

Ennis Swimming and Lifesaving Club Risk Assessment – Covid-19 Return to water

Compiled by Ennis Swim Club Committee

Intended as working document to be updated as needed – **UPDATE 6/10/2020 – Level 2 to level 3**

Step 1. Identify the Hazards	Step 2. Assess the Risk		Step 3. Additional Actions Needed			
What are the hazards? Identify all potential hazards relating to the transmission of Covid-19	Who is at risk? Identify individuals within the club who are potentially at risk of the hazard.	Level of risk (Your estimate of the risk level, based on the current practices – High, Medium or Low)	Controls measures to be implemented Further actions needed to reduce risk level to as low as possible.	Action by who and when Identify who will complete the additional control and by when	Date Completed Date additional control measure has been implemented and/or completed	Level of Risk (After controls)
General Spread of Covid-19	All club members / Parents / Staff at facility	High (Community rate now significant)	Follow Swim Ireland Club Protocols and Procedures and share with members – adding new level 3 protocols Members to sign revised code of conduct Hand washing Encourage good coughing and sneezing etiquette Keep 2m apart Avoid hand shaking	All committee members, COVID-19 Officers, Coaches In consultation with facility Parents to educate athletes in good practices and explain further changes as issued	Prior to return to Water at each facility in new level 3 phase	Low

			<p>Signage for direction of traffic through facility is clear</p> <p>Publish updated protocols on website and advise members</p> <p>Confirm new protocols to be carried out by facility</p> <p>Follow new government issued updates and revise protocols accordingly</p> <p>Covid 19 officer at all swim club events to remind and advise of best practice</p>			
Travel to and from training	Athletes and parents/carers	<p>Low</p> <p>(Always travel is within the family group)</p>	<p>Carpooling not permitted.</p> <p>No athletes or coaches living outside of county Clare are allowed to attend sessions</p> <p>Avoid public transport</p> <p>Keep members up to date on any changes in protocols</p> <p>Issue guidance in back to pool pack prior to first training session</p>	Committee	Prior to return to water in level 3 phase	Low
Equipment sharing by athletes	Athletes and Coaches	<p>Medium</p> <p>(most athletes have their own equipment and sharing not usual even pre covid)</p>	<p>Strongly enforce All sharing of equipment by athletes will be prohibited.</p> <p>Water bottles will not be shared and clearly labelled.</p> <p>Ensure athletes bring sufficient water, 2 bottles may be needed for long sessions</p>	COVID-19 Officer, Athletes and Coaches	Prior to return to water in level 3 phase	Low

			<p>Minimum equipment needed is brought to training.</p> <p>Athletes take personal training kit home each day and are responsible for cleaning this</p> <p>Covid officer on duty reminds athletes and coaches of protocol</p> <p>Will be communicated in back to pool information to members</p>			
Entrance to facility	Athletes, coaches, covid officer and parent on duty	Med	<p>Covid Officer to be at entrance to facility to verify health form completed once per session and to remind athletes of social distancing guidelines</p> <p>Athletes line up socially distant at point to be decided by facility</p> <p>Face coverings to be worn by all when entering the facility</p> <p>Coaches/Chaperones/Covid officers keep face coverings on until all athletes enter the water</p> <p>Staggered entry to be agreed with facility eg half of athletes enter socially distance, wait 4 mins before allowing next group through</p> <p>Hand sanitizer</p>	COVID-19 Officer, Athletes and Coaches in consultation with facility	Prior to return to water in level 3 phase	Low

			<p>Facilities planned route of entrance and procedures to be communicated in back to pool information prior to training</p> <p>Parents not to enter buildings and to stay back from entrances</p>			
Use of Changerooms/Toilets	Athletes	Med	<p>Follow updated level 3 Swim Ireland Club Protocols and Procedures and share with members</p> <p>Athletes to arrive dressed and ready to train (beach ready) – swimwear on under clothes- take quick shower on arrival as per facilities guidelines</p> <p>Athletes to have allocated space on poolside for water bottles and equipment</p> <p>Changing room protocol of facility to be communicated eg which cubicles/lockers to use – suggest pre assigned cubicles</p> <p>Do not use lockers – decreasing touch surfaces, athletes to use assigned cubicle and leave belongings there – no valuables, facility not responsible</p> <p>Clear protocol communicated regarding toilet breaks during training – 1 male/1 female at a time – Chaperone to bring athlete to bathroom and ensure 1 at a time</p>	COVID-19 Officer, Athletes and Coaches	Prior to return to water in level 3 phase	Low
Maintaining social distancing on deck and during session	Coaches and Athletes	High	Follow updated level 3 Swim Ireland Club Protocols and Procedures and share with members	COVID-19 Officer, Athletes and Coaches	Briefings prior to return to water in level 3 phase	Low

			<p>Maximum number of coaches on deck is 2</p> <p>Brief athletes on how coaches plan to ensure socially distant training</p> <p>Coaches wear face masks until all swimmers have entered the water</p> <p>Encourage exhaling into the water</p> <p>Good lane management and monitoring maximum 5 athletes per lane strictly enforced</p> <p>Coaches give feedback from a distance but try to avoid shouting</p> <p>Coach, with help from covid 19 officer, will continually monitor athletes during training and adjust plans as needed to best ensure distancing maintained</p> <p>Name individuals to attend each session</p> <p>Clearly identify areas for athletes to start and finish, strictly enforce throughout session</p> <p>Lane protocols are clear and shared with all athletes</p> <p>Identify coaching staff to be on poolside</p> <p>No prolonged face to face meetings between coaches and athletes keep 2m apart</p>		<p>Ongoing - At every session primarily by coach with assistance from covid officer</p>	
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			Coaches to have clearly defined coaching areas on poolside keeping distance from each other No group congregation in pool			
Maintaining social distancing throughout facility	All members and staff in building	Medium	Follow updated level 3 Swim Ireland Club Protocols and Procedures and share with members Signage for direction of traffic through facility is clear No parents/carers allowed inside facility Make clear to parents that any meetings required need to be prearranged, will not take place within facility No congregating inside facility prior to and after training Exiting pool to be staggered with at least 1 min between each lane exiting Face masks to be worn by all once swimmers leave pool area and enter cubicles Discuss with facility need for their staff to wear face coverings while athletes <i>not</i> in the pool	All members, COVID-19 Officer, Committee	Ongoing	Low
Lack of education of members	Members not understanding the new protocols in place within the club	Medium	Members to sign revised code of conduct Issue letter and club protocols to all members Issue notice of updates to all protocols that change from level 2 to level 3 to parents	All members, COVID-19 Officer, Committee Parents to help educate athletes in protocols	Prior to return to water in level 3 Also ongoing updates reminders to be issued	Low

			<p>Provide point of contact for information for members – lead covid officer and covid officer/liaison to assist with any queries</p> <p>Ensure at least one member of each family is a trained covid 19 officer</p> <p>Covid committee to meet and review need for ongoing training and reminders of protocols</p>			
Athlete showing symptoms of Covid-19	Athletes	High	<p>Parent/carer will be contacted and athlete sent home</p> <p>Ensure we have clear guidance from facility</p> <p>Athlete sent from pool to assigned cubicle to change. From there as per facility guidelines. (For Shannon pool - athlete to remain in cubicle and wait for parent and exit as in guidelines. Cubicle used to be advised to staff)</p> <p>Procedures to be outlined to all covid 19 officers</p> <p>Parent/Carer to remain within 5 mins of pool during training session</p> <p>Chance of athlete suddenly realizing they are developing symptoms mitigated by use of questionnaire</p> <p>Follow Swim Ireland Club Protocols and Procedures</p>	Committee	Prior to return to water in level 3	Low