

HASC Risk Assessment Form 2016 – Land Training exercises on poolside

Background

Concurrent land and water work is an established training method employed by many swimming teams in many different guises. Scottish Swimming acknowledges that there are logistical issues that need to be accommodated in these sessions and encourage coaches to be creative while considering safety at all times. It is understood that there is no Scottish Swimming requirement for mats to be used for land exercises being carried out on poolside. Equally, the coaches are not aware of any Argyll and Bute council rules which prevent people from carrying out basic land training on poolside.

Mats may be used to provide a soft area to work on but are just as liable to becoming wet as the pool deck and are not in themselves a substitute for vigilance by swimmers and coaches during land work.

However, it is proposed that mats are not used during combined water and land sets for the following reasons:

- Mats become slippery with water thereby increasing the risk of a slippage incident;
- The mats curl up and can become another trip hazard;
- The mats are used outside the pool environment, in homes, in the Guide hall and in Victoria halls. Using the same mats on the poolside could bring in unwanted contamination onto poolside

The following risk assessment reviews the risks involved with carrying out land training on the poolside and identifies relevant mitigation actions which would be undertaken.

Activity	Land training exercises on poolside
Date of activity	Various sessions
Location	Helensburgh swimming pool
Brief description	It is proposed to carry out standard land training exercises focusing on increasing core strength to improve swimming technique. These exercises would be carried out on the poolside under the instruction of the supervising adults. Note that no running or aerobic exercise would be undertaken - the selected exercises all relate to core stability such as press up, plank, lunges, squats. It should also be noted that only swimmers in squads above silver would undertake land training exercises.
Considerations / prior to activity	<ul style="list-style-type: none">• Kit bags would be placed in an appropriate location so as to avoid becoming trip hazards.

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No.	Hazard	Risk	Risk (L, M, H)	Control measures	Risk (L, M, H)
1	Wet floor	Child could slip on wet floor, resulting in banged head or bruised limb	L	Given that no aerobic exercise is being carried out and there will always be at least one other point of contact with the floor at all times, the chances of serious injury being incurred are very limited. The risk of a slippage is therefore no greater than when someone walks along the poolside. Running on poolside or running to jump in is actively discouraged by coaches. In the event of an incident, shock is a more likely result with child taking increased care going forward. Kick boards are used for some exercises such as the plank, for comfort reasons. Kick boards are not slippy and the addition of water does not change that property. Using this equipment, does not therefore increase the risk of slippage injury.	L
2	Kit bag	Child could slip or trip over swimming kit	L	The coaches ensure that all kit is kept in nets at the back, as far from the pool as possible. The only piece of kit employed in land training is the kick board, for comfort. Again, when unused, this will be stored beside the wall. Alternatively, if the land training is carried out prior to the children entering the pool, the swimming kit may be organised at the edge of the pool ready for the session, with exercises being carried out in the space between the kit and the wall.	L
3	Child error due to lack of concentration or foolhardy behaviour	Child could fall backwards into the pool when climbing out of the pool	L	In principle, this risk is no greater than when a child climbs out of the pool at the end of the session. However, the chances are increased due to the number of occurrences if the land training task is to carry out exercises at the end of each length. Given that the swimmers finish at approximately 5 sec intervals and there is space on the wall for two swimmers to get out at the same time, the chance of a swimmer falling backwards onto another swimmer is limited. Such an instance rarely happens in a situation where there are 5-8 swimmers all trying to get out of the pool at the same time. If a swimmer does fall back on top of another swimmer, the water takes the brunt of the impact and the other swimmer either dives under the water to avoid injury or potentially incurs, at worst, a bruise which is no worse than a playground incident.	L

4	Sharp edges	Child could cut themselves on sharp edges on pool surround either in or out with the pool	L	The pool and the outer environment are the responsibility of the Argyll and Bute Council and are maintained in accordance with the Council health and safety guidelines/rules. In the event that a sharp edge is identified, the pool staff are efficient in instigating a repair to prevent further incidents. Lifeguards constantly patrol the pool environment, keeping an eye out for any potential dangers. Therefore, the chance of a swimmer incurring an injury on such a sharp edge is extremely small. In the past, swimmers have been injured by pool defects whilst doing normal swimming activity. Such injuries resulted in small cuts and grazes.	L
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Risk assessment carried out by: Karena Caskie

Date: 15 February 2016