**D. CLUB RISK ASSESSMENT – SWIMMER REGISTER & TRAINING PROTOCOLS -NOTRE DAME POOL**

|  |  |  |  |
| --- | --- | --- | --- |
| **COVID 19****POTENTIAL HAZARD – WHAT & WHY****RISK BEFORE** | **PREVENTATIVE MEASURES – HOW YOU INTEND TO CONTROL THE RISK** | **WHEN / DONE** | **WHO & RISK AFTER** |
| **E1.** Starting points within the pool **(M)** | Social distancing within the lanes will be explained by the coach on poolside. Swimmers lane allocation will be determined by the Lead Coach and is subject to change. | Coaches in advance | **Coaches** **(L)** |
| **E2.** Coaches to take Register of swimmer at each session **(M)** | Coaches to take a register of swimmers at the start of each session; Coaches should* mark the register to confirm attendance of each swimmer attending the session;
* **where any changes to lanes and configurations take place, these must be noted on the register;**
* mark the register that swimmer confirms that they are fit and healthy and appears fit and healthy;
* note the register against any swimmer where an incident has taken place;
* write any necessary incident/accident report for Club and school
 | Squad Coaches | **Lead Coach to check after each session that the registers as per risk assessment has been completed and ensure they are loaded as instructed****(L)** |
| E3. Swimmer numbers and session considerations**(L)** | Maximum bather load set by the school is normally 30 for each session. Coaches will take into account the Covid restrictions, size, competency and fitness of swimmers when considering the type of training. For example, when running any training set or session coaches will give consideration to the space between swimmers, the push off intervals necessary, the space allocated and speed of each respective swimmer. Breathing patterns and distance will also be considered.Coaches will remind swimmers about social distancing as and when necessary. | **Squad Coaches** | **Lead Coach to ensure lane occupancy and training is appropriate.****(L)** |
| E3. Training sessions**(M)** | Swimmers must follow the instructions of the Coaches; and * not dive into the pool off the side or blocks unless instructed to do so by the coach;
* ensure that they start and stop at their assigned lane positions;
* swim in a clockwise direction and not in the normal lane directions;
* should breathe out underwater where possible and breathe-in away from swimmers passing;
* should stay socially distanced;
* **should not overtake another swimmer;**
* Toilets poolside should only be used when necessary, swimmer should notify the coach and follow the coach’s instructions;
* Only one swimmer at a time will be able to use the toilet.
* Swimmer must use anti bac after using the toilet.
 | Coaches on poolside | **Coaches** **(L)** |

**\*The Risk levels we are using are High (H), Medium (M) and Low (L).**

Risk Assessment completed by Janette Smith and Caroline Wood on 14 April 2021

Caroline Wood: 

Janette Smith: 