

# Health and Safety Risk Assessment – DLGC "Club Championships"

Created by : Lee Wakeham

Date completed : November 2007

Review Date: Post 2008 Season.



Hazard	Harm Potential	People at Risk	Severity	Likelihood	Risk Rating	Control measures	Post Control Risk Rating
	(Injuries or consequences of harm likely to arise if hazard is realised)	Dover life guard club swimmers, family and friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood

**General assumptions relevant to this risk assessment:**

1. Whenever Dover Life Guard Club swimmers use Dover leisure centre for training as part of any club organised open water even, operating procedures will be in accordance with the existing Risk Assessment for these facility. In particular, poolside lifeguard cover will be provided whenever training is taking place.
2. Whenever Dover Life Guard Club swimmers travel to any away open water event, operating procedures will be in accordance with the existing Risk Assessments put in place by the hosting club/organisation.
3. Safety control measures for the Dover life guard headquarters building can be found within the building risk assessment.
4. All accidents and incidents to persons and or the building must be recorded into the headquarters or club accident and incident book.

Indoor pool training.	Drowning, death.	Dover life guard club swimmers who must be a valid member of the club.	3	1	3	1. Training within Dover leisure centre will be supervised by the club coach and a poolside lifeguard at all times. 2. Swimmers wishing to enter any of the club open water swims, should in the first instance speak to the club coach for assessment.	3
<b>Pre Race:</b> 1. Registration. 2. Changing.	Minor injuries from trips and falls.	Dover life guard club swimmers family and friends.	1	2	2	The headquarters will be crowded during this period, it is imperative that users understand housekeeping and equipment must be stowed safely and tidily.	1
3. Steep steps down from the promenade to the beach.	Serious injury from fall.	Dover life guard club swimmers family and friends.	2	1	2	Dover harbour board to be notified if hand railings become unsafe or in need if repair.	2

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Swimmers called to start from Prince of Wales Pier.	Cut to feet from shingle or broken glass.	Dover life guard swimmers	1	2	2	Advise swimmers to wear foot wear to the start and to arrange for someone to collect on entry of water and return at finish point.	1
Immersion in cold water Dover Harbour (Boxing Day Dip)	Mild hypothermia (Not life threatening)	Dover life guard Swimmers.	3	2	6	1. Swimmers reminded of water temperature and danger of shock from entering too quickly. 2. Swimmers to stay close to shore and to leave the water if they start to shiver. 3. Dress straight away and have hot drink provided. 4. First aid and safety cover will be provided from the shore.	3
Training and Dover life guard events held in Dover harbour.	Mild hypothermia becoming potential life threatening if not recognised and treated.	Dover life guard Swimmers.	3	2	6	1. Sufficient number of safety and rescue boats on active patrol. 2. Boat crew have boat handling qualifications and be able to recognise the signs of hypothermia and be able to implement control measures. 3. Coach/advisor to know the swimmers limitations.	3

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Mild hypothermia during training or swimming event.	Disorientation becoming potentially life threatening if not recognised and treated.	Dover life guard club swimmers.	3	2	6	1. Boat crew, coach/advisor to continually monitor for signs of hypothermia. 2. Safety/rescue boats to be equipped with aluminium wraps and blanket. 3. Boat crew be able to implement control measures.	3
Collision with boats	Bruising, head injury, loss of limbs, ingestion of water, death.	Dover life guard club swimmers.	3	2	6	1. Swimmers to be briefed on safety rules before swim. 2. Safety/rescue boat crew to be briefed to keep a minimum of 1-10 meters distance from swimmers. 3. Water sports centre, rowing club, tour boat and port control, to be advised prior to training or events within the harbour.	3
Contact with jelly fish	Stings, temporary paralysis (in severe cases only)	Dover life guard club swimmers.	2	2	4	1. Boat crews to continually monitored swimmers for signs of stings. 2. Swimmers effected by severe stings to be removed from the water and first aid administered.	2

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Race start	Possibility of injury to swimmers during first couple of minutes from arms and legs causing accidental blows.	Dover life guard club swimmers.	1	3	3	A warning of the dangers of a mass start will be included in the pre swim briefing. Intentional injury for competitive advantage will result in disqualification.	3
Race in progress	Fatigue, cramp, exhaustion and hypothermia	Dover life guard club swimmers.	3	2	6	1. Safety/rescue boats deployed with radio communications to shore side organiser and relevant race officials. 2. Race officials to follow race operational rules compiled from ASA technical open water laws.	3
<b>Post Race:</b> 1. Refreshments 2. Presentations 3. De-brief	Minor injuries from trips and falls, scalds electrocution, death.	Dover life guard club swimmers. family and friends.	4	1	4	All electrical equipment should reach European safety standards. Any fault should be reported to the HQ officer for repair. Competent persons to work in the kitchen area serving food and hot drinks.	4
Manual handling boats and equipment	Muscoskeletal injuries	Dover life guard club swimmers. family and friends.	2	2	4	A minimum of 4 persons is required to move any boat in or out of the building.	2