	Risk Assessment	SECTION PAGE ISSUE DATE REVIEW	F5.1.54.07RA Page 1 of 7 V2.0 7 th April 2021 June 2021
TITLE: Social distancing and preventing the spread of COVID-19 Swimming Lessons		APPROVED BY: Head of Health, Safety & Quality	


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		

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 • Insufficient ventilation


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

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


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 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=IwAR1PwxVCSjIY5ksVSHTpuR6B72_A8JDcxPxxHoCw2gvgmcMbtJCkwhfpkks				
3	Any teachers that have COVID-19 symptoms or are living with someone with confirmed COVID-19 will not be permitted to attend a lesson until they have been tested and cleared of the virus and have completed the quarantine period as detailed in the government guidelines.				
4	Temperature checks recorded for all teachers before each shift if they teach across multiple locations.				
5	The parents/guardians of swimmers that are at high or moderate risk should discuss the return to the pool with their GP before they return to swimming.				
6	Tape and floor markings are used on the floor to ensure 2-metre distancing for customers when queuing.				
7	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. Adults must wear masks at all times whilst in the Centres unless taking part in an activity.				
8	Lessons are staggered to reduce the amount of users in the changing rooms and moving through the Centres at any one time.				
9	All swimming lessons will be booked and paid for in advance.				
10	All parents/guardians and swimmers are made aware of all social distancing and hygiene controls via the app and website.				
11	Swimming pool etiquette displayed in the Centre and online.				
12	Swimmers advised to arrive for their swimming lessons, swim ready when booking the lessons.				
13	Social Distancing will be followed during the entirety of the lesson in line with government social distancing guidelines in the swimming pools of 6sqm per swimmer. Class sizes reduced to ensure social distancing measures are adhered to.				

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No.	Description	Yes	No	N.A.	Responsible
14	All teachers will adhere to the social distancing measures at all times when teaching and moving around the side of the pool.				
15	Teachers and assistants are trained to enforce the social distancing rules.				
16	Teachers and swimmers reminded to regularly wash their hands or sanitise if soap and water is not available.				
17	Group lessons do not take place during public sessions.				
18	Floor markings in place indicating where each teacher can teach from.				
19	Where safe to do so, teachers teach on opposite sides of the pool and maintain the same teaching position throughout the lessons. If glare is present than they must move their position to ensure they can see all areas of their pool space.				
20	Spectators must remain in the viewing gallery at all times, spectator area capacity reduced to ???? to ensure social distancing measures are maintained. Spectators must wear face coverings at all times unless medically exempt.				
21	Parents/guardians must come alone if staying to watch their children.				
22	Parent/guardians (as spectators) are not permitted on poolside during lessons, limiting one parent/guardian per swimmer (including limit on accompanying siblings where possible)				
23	Where possible parents/guardians will drop the swimmers off at the facility and do not enter the building/changing rooms, and only where safeguarding is not a concern.				
24	Teachers are re-inducted into the new ways of working following the COVID-19 lockdown including all new procedures in place to reduce the spread of COVID-19.				
25	Swimmer abilities are re-assessed on their first session back, against the relevant outcomes to establish their current levels of performance.				
26	Swimmer safety training in a COVID-19 environment must be delivered on returning to the pool.				
27	Swimmers to be re-educated on water and pool safety when they return to the pool.				
28	Adaptation to teaching positions required where possible due to the recommendations to teach from the side following Swim England guidelines. Teaching should only take place in the pool, where the safety of the child could be at risk if teaching from the side, and if social distancing can be maintained.				

	Risk Assessment	SECTION PAGE ISSUE DATE REVIEW	F5.1.54.07RA Page 4 of 7 V2.0 7 th April 2021 June 2021
TITLE: Social distancing and preventing the spread of COVID-19 Swimming Lessons		APPROVED BY: Head of Health, Safety & Quality	

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No.	Description	Yes	No	N.A.	Responsible
29	Lesson plans have been developed to reduce/inhibit face-to-face teaching within social distancing guidance.				
30	Lifeguard and rescue equipment always available whilst lessons are taking place.				
31	Parent and toddler sessions are allowed in the water, provided parents/carers maintain social distancing from all others in the lessons and the reduced COVID capacities are not breached.				
32	Pool spacing to be increased to accommodate parents for parent and toddler sessions.				
33	Parents only have responsibility for their own children.				
34	Swimmers must maintain social distancing when waiting to get in the pool and wait in designated areas.				
35	Teachers and teaching assistants work in the same teams wherever possible.				
36	Teaching assistants maintain social distancing at all times.				
37	Swimmers enter and exit the pool at separate locations where possible and follow a one-way system.				
38	All pool entry and exit points are used.				
39	Lessons are structured and taught to ensure social distancing can be maintained, i.e. children swim across the pool in cannon or small wave formation.				
40	Swimmers must stay in the same groups at all times to reduce additional exposure to other groups of swimmers.				
41	Teachers to remind all swimmers to maintain social distancing at the start of each lesson.				
42	High intensity lessons to be avoided to reduce the explosiveness of exhaling such as race pace, excessive heart rate intensity and hypoxia.				
43	Teachers must maintain social distancing from swimmers at all times and must not use physical contact when correcting technique.				
44	Surface area of each lesson increased where possible.				
45	Swimmers maintain a 2-metre social distance during rest periods.				
46	Debriefs should be kept to a minimum.				
47	Where possible swimmers will bring their own personal equipment, which is clearly marked as theirs.				
48	Swimmers and teachers will bring their own water bottles.				
49	Swimmers do not share equipment.				
50	Hand sanitising stations set up before entry to the pool.				

	Risk Assessment	SECTION PAGE ISSUE DATE REVIEW	F5.1.54.07RA Page 5 of 7 V2.0 7 th April 2021 June 2021
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No.	Description	Yes	No	N.A.	Responsible
51	Equipment used in the pool can be cleaned with pool water following its use provided the pool is adequately disinfected.				
52	Equipment that cannot be cleaned in the pool will be disinfected after use.				
53	Teachers are responsible for cleaning their group's equipment before and after each shift.				
54	Where possible 2 sets of equipment will be available at each station to allow for cleaning.				
55	Equipment used in the sessions will be kept to a minimum.				
56	If a tissue or wipe is used during the session, they will be told to dispose of it using the "catch it...Bin it...kill it" policy, and wash hands after. Waste bins provided for disposal of tissues				
57	If someone shows symptoms whilst in attendance, PPE will be worn- gloves, apron, face mask by the coach/teacher with the individual.				
58	The individual is removed away from all other swimmers.				
59	Emergency contacts will be phoned, or parent called from within the Centre to collect as soon as possible.				
60	Emergency contact details have been checked to ensure they are up to date.				
61	When leaving the pool swimmers must spend minimal time in the changing rooms.				
62	Where possible swimmers shower at home.				
63	Swimmers, spectators and teachers leave the venue as soon as they are ready and do not congregate within the facility.				
64	Teachers and assistants trained on changes to NOP and EAP.				
65	Teachers and assistants attend refresher NPLQ/NRASTC training before returning to teaching duties and in line with the new IQL guidance.				
66	NRASTC teachers trained on changes to first aid delivery due to COVID-19 restrictions.				
67	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.				
68	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).				
69	First aiders must wear gloves and a face mask when dealing with first aid incidents.				
70	Adult lessons cannot resume until 17 th May at the earliest.				


	Risk Assessment	SECTION PAGE ISSUE DATE REVIEW	F5.1.54.07RA Page 6 of 7 V2.0 7 th April 2021 June 2021
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No.	Description	Yes	No	N.A.	Responsible
71	Risk assessment to be reviewed in line with Government guidance on the control of COVID-19 and the spring 21 road map.				
72	Supply air to opened to 100% and extract fully running to increase air turn on poolside.				
73	Toilets, sinks and showers closed off where social distancing cannot be maintained.				
74	Parents/guardians arriving with children must scan the QR codes or details be captured at reception.				

SITE SPECIFIC ASSESSMENT – Complete this table for any hazard, risk not included above and for any additional control measures in place or required.					
No. 1	Hazard	Risk	Control Measure	Responsible	In place? Yes/No

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
5.1.54.07RA – 1Life

	Risk Assessment	SECTION PAGE ISSUE DATE REVIEW	F5.1.54.07RA Page 7 of 7 V2.0 7 th April 2021 June 2021
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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:

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.

Appointed Person:	Signature:
Appointed Person Job Role:	
Date:	

Authorised Person:	Signature:
Date:	