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|  | Risk Assessment | SECTION | F5.1.54.06RA |
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| | | DATE | July 2020 |
| | | REVIEW | July 2021 |
| TITLE: Social distancing and preventing the spread of COVID-19 Swimming General | | APPROVED BY: Head of Health, Safety & Quality | |


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|--|-------|---|--|
| Company name: | 1Life | Date of issue: | |
| Site name: | | Name of assessor: | |
| Date of assessment: | | Assessor's signature: | |
| Persons consulted on the completion of this risk assessment: | | | |
| Name | | Job Title | |
| Krystal Buckley | | National Aquatics Manager | |
| Simon Greensmith | | General Manager Downham Leisure Centre and 1Life ATC co-ordinator | |
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| HAZARDS – What will cause harm? |
| <ul style="list-style-type: none"> • Close contact with colleagues, customers or contractors suffering from COVID-19 • Contaminated surfaces • Inadequate PPE • Lack of training • Sharing equipment • Lack of up to date information regarding the virus • Physical Environment • Overcrowding • Poor water quality |


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| RISKS – What could happen? What could the consequences be? |
| <ul style="list-style-type: none"> • Contracting COVID-19 • Passing the infection on to others • Drowning • Injury • Serious illness • Infection/irritation |

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| PEOPLE AT RISK – Who could be harmed? |
| <i>Staff, Contractors and Customers will be exposed to the risks above. Insert below specific people at risk within these groups</i> |
| <ul style="list-style-type: none"> • Staff • Swimmers • Visitors |


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| LOCATION – Where are the hazards located? |
| <ul style="list-style-type: none"> • Foyer • Corridors • Toilets • Changing rooms • Swimming pool/s |

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| GENERAL CONTROL MEASURES – What are you doing to control the risks? | | | | | |
|---|---|-----|----|------|-------------|
| All the control measures identified below will in combination, contribute to minimise the risks identified to an acceptable level. Please identify below whether the controls are happening or not. | | | | | |
| No. | Description | Yes | No | N.A. | Responsible |
| 1 | Customers are informed if they, or a member of their household, has, or have, any signs or symptoms of COVID-19, they are not to enter the swimming facility or attend swimming lessons. | | | | |
| 2 | Anyone with COVID-19 symptoms such as: <ul style="list-style-type: none"> • A new continuous cough • A high temperature • A loss of, or change to sense of smell or taste Are advised to stay at home and self-isolate in line with government guidelines https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/?fbclid=IwAR1PwxVCSjY5ksVSHTPuR6B72_A8JDcxPsxHoCw2gvgmcMbtJCKwhfpkks | | | | |
| 3 | Tape and floor markings are used on the floor to ensure 2-metre distancing for customers when queuing. | | | | |
| 4 | Social distancing measures will be maintained by all swimmers when moving through the Centre through signage and floor markings, with one-way systems in place where possible | | | | |
| 5 | Session times are planned to avoid congestion in the changing rooms | | | | |
| 6 | All swimming sessions will be booked and paid for in advance. | | | | |
| 7 | Swimming pool etiquette displayed in the Centre and online. | | | | |
| 8 | Swimmers advised to arrive for their swim, swim ready. | | | | |
| 9 | Swimmers advised to maintain social distancing throughout the Centre and in the changing rooms through signage, online and staff communication. | | | | |
| 10 | Changing rooms periodically checked to ensure social distancing measures are being adhered to. | | | | |
| 11 | Swimmers advised to spend minimal time in the changing rooms and must leave as soon as they are changed and ready following their swim. | | | | |
| 12 | <i>Lockers reduced to reflect the max bather load of the pool and all other lockers taken out of use to reduce number of touch points.</i> | | | | |
| 12 | <i>All lockers taken out of use and swimmers are requested to leave their bags in an allocated area on poolside which does not block any escape routes.</i> | | | | |
| 13 | Where required individual showers, sinks and urinals are taken out of use to ensure 2m social distancing can be assured. | | | | |
| 14 | Customers advised to change in cubicles following their swim. | | | | |
| 15 | Hair dryers are taken out of use. | | | | |

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| No. | Description | Yes | No | N.A. | Responsible |
| 16 | Signage in place advising customers to maintain good hygiene standards and to regularly wash their hands. | | | | |
| 17 | Hand sanitisers in place on entry to the changing rooms. | | | | |
| 18 | Soap and paper towels are always well stocked. | | | | |
| 19 | An enhanced cleaning regime is in place to include changing rooms, poolside and poolside observation areas as per the revised cleaning schedules. | | | | |
| 20 | Pool steps, hoists, pods, handrails etc. are frequently cleaned as part of the revised cleaning regime. | | | | |
| 21 | Staff undertaking cleaning wear suitable PPE as per government guidance. | | | | |
| 22 | Toilets are used on an urgent needs basis and cleaned thoroughly and regularly with limited usage dependent on size of facility. | | | | |
| 23 | The circulation of outside air is increased as much as possible by opening windows and / or doors (however do not so if posing a safety risk to staff or swimmers and the need for warmer temperatures must be considered for any young swimmers). | | | | |
| 24 | Staff member on duty within the high use periods to manage social distancing within the changing rooms and circulation areas. | | | | |
| 25 | Where possible entry and exit points to the pool hall will be different. Where this is not possible <i>right of way signage will be in place.</i> | | | | |
| 26 | Lane swimming, swimming lessons and swimming clubs are the only sessions to be held in the pool. | | | | |
| 27 | Only 10 swimmers permitted per 4m wide lane and no more than 1 swimmer to 6sqm of pool space. | | | | |
| 28 | Directional signage in place in the pool, swimmers use the lanes appropriate to their swimming speed to avoid the need to overtake. | | | | |
| 29 | Swimmers advised to maintain social distancing in the pool, where social distancing is not being maintained an additional lifeguard or the Duty Manager will be called to support. | | | | |
| 30 | Swimming lessons do not take place during public sessions. | | | | |
| 31 | Private hirers must supply their own risk assessment to include COVID-19 controls and procedures. | | | | |
| 32 | NOP updated to reflect changes to bather loads, lifeguard rotations, swimming teacher positions and all other COVID-19 related changes. | | | | |
| 33 | Lifeguards trained on changes to NOP and EAP. | | | | |


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| No. | Description | Yes | No | N.A. | Responsible |
| 34 | Lifeguards attend refresher NPLQ training before returning to lifeguard duties and in line with the new IQL guidance. | | | | |
| 35 | Lifeguards trained on changes to first aid delivery due to COVID-19 restrictions. | | | | |
| 36 | Swim teachers and lifeguards trained on COVID-19 awareness, employee safe workplace practices, for hand washing and staying at home if ill and reporting illnesses. | | | | |
| 37 | The preservation of human life takes precedent. If a swimmer is in difficulty, a lifesaver must respond quickly and where required, perform CPR (see COVID-19 CPR protocols from the UK Resuscitation Council). | | | | |
| 38 | First aiders must wear gloves and a face mask when dealing with first aid incidents. | | | | |
| 39 | Monthly microbiological tests of the pool taken. | | | | |
| 40 | pH levels dropped to 7.0-7.20ppm and free chlorine at 1.50ppm as per PWTAG guidelines. | | | | |
| 41 | Swimmers suffering from the effects or showing symptoms of COVID-19 are ask to leave the pool, go straight home and follow NHS advice. | | | | |

| SITE SPECIFIC ASSESSMENT – <i>Complete this table for any hazard, risk not included above and for any additional control measures in place or required.</i> | | | | | |
|---|--------|------|-----------------|-------------|---------------------|
| No. 1 | Hazard | Risk | Control Measure | Responsible | In place? Yes/No |
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CONTACT YOUR COMPANY HEALTH AND SAFETY RESOURCE IN THE FIRST INSTANCE IF YOU ADD ANY HAZARD, RISK OR CONTROL MEASURE IN THIS TABLE

¹ Continue numbering from previous table
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| ACTIONS – What actions must be done to ensure the full implementation of the risk assessment? | | | | | | |
|---|-------------|----------------|-------------|----------|-----------------|------------------------|
| Write down an appropriate action for any control measure marked as 'No' Identify high priority actions with a 'Yes' Link the 'Number' column to the relevant Control Measure number in the risk assessment to enable the assessor to cross reference and check that all 'No's' have an action recorded against them Insert additional rows as required to enter all of the actions needed. | | | | | | |
| Number | Description | High Priority? | Responsible | Due Date | Completion date | Completion checked by: |
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I confirm that I have read, reviewed and understood this risk assessment and if in doubt I have sought the advice of the relevant person in my organisation.

I confirm that I am aware that I must monitor the completion of the actions highlighted in the assessment to ensure they are completed adequately and within the timescales set.

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|-----------------------------------|-------------------|
| Appointed Person: | Signature: |
| Appointed Person Job Role: | |
| Date: | |

| | |
|---------------------------|-------------------|
| Authorised Person: | Signature: |
| Date: | |