face, eyes, nose or mouth with unclean hands. * Tissues will be made available * Report any problems and carry out skin checks as part of a [**skin surveillance programme**](https://www.hse.gov.uk/skin/professional/health-surveillance.htm). * To help reduce the spread of coronavirus (Covid-19) reminding everyone of the [**Public Health Advice**](https://www.publichealth.hscni.net/news/covid-19-coronavirus). | | |
| **Maintaining social distancing throughout facility** | | * Upon entering the facility for training social distancing rules could be broken as athletes head to training | | * Athletes * Coaches * Lifeguards | | | | **2** | **5** | | | **10** | | | **Facilities**   * Club members will wear masks in the Jubilee Sports Centre as per the guidelines to enter and exit the building. * Connect with facility provider to understand their guidance for return to water and that of swim England. Identify differences and work with the government guidance to mitigate against risk. * Consider changing room signage to be in place before session starts.      * Ensure appropriate sign in and sign out process is in place for sessions to manage members | | | | **2** | | **3** | | | **6** | | | * Using floor tape or paint to mark areas to help people keep to a 2m distance * Arranging one-way traffic through the location if possible | | | |
| **Maintaining hand washing procedures** | | * The spread of Covid-19 is facilitated through irregular hand-washing habits | | * All club members * Vulnerable groups—those with underlying health conditions | | | | **1** | **5** | | | **5** | | | **Hand washing**   * Hand washing facilities with soap and water in place. * Stringent hand washing taking place. * See [**hand washing guidance**](https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/). * [**Drying of hands with disposable paper towels**](https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/).      * Gel sanitisers in any area where washing facilities not readily available. * Reminders to all members, coaches and volunteers regarding the use of Water Polo equipment and the management of it, before, during and after the session has been completed. | | | | **1** | | **3** | | | **3** | | |  | | | |
| **Maintaining Social distancing** | | * Ignoring social distancing rules may result in the spread of Covid-19 | | * All club members * Other pool users | | | | **2** | **5** | | | **10** | | | **Social distancing**   * Social distancing – reducing the number of persons in any pool area to comply with the 2-metre (6.5 foot) gap recommended by the [**Public Health Agency**](https://www.publichealth.hscni.net/news/covid-19-coronavirus). * [**Social distancing for vulnerable people**](https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people). * Conference calls to be used instead of face to face meetings. * Social distancing also to be adhered to in reception area and changing area. * Max capacity of 25 athletes in the pool at any one time set by Sport and wellbeing in line with SwimEngland guidance * For lane swimming there will be 3 double width lanes with a capacity of 8 to allow for social distancing * No Spectators are permitted on poolside – one coach may be present * Chlorine will be tested regularly in line with PWTAG and SwimEngland guidance * Members are asked to shower before using the pool with soap and water – this is especially due to increased use of hand sanitiser risking changes in pH of the pool * Sessions will start on the hour but the poolside needs to be cleared of equipment and members by 45 past to give the staff time to clean and for the changing rooms to be cleared before the next group enter | | | | **2** | | **3** | | | **6** | | |  | | | |
| **Training (17 May Rules)** | | * The following outlines the Swim England guidance on training rules as of 17 May 2021 * This considers the relevant risks as a result of COVID-19 and is orientated accordingly | | * All facility users * Athletes   All members | | | | **2** | **5** | | | **10** | | | * These considerations are provided by Swim England so that we may train lawfully and safely * From 17 May participants under and over 18 can train indoors. * Mixed teams and squads that contain both under 18 and over 18 players are permitted. * Match officials and coaches are exempt from the limits placed on squad numbers, however they must remain socially distanced from players where possible during play/ activity. * Shooting at goal is permitted, but advised that only one at a time to minimise risk of injury * Where possible maintain training bubbles to minimise the risk of transmission. * It is advised that rather than focus entirely on repeated drills and scrimmaging, ensure sessions are carefully planned out to reduce the frequency of close contact. * Scrimmaging can return, however much be considered to minimise interaction * Where close contact does occur, after the phase of play, participants are encouraged to appropriately social distance. This is often a naturally occurring part of the game but Swim England asks that participants actively social distance where possible. * Where club members train at multiple venues or clubs, it is their responsibility to register with each club Covid-19 Lead and inform them of their training bases to ensure test and trace is appropriately managed. * In an indoor setting the venue capacity must be followed in line with the indoor sports guidance and social distancing maintained in any breaks in play/training. * In all settings before and after the session, during team talks and, in any breaks, all participants should practise social distancing. * Any spectators at training sessions (including parents and carers) must be restricted to adhere to the current six person gathering limits. Spectators should be spread out, in line with wider Government guidance. | | | | **2** | | **3** | | | **6** | | |  | | | |
| **Competition** | | * Ensuring that the club competition, both internal and external, adheres to current COVID-19 guidance from the 17 May | | * Athletes | | | | **2** | **5** | | | **10** | | | In water polo there are two formats of how the game can be played with respect to volume of teams and traffic within a venue;  **Over 18 year old participants:**  • **Intra Team Play (within the same club)** Participant games in any format can be played indoors from 17 May.   1. **Inter Team Play (Friendlies, Leagues)**   **Two teams within the same club or two teams from a different club either one operating as a host for a game. These types of competitive games need to ensure that the guidance in this section is followed. Inter Team Play cannot resume before 5 June 2021.**   1. **Shared Venue Competition (Leagues and Events)**   **More than two teams competing in a venue over the course of a day / evening, with some teams playing multiple games. This level of competition can resume not before 21 June 2021.**  **Considerations for central venue leagues:**   * Games are typically made up of 4 quarters each a total of 8 minutes actual playing time, a total of 32 minutes per game, and we would recommend that this remains, however organisers are welcome to reduce the game time if they see fit. * Organisers must ensure that operator and national Government guidance is observed regarding large gathering. * Appropriate time between teams arriving and leaving must be factored into the schedule. It is recommended that organisers work with their pool operator to ensure appropriate measures are considered, such as dry and wet changing, one way systems around the building as per the Swim England Return to Pools guidance. This information should then be communicated to the relevant teams prior to the event taking place   Between teams arriving the organiser, with the operator, must ensure that venue have a cleaning regime in place, including but not limited to, official table and equipment and all areas listed below.  Where matches do occur, measures must be put in place to ensure that the following considerations are being met:   * Team’s players, substitutes and coaches must observe social distancing during any timeouts called in a match. * Pre-match handshake should not happen. * Team talks can take place as long as social distancing is observed. Where possible they should be held outdoors and it is recommended that masks are worn. Teams should not form a “huddle” for team talks. * Warm-ups/cool-downs should always observe social distancing; * Players are encouraged to regularly place their hands under the water each time they have interacted with another person or the ball. * Due to the nature of the game, marking is an inevitable aspect. As such players are encouraged to socially distance after each passage of play/interaction. * During breaks in play such as free throws, participants are asked to appropriately socially distance. * It is advised that shouting is kept to an absolute minimum, and that the officials, coaches and Covid-19 officer monitor this through a game. * All participants must remain socially distanced during breaks in play with spaced areas for equipment and refreshment storage for each individual including officials and substitutes. * Goal celebrations should be avoided; * Interactions with referees and match assistants should only   happen with players observing social distancing;  **Refreshments:**   * Water bottles or other refreshment containers should in no circumstances be shared. * Participants are advised to bring their own drinks or refreshments, in a named container.   After activity, participants must maintain government mandated social distancing for social interaction. This includes in any available changing rooms, showers, and any facilities or other venue participants congregate in afterwards. | | | | **2** | | **3** | | | **6** | | |  | | | |
| **Poolside management** | | * Danger of increasing the spread of COVID-19 if guidelines not followed correctly | |  | | | | **2** | **5** | | | **10** | | | **Officials:**  Table officiating and referring is permitted, however the following requirements must be put in place:   * •  Match preparation meetings by officials should be held by video call prior to activity; * •  Table Officials must be socially distanced at all times. * •  Space around your poolside must be risk assessed in partnership with your operator to ensure you have the space to appropriately distance. * •  Club Covid-19 Lead are responsible for ensuring where possible equipment for score keeping is not shared, and a clear hygiene regime is in place to appropriately disinfect electronic score machines. * •  No stationery such as pens and clip boards should be shared. * •  All referees must bring their own whistle and not share. **Game Management:**   **End of Quarter** – Ensure a one way system of exiting and entering the pool has been put in place. This will be specific to your venue and therefore we encourage you to build into your risk assessment in partnership with your operator.   * •  Officials and coaches should encourage players to get on with   the game and not unnecessarily prolong set play set-up;   * •  **Multiple Games –** If you have multiple games within a session between different teams, Allow sufficient time between games for cleaning and to reduce the chance of clustering groups. * •  **Nail Check –** The risk of Covid-19 transmission whilst performing a nail check vs potential injury is much lower and it is possible to mitigate the risk of Covid-19 by:   + •  Players remain in water and disinfect hands in water once nail check is complete. Whilst hands are wet in chlorinated water, it is active in disinfecting especially for the five to 10 seconds of a nail check.   + •  Referees could perform nail check with a visor on and sanitise hands afterwards. One referee performs the nail check for one team. To nail check a whole team only takes a few minutes maximum. * •  **Bench Management –** Any substitute players must observe social distancing from one another and officials. In game substitution must be done sensibly and adhere to social distancing. Consider exit and entry points. Referees and coaches to manage.   •  **Team Managers and Coaches –** No shouting from the poolside is permitted to minimise the risk of transmission. Any participant or official interaction must adhere to social distancing. Coaching staff and substitutes, should, for example, spread out and avoid sharing a bench if social distancing cannot be observed. | | | | **2** | | **3** | | | **6** | | |  | | | |
| **Symptoms of Covid-19** | | * The mismanagement of those who show symptoms of Covid-19 may cause it to further spread | | * All club members * Other pool users | | | | **4** | **5** | | | **20** | | | * Club members to be encouraged to take part int he university COVID 19 testing programme. * If anyone becomes unwell with a new continuous cough or a high temperature they will be sent home and advised to follow the stay at home guidance. * Designated Covid-19 Officer will maintain regular contact with committee members during this time. * Committee Members will maintain regular contact with members during this time. | | | | **2** | | **5** | | | **10** | | | * Planning for members who need to self-isolate. | | | |
| **Equipment sharing by athletes** | | * Equipment sharing will need to be disinfected with chlorine water in between uses | | * Athletes * Coaches | | | | **3** | **5** | | | **15** | | | .   * Water bottles will not be shared and clearly labelled. * Equipment that is not frequently used is locked away or in a designated storage space. * Athletes take personal training kit home each day and are responsible for cleaning this * Equipment and storage spaces to be cleaned with chlorinated pool water to maintain hygiene | | | | **2** | | **5** | | | **10** | | | * Balls used by individual athletes will be wiped down after use and hands should be washed down thoroughly before and after use | | | |
| **Use of Changing rooms/toilets** | | * Close proximity of pool users changing increases the risk of catching Covid-19 | | * Athletes * Coaches      * Other pool users | | | | **4** | **5** | | | **20** | | | * Follow Swim England Club Framework and procedures and share with members * SUWPC members will be encouraged to arrive at training ‘Swim ready’ to minimise time in changing areas and maximise training time in the pool * Members will not congregate in reception or on poolside – social distancing must be maintained * Any Vulnerable club members will be made known to committee and an individual risk assessment will be put in place if necessary * Only swimmers will be allowed to use the swimming changing rooms * Only the cubicle shower and changing rooms will be open – no shared showers or changing facilities | | | | **1** | | **4** | | | **4** | | |  | | | |
| **Travel to and from training** | | * Car sharing to training between club members may break social distancing rules | | * Athletes | | | | **3** | **5** | | | **15** | | | * No car sharing from outside of your household is permitted | | | | **1** | | **4** | | | **4** | | |  | | | |
| **Health survey and declaration** | | * Players not understanding the measures that ensure they comply with social distancing | | | * Athletes * Other pool users | | **2** | | | **5** | | | **10** | | | * All players MUST sign letter to state that they will comply with measures outlined here if they want to play * Having all members complete the health survey and declaration prior to returning to the water to ensure we are putting certain measures in place to minimise the risk to participants. | | | | **2** | | **3** | | | **6** | | |  | | | |
| **Track and Trace Register** | | * The spread of coronavirus may continue if there is no way of monitoring who is entering facilities | | | * All facility users * Athletes | | **2** | | | **5** | | | **10** | | | * All members are required to get a sports pass which is now free * QR codes around campus where members can scan in to track and trace * Members will be required to book onto sessions at the Jubilee facilities to aid track and trace * SUWPC will also take its own register as per Sport and Wellbeing recommendations * If there is a goalkeeper then shooting into the goal will be done, but each group will take turns to maintain distancing, whilst the other groups are doing individual shooting in their respective groups. | | | | **2** | | **3** | | | **6** | | |  | | | |

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| ***PART B – Action Plan*** | | | | | | | |
| **Risk Assessment Action Plan** | | | | | | | |
| **Part no.** | **Action to be taken, incl. Cost** | **By whom** | **Target date** | | **Review date** | **Outcome at review date** | |
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| Responsible manager’s signature: **Samuel Pina** | | | | | Responsible manager’s signature: ***Charlotte Davis*** | | |
| Print name: SAMUEL PINA | | | | Date:13/05/21 | Print name: CHARLOTTE DAVIS | | Date: 13/05/21 |

**Assessment Guidance**

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| 1. Eliminate | Remove the hazard wherever possible which negates the need for further controls | If this is not possible then explain why |  |
| 1. Substitute | Replace the hazard with one less hazardous | If not possible then explain why |
| 1. Physical controls | Examples: enclosure, fume cupboard, glove box | Likely to still require admin controls as well |
| 1. Admin controls | Examples: training, supervision, signage |  |
| 1. Personal protection | Examples: respirators, safety specs, gloves | Last resort as it only protects the individual |

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| **LIKELIHOOD** | 5 | 5 | 10 | 15 | 20 | 25 |
| 4 | 4 | 8 | 12 | 16 | 20 |
| 3 | 3 | 6 | 9 | 12 | 15 |
| 2 | 2 | 4 | 6 | 8 | 10 |
| 1 | 1 | 2 | 3 | 4 | 5 |
|  | | 1 | 2 | 3 | 4 | 5 |
| **IMPACT** | | | | |

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| Impact | | Health & Safety |
| 1 | Trivial - insignificant | Very minor injuries e.g. slight bruising |
| 2 | Minor | Injuries or illness e.g. small cut or abrasion which require basic first aid treatment even in self-administered. |
| 3 | Moderate | Injuries or illness e.g. strain or sprain requiring first aid or medical support. |
| 4 | Major | Injuries or illness e.g. broken bone requiring medical support >24 hours and time off work >4 weeks. |
| 5 | Severe – extremely significant | Fatality or multiple serious injuries or illness requiring hospital admission or significant time off work. |

Risk process

1. Identify the impact and likelihood using the tables above.
2. Identify the risk rating by multiplying the Impact by the likelihood using the coloured matrix.
3. If the risk is amber or red – identify control measures to reduce the risk to as low as is reasonably practicable.
4. If the residual risk is green, additional controls are not necessary.
5. If the residual risk is amber the activity can continue but you must identify and implement further controls to reduce the risk to as low as reasonably practicable.
6. If the residual risk is red do not continue with the activity until additional controls have been implemented and the risk is reduced.
7. Control measures should follow the risk hierarchy, where appropriate as per the pyramid above.
8. The cost of implementing control measures can be taken into account but should be proportional to the risk i.e. a control to reduce low risk may not need to be carried out if the cost is high but a control to manage high risk means that even at high cost the control would be necessary.

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| Likelihood | |
| 1 | Rare e.g. 1 in 100,000 chance or higher |
| 2 | Unlikely e.g. 1 in 10,000 chance or higher |
| 3 | Possible e.g. 1 in 1,000 chance or higher |
| 4 | Likely e.g. 1 in 100 chance or higher |
| 5 | Very Likely e.g. 1 in 10 chance or higher |