

## B. CLUB RISK ASSESSMENT – TOILETS / BEACH READY / KIT CHECK

COVID 19 POTENTIAL HAZARD – WHAT & WHY RISK BEFORE	PREVENTATIVE MEASURES – HOW YOU INTEND TO CONTROL THE RISK	WHEN / DONE	WHO & RISK AFTER
<p>B1. Changing Village and most toilets have been closed until further notice due to Covid 19.</p> <p style="text-align: center;"><b>(H)</b></p>	<p>It is important that whilst strict guidelines are still in place, swimmers should use the toilet before they leave home. Toilets will be cleaned before and after every use;</p> <ul style="list-style-type: none"> <li>• only use the toilet at Spectrum as a necessity;</li> <li>• only one swimmers at a time may go to the toilet;</li> <li>• Do not touch your face;</li> <li>• <b>Close the toilet lid where possible before flushing, to prevent aerosolization of virus in faecal matter;</b></li> <li>• Swimmers must thoroughly wash their hands with the hand wash provided for 20 seconds or the recommended time, before leaving the toilet area;</li> <li>• Swimmers must also use the anti-bac gel solution on poolside before returning to the pool;</li> <li>• <b>Bags must not be taken into the toilet area;</b></li> <li>• <b>Sanitary wear should be in small make-up size bags only, wiped/sprayed with anti-bac;</b></li> <li>• <b>Swimmers must not use the toilets in order to change out of swimwear.</b></li> </ul>	<p>Spectrum will be making the disabled toilet available just off poolside, positioned before the normal exit to the changing area. Anti-bac gel will be placed outside the shower exit and all swimmers must use it.</p>	<p>PCOs to place gel near shower exit. PCOs to ensure swimmers use the anti-bac gel.</p> <p style="text-align: center;"><b>(L)</b></p>
<p>B2. Due to the current closure of the Changing Villages in Pools swimmers will need to come beach ready.</p> <p style="text-align: center;"><b>(H)</b></p>	<p>Swimmers are asked to come to training beach ready and</p> <ul style="list-style-type: none"> <li>• showered before leaving home;</li> <li>• already wearing their swimsuit;</li> <li>• wearing outerwear that is both quick and easy to remove and put on. It should also be warm and suitable for changeable weather eg Onesie, tracksuit, dressing gown;</li> <li>• wear shoes that can be slipped on and off.</li> </ul>	<p>PCOs to monitor swimmers to encourage swimmers to follow procedures</p>	<p>PCOs</p> <p style="text-align: center;"><b>(L)</b></p>
<p>B3. Swimmers Bag and equipment must be clean and sanitised. Swimmers must not swap equipment.</p>	<p>As space is limited in the pool arena due to social distancing, swimmers should bring <b>one back pack</b> bag only that is <b>big enough</b> to hold the following and that is clean and sanitised;</p> <ul style="list-style-type: none"> <li>• Should have 2 x goggles that are fitted ready to use;</li> <li>• 1 x hats and a spare where possible;</li> </ul>	<p>PCOs to monitor swimmers bags and equipment &amp; water bottles</p>	<p>PCOs</p>

<b>(M)</b>	<ul style="list-style-type: none"> <li>• 1 x named water bottles, where bottles are not named swimmers will be asked to use a sanitised permanent marker to name or mark their bottles;</li> <li>• 1 x towel.</li> <li>• <b>NO KITBAGS UNTIL FURTHER NOTICE</b></li> <li>• Please note where a float is needed in teaching pool this will be provided by the Coach</li> </ul>		<b>(L)</b>
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\*The Risk levels we are using are High (H), Medium (M) and Low (L).

Risk Assessment completed by Janette Smith and Caroline Wood on 12 July 2020.

Caroline Wood: 

Janette Smith: 