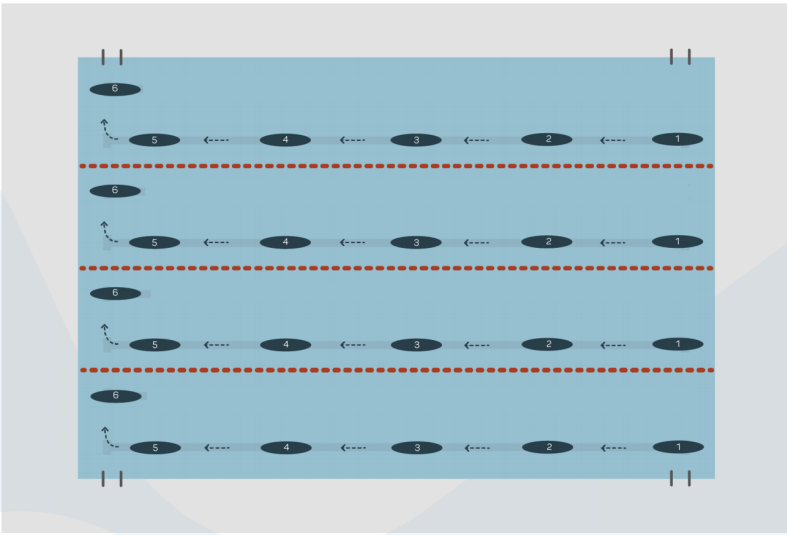




What are the hazards?	Who might be harmed	Controls considered	Additional Controls	Risk after controls	Action by who?	Action by when?
Spread of Covid-19 Coronavirus.	<ul style="list-style-type: none"> Athletes Volunteers Coaches Parents Guardians Facility Staff Public <p>Vulnerable groups</p> <ul style="list-style-type: none"> Elderly. Pregnant workers. Those with existing underlying health conditions. Anyone else who physically comes in contact with one another in relation to the facility. 	<ul style="list-style-type: none"> Hand washing. Communications to members. Entry & Exit of Facility Changing Room Protocol. Equipment. Rules on pool deck. Rules in the pool. No Athlete, Coach, Volunteer, Parents, Guardians, Facility Staff or Public should attend if they or anyone from their household feel unwell. 	<p>Contact points throughout the centre have been significantly reduced.</p> <p>The facility have put in place 'standard, assurance and confidence' cleaning procedures</p> <p>Social distancing is at <u>2 meters</u>. Where reduced to 1 meter, there are other procedures put in place ie hand hygiene, facial coverings/masks or partitions.</p> <p>Changing facilities are not in use by the club.</p> <p>Face coverings are mandatory walking into the centre and worn until seated.</p> <p>Once dried and ready to leave chair face coverings are to be placed back on and worn until fully exited the building.</p>	Low	<p>Facility Operator</p> <p>Club Committee</p>	<p>Immediate Ongoing</p> <p>Ongoing</p>
Maintaining social distancing.	<ul style="list-style-type: none"> Athletes Volunteers Coaches Parents Guardians Facility Staff Public 	<ul style="list-style-type: none"> Car park rules. Signage. Restricted lane usage. Taped/marked distance for queuing and throughout the centre. Encourage only one parent/guardian Athletes should change into their kit before arriving to training. in a fleece or other suitable clothing, towel off after training and return home to shower. 	<p>Pool set up; 4 lanes, flags</p> <p>Markers set out to help inform where social distance is.</p> <p>A MAXIMUM of 24 Athletess in a session. 6 athletes per lane.</p> <p>A MAXIMUM of 16 cubicle capacity if ever needed.</p>	Low	<p>Facility Operator</p> <p>Lead Coaches</p> <p>Club Committee</p>	Ongoing

		<ul style="list-style-type: none"> • Athletes will be grouped into same social bubbles (ie Family), ability and attendance to more than one session. • Athletes will be grouped into 2 separate groups of 10 per session. • As far as is possible, that group should continue to train together in subsequent training sessions. 				
Health screening	<ul style="list-style-type: none"> • Athletes • Volunteers • Coaches 	<ul style="list-style-type: none"> • Return to training survey to allow the club to know if there are extra precautions needed to help build abilities to training standard. IE slower sets, more rest and temporary group changes. This will be done once before returning to training. • Declaration Forms ; before returning to training. • If a participant has missed a session for whatever reason, they must resubmit a new survey and declaration form. 	<p>Digital file via email</p> <p>If a swimmer is absent for more than 7 days then the health questionnaire must be re-submitted</p> <p>The club will be keeping attendance sheets for 21 days for test and trace purposes</p> <p>A phased return may be considered based on the appropriate needs of the individual:</p>	None	<p>Lead Coaches</p> <p>Covid-19 Officer/Committee</p> <p>Welfare Officer</p>	<p>w/c 31st August 2020</p> <p>As required</p>
Club Attendance	<ul style="list-style-type: none"> • Athletes • Volunteers • Coaches • Parents • Guardians • Facility Staff • Public 	<ul style="list-style-type: none"> • Attendance is invite/scheduled only. • Late Attendees will not be accepted. • Early Attendees are discouraged, please wait in your vehicle if possible and/or keep Social distancing. Queuing <i>only</i> starts 10 minutes before the agreed time. • Extra sessions or swapping sessions is not applicable unless authorised. • Timings are strictly set and Athletes are to arrive at the exact times given prior to the sessions. • No Athlete, Coach, Volunteer, Parents, Guardians, Facility Staff or Public should attend if they or anyone from their household feel unwell. 	<p>Beach Ready - Athletes will arrive pre- changed with swimming attire under their normal clothes.</p> <p>Beach Style Drive Home - Athletes will not have use of changing facility and will need to wear appropriate warm clothes to get from poolside to their cars to travel home to get changed.</p>	Low	Club Committee	Ongoing

Carpark	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	<ul style="list-style-type: none"> • Information to members on social distancing designated car parking signage and controls at the facility. • Recommendation for wearing of facial covering during queuing and entering the building 	<p>parents and athletes are to keep two meters when exiting their car and entering the centre.</p> <p>Parents waiting must not break government or local guidance and keep two meters. They must not enter another car.</p>	Minimal	Club Committee and Facility Operator	Immediate
Equipment	<ul style="list-style-type: none"> • Athletes 	<ul style="list-style-type: none"> • Athletes are required to bring their own equipment where possible. Readily identifiable • Club equipment submerged in adequately disinfected swimming pool water will reduce the risk of transmission of developed viruses. • Equipment that can't be cleaned in the pool water should be cleaned with antiviral wipes. • Limit equipment to one athlete per evening, where possible. 	<p>Swimmers must not share any equipment and clearly identify their water bottle.</p> <p>Equipment and water bottles will be left at the individual markers down each side of the pool.</p>	Low	Lead Coaches Covid 19 Officer Club Committee	Ongoing
Facility entrance and reception area	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	<ul style="list-style-type: none"> • Social distancing-via entrance. • All that ENTER the facility will be asked to use the hand sanitise station at the entrance. • Where possible, Athletes must queue/enter the site alone. • A DCC employee and/or coaches/Volunteers will be at the entrance to chaperone you through the doors of the centre and explain the rules. • All are to follow a one way system onto the poolside. • Athletes will be given a seat/bench that would have a number associated with it. • Footwear to be removed in the Reception Area prior to entry to poolside and placed in training bag or plastic bag. 	<p>Athletes will arrive pre- changed with swimming attire under their normal clothes (beach style ready).</p> <p>Entry to the pool hall via the Staff Only door near the small pool and spectating area in the reception area.</p> <p>Athletes will follow the one way system to their allocated chair.</p> <p>Athletes will be required to use the hand sanitiser on their way into the building.</p>	Low	Club Committee and Facility Operator Welfare Officer	Ongoing
Facility exit	<ul style="list-style-type: none"> • Athletes • Parents • Guardians • Coaches • Volunteers 	<ul style="list-style-type: none"> • Social distancing-via designated exit route. • All that EXIT the facility will be asked to use the hand sanitise station at the exit. • At the end of the session Athletes get out of the pool. Collect their belongings which are along the poolside. • Athletes will be chaperoned from poolside, through the staff entrance door leading to the reception and then on to the back fire exit near the Gym. 	<p>Athletes will be required to dry down as best as possible on the poolside at their designated chair.</p> <p>Athletes will be leaving via staff only door, into reception area, leading to the back fire exit.</p> <p>Volunteers will be around to escort all athletes to their parents/guardians</p>	Low	Site video to be sent to allow understanding of entrance and exit routes.	Ongoing

		<ul style="list-style-type: none"> Athletes leave the facility as soon as instructed to do so by Club Personnel. Club Personnel to lead swimmers to the exit where they will be greeted by parents/guardians. Any swimmer not collected will remain with Club Personnel. 	<p>Parents will need to wait at the back fire exit to collect the Athlete, ensuring visual pickups from known parents.</p> <p>Parents are asked to inform the club who is collecting if different from person dropping off.</p> <p>Club Personnel will be attending a safe guarding course on 2/9/2020.</p>		Welfare Officer Club Committee	
Transitions between groups	<ul style="list-style-type: none"> Athletes Volunteers Coaches Parents Guardians Facility Staff Public 	<ul style="list-style-type: none"> 5/10 minutes before the end of the session athletes will be on their last set. (50m or 100m) Athletes will be out of the pool and getting dried 5 minutes before the end of the session. Athletes in the second group should queue 5 minutes before their session starts. Athletes on poolside will exit through the staff entrance door leading to the reception and then on to the back fire exit near the Gym. Once all athletes are off poolside, the next group may enter through reception. Chairs will be cleaned down between groups by Club coaches and Volunteers. 	Extra volunteers.	Medium	Club Committee	Ongoing
Changing rooms & Toilet areas.	<ul style="list-style-type: none"> Athletes Volunteers 	<ul style="list-style-type: none"> No use of Lockers No use of Changing rooms. Athletes to arrive with costumes under clothes ready to swim. Athletes to leave with costumes under clothes ready to shower at home. Toilets have a maximum of 1 occupancy. 	<p>Lockers are not required as belongings are on the poolside under club supervision..</p> <p>The club will not be using the changing rooms to reduce contact points and the need to exit from poolside fire exit.</p> <p>FYI; changing rooms have changed and are now uni-sex/changing village, the (old) female changing room will facilitate 10 changing cubicles. The (old) Male changing room will facilitate 2 changing cubicles and the family changing rooms will facilitate 4 cubicles. Each cubicle will be for individual use only or as a family bubble.</p> <p>Toilets will be available once Athletes are on the poolside. Athletes will need to follow a common sense approach when moving around the pool hall and into the changing rooms where they can use the toilet facilities. Social distancing rules apply.</p> <p>Ask the coach to use the toilets.</p>	Minimal	Club Committee and Facility Operator Social Media coms Welfare Officer	Immediate Ongoing

			<p>Toilets will be regularly cleaned by facility staff. (hourly)</p> <p>Toilet rooms will be limited to one person at once.</p>			
Viewing Areas and spectator areas Closed		<ul style="list-style-type: none"> The viewing area is closed and NOT in use. No refreshments will be available on site. Social distancing protocols to be followed at all times. The club reception will not be in operation. <u>NO</u> spectators on the poolside. 	<ul style="list-style-type: none"> virtual reception ; Please email info@tiger-sharks.co.uk with all queries. <p>Parents & Guardians will be asked to wait in their cars. Mobile telephone numbers will be kept in some form, to contact them if at all needed. (making sure that coaches are not removed from the poolside)</p>	Minimal	Facility Operator Club Committee Welfare Officer	Immediate Ongoing
Someone becomes unwell during session	<ul style="list-style-type: none"> Athletes Volunteers Coaches 	<ul style="list-style-type: none"> Inform centre staff. Contact the parent/guardian or next of kin and isolate the individual in Squash Court or other suitable area. Use appropriate PPE supplied by the facility. DCC guidance will be followed. Detailed in document (TBC) Follow incident report procedure 	<p>Covid-19 Isolation Room on site is located in the Squash Court.</p> <p>NHS TEST & TRACE PROTOCOL if required.</p>	Medium	Covid-19 Officer Facility officer / Lifeguard	As Required
Poolside	<ul style="list-style-type: none"> Athletes Volunteers Coaches 	<ul style="list-style-type: none"> Social distancing protocols to be followed at all times As always coaches will be delivering from the poolside, only. Parents & Guardians will only be invited onto the poolside by the coach or facility staff, if at all needed and strictly discouraged to make their own way onto the poolside. <u>NO</u> spectators on poolside 	<p>2 x 16 seated/positions around the side of the pool for Athletes to get changed at - This is where they will leave their belongings. Each Athlete will be given their own number, that will correspond with a number in the changing facilities.</p> <p>Athletes will undress by the side of the pool, leaving their belongings on either chairs or benches keeping 2 metres apart</p> <p>4 lanes, flags and following set directions with in lanes</p> <p>Athletes will enter the pool from the pool deck or using the steps (Steps are discouraged as much as possible)).</p> <p>All demonstrations will be from the poolside and anything that requires more visually explanation will be recorded, using an athlete, after and sent to parents or guardians.</p> <p>Number of personnel on the poolside to be limited as best as possible.</p> <ul style="list-style-type: none"> 2 Coaches 2 Covid Liaison (Volunteers) 	Low	Lead Coach and Duty Manager or other suitable member of staff	Ongoing

During activity	<ul style="list-style-type: none"> • Athletes • Volunteers • Coaches 	<ul style="list-style-type: none"> • Appropriate training to achieve social distancing protocols. • Resting stations along the poolside are for Athletes to take short breaks as a group. • No physical contact will take place between coaches and athletes at any time, verbal communication to be used only. • Resting Stations will be also where bottles and equipment will be kept during session. • Athletes must face away from passing Athletes. • When an athlete becomes too tired and needs a break, they must exit the pool and take a seat at their pre designated chair or bench. • Athletes will not have access to drinking water on site. • Bring your own water bottles filled with only water. • Bottled water must be clearly identifiable by the Athlete. • (Pre and post pool exercises on the poolside are not advised). 	<p>Coaches to use centres radios for extra support from the centre staff.</p> <p>Stations to be clearly marked along the poolside.</p> <p>Facing away from athletes passing and making sure that the athlete swimming knows not to breathe to the stationary athlete.</p> <p>Athletes are allowed to have their bottles on the poolside, but must make sure that they have clearly labelled an identifiable bottle.</p> <p>Use of whiteboards for training programmes around the poolside.</p>	Medium	Lead Coaches	As required Ongoing
Inclusive Practice		<ul style="list-style-type: none"> • recommend participants should be supported by one carer/chaperone who is part of the household. • A carer/chaperone should only remain on poolside throughout the session if it is deemed essential. They must adhere to social distancing guidelines at all times. 	<p>Those who are at high risk or shielding should follow the medical guidance issued to them at all times. More details about 'at risk' groups can be found on the NHS website.</p> <p>For some participants you will need to adjust arrangements for entering and exiting the pool. Participants who need help to access the facility and get changed should continue to use a carer/chaperone as necessary.</p>			
Hygiene measures	<ul style="list-style-type: none"> • Athletes • Volunteers • Coaches • Parents • Guardians • Facility Staff • Public 	<ul style="list-style-type: none"> • Covid-19 Rules communicated to all members in advance. • Showers are not in use • Athletes must shower at home before coming to the centre and shower upon returning home. (VITAL THAT ALL DO SO, TO STOP SKIN IRRITATION) • First group will have 1-16 red chairs and 4 of blue chairs. • Second group will have 1-16 blue chairs and 4 red chairs. • Chairs will be cleaned down between groups by Club personnel. used by club members between squads within sessions where chairs are used by more than one swimmer. • All chairs will be cleaned down before and after club sessions by DCC staff. 		Minimal	Club Committee Covid-19 Officer Coaches	w/c 31st August 2020 Ongoing

		<ul style="list-style-type: none"> Equipment that can't be cleaned in the pool water should be cleaned with antiviral wipes. 				
Lifesaving Intervention & First Aid	<ul style="list-style-type: none"> Athletes Volunteers Coaches Parents Guardians Facility Staff Publics 	<ul style="list-style-type: none"> Contact the parent guardian or next of kin Where the casualty can self-treat – direction, advice and support will be given from a qualified first-aider, maintaining, where possible, a safe distance of at least 2 metres. Where staff need to move within 2 meters to treat a casualty then both the first aider and casualty must wear face mask and appropriate PPE (gloves, gown). All first aid will adhere to hand hygiene protocols. Accident report forms/procedures will need to be completed in the normal way. 		Low	Welfare Officer	As required

Key Contributors

Welfare officer : *Craig Onions*

SwimMark Co : *Sue Lowe*

Covid Officer / Senior Coach : *Aaron North*