**University of Essex Swimming &water Polo Club**

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| Location: | Diving pit & Pool Leisure World |
| Assessor: | Jack Parkin |
| Persons at risk: | Members attending trainings/matches, spectators |

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| Hazard (H)  Hazardous Event (HE)  Consequence (C) | Pre-Control Risk Rating | | | Control Measures | Post Control Risk Ratings | | | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – Equipment  HE – Faulty equipment  C - Injury | 2 | 4 | 8 | Ensure equipment is checked before use and stored properly.  Any damaged or faulty equipment removed from use and replaced where needed.  First aid kit on hand. | 1 | 4 | 4 |  |
| H- Water  HE- Drowning  C- Death or Asphyxiation | 5 | 7 | 35 | Ask members/potential members if they can swim. Each member needs to be able to swim 50 metres unaided. If they can’t, they should swim with floats/armbands,  Lifeguards on poolside at all times.  Technique taught for how to stay afloat.  Shallow end of pool (members encouraged to go to shallow end if unconfident)  First aid trained members & Lifeguards | 2 | 7 | 14 |  |
| H- Pool Water  HE- skin irritation  C- Eczema (other skin conditions) | 3 | 3 | 9 | Members encouraged to have a shower after training (wash all of chlorine off) | 2 | 3 | 6 |  |
| H – Equipment  HE – Misuse of Equipment  C – Injury | 3 | 2 | 6 | New participants informed how to properly use equipment.  Warnings issued to those ‘mucking around’.  First aid kit on hand. | 2 | 2 | 4 |  |
| H – Foreign objects on floor (on poolside)  HE – Slips, Trips and Falls  C - Injury | 5 | 4 | 20 | Poolside checked before and after use for foreign objects.  Members and spectators encouraged to keep personal items/unused equipment with them and away from the pool  Any foreign objects on floor removed before session or match.  First aid kit on hand. | 2 | 4 | 8 | This includes litter. |
| H – Environment (Poolside)  HE – Poolside Slippery  C – Slips, Trips, Falls | 5 | 4 | 20 | Not running on poolside  Flip flops can be worn (will have more grip on floor when walking)  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Airborne Illness e.g., COVID-19  HE – Illness being transmitted  C - Illness | 4 | 3 | 12 | Players encouraged to not train if they feel unwell.  Always adhere to the latest government guidelines regarding covid. | 1 | 3 | 3 |  |
| H – Player  HE – Pre-existing illness/injury/allergy  C – More susceptible to injury | 6 | 6 | 36 | Players encouraged to give pre existing medical information where necessary.  Participants made aware they can opt out at any point in training or match if pre existing injuries resurface.  Players encouraged to bring any additional medical equipment e.g., muscle tape, medication they may need to training.  First aid kit on hand. | 2 | 6 | 12 |  |
| H – Player  HE – Not warmed up  C – Strains, pulled muscles | 4 | 4 | 16 | Warm up completed before every training.  First aid kit on hand. | 1 | 4 | 4 |  |
| H – Player (Water Polo WP)  HE – Not bringing personal protective equipment (Water Polo Cap/goggles)  C – Susceptible to Injury | 4 | 4 | 16 | Players will not be able to participate in games if not worn. This is checked before games.  First aid kit on hand. | 2 | 4 | 8 | Personal protective equipment includes goggles (swimming) & Water Polo Cap (Water Polo) |
| H – Player (Water Polo WP)  HE – Not wearing appropriate clothing.  C – Slips, Trips and Falls. Reduced mobility. | 3 | 4 | 12 | Players will not be able to participate in games if appropriate clothing is not worn. This is checked before games/training.  Any piercings/jewellery removed  First aid kit on hand. | 1 | 4 | 4 |  |
| H – Player (Water Polo WP)  HE – Nails not cut before match/training  C- Cuts/scratches/contamination | 4 | 3 | 12 | Trim nails before matches/training  Refs do pre-nail check  Messages sent out to new members | 2 | 3 | 6 |  |
| H – Player  HE – Not bringing sufficient provisions/water  C - Dehydration | 5 | 3 | 15 | Ample breaks to take water.  Players informed of nearest water fountain.  Informed to bring water prior to training. | 2 | 3 | 6 | Nearest water fountain on site, by showers |
| H – Player (Swimming)  HE – Not adhering to code of conduct  C – Irresponsible and aggressive behaviour. Increased risk of injury, upset team mates. | 3 | 2 | 6 | Players encouraged to adhere to code of conduct.  Zero tolerance policy to unnecessarily aggressive or hostile behaviour. Players banned from future sessions if this is warranted. | 2 | 2 | 4 |  |
| H – Player (Water Polo)  HE – Not adhering to code of conduct  C – Irresponsible and aggressive behaviour. Increased risk of injury, upset team mates. | 5 | 2 | 10 | Players encouraged to adhere to code of conduct.  Zero tolerance policy to unnecessarily aggressive or hostile behaviour.  Timeouts/cards used when necessary | 3 | 2 | 6 |  |
| H – Player  HE – Not knowing the Rules  C – Accident and Injury | 4 | 5 | 20 | New players given proper instruction and demonstrations.  Coaches properly qualified.  First aid kit on hand. | 1 | 5 | 5 |  |
| H – Player  HE – Under the influence of drugs/alcohol  C – Increased risk or injury and illness. | 2 | 6 | 12 | Players under the influence will not be allowed to train/take part in matches.  First aid kit on hand. | 1 | 6 | 6 |  |
| H – Player  HE – Insufficient medical cover  C – Accident and Injury | 4 | 7 | 28 | Players to buy Swimming & Water Polo Club memberships.  Matches should be played following the league and national governing body rules.  First aid training completed by team captains.  First aid kit on hand. |  |  |  |  |
| H – Exercise  HE – Unsafe move  C – Injury - strains. | 4 | 4 | 16 | New players given proper instruction and demonstrations.  Coaches properly qualified to teach certain move.  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Exercise  HE – Incorrectly performed move.  C – injury strains | 4 | 4 | 16 | Coaches to correct incorrectly performed play.  Ample practice allowed.  First aid kit on hand. | 2 | 4 | 8 |  |
| H – Exercise  HE – Trainings too demanding  C - Exhaustion | 5 | 3 | 15 | Ample breaks.  Players informed they do not have to do anything above their ability.  Players instructed to get out of the water if showing signs of severe fatigue (subs made in game)  First aid kit on hand. | 2 | 3 | 6 |  |
| H – Spectators  HE – Standing by the pool.  C – Injury from players running/balls ext. | 2 | 6 | 12 | Spectators informed to sit in stands. | 1 | 6 | 6 |  |
| H- Driver  HE – Long journey to/from venue causing exhaustion  C – accident | 4 | 7 | 28 | The club ensures that the driver does not drive more than 2hours.  The driver will take a 15 minute break for every 2 hours of driving. | 2 | 7 | 14 |  |
| H – Match travel via car  HE – Road traffic accident.  C – Accident and Injury | 4 | 6 | 24 | Travel via car only arranged if the vehicle driver is happy and confident to make the trip, as well as ensuring they hold a valid driving licence and insurance. The vehicle driver should take all usual precautions required by law, e.g. ensuring those in vehicle are wearing seatbelts and vehicle is road-worthy.  Passengers should not distract driver or obscure exits.  Take regular stops as necessary. | 2 | 6 | 12 |  |
| H – Match travel via train  HE – Accidents, lost, delayed  C – Injury, distress | 2 | 3 | 6 | SU Sports Staff to provide tickets and route plan to the team captain. Captain encouraged to stay up to date with latest travel updates.  Group to stay together and all return back to Essex safely.  Passengers should not distract driver or obscure exits. Carry panic alarms – these can be collected from SU Reception. | 1 | 3 | 3 |  |
| H – Match travel via coach, minibus etc.  HE – Traffic accident  C – Accident and Injury | 4 | 4 | 16 | SU Sports Staff to make bookings with registered travel companies. External companies provide qualified and insured drivers. Passengers should not distract driver or obscure exits.  Seatbelts to be worn at all times  Strictly no alcohol consumed on coaches.  Inform the driver if you feel unsafe. | 2 | 4 | 8 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** | | |
| **Signed Author** | **J.Parkin** | **Date: 25/01/23** |
| **Signed Checked By** | **Rob Neale** | **Date: 25/01/23** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
|  | First Aid Kit on hand at all training sessions | **Jack Parkin** | **12th October** |  |  |
|  | Social media post about what to bring to trainings. (On water polo page too) | **Jack Parkin** | **12th October** |  |  |
|  | Ensure all players have a blades and Swimming & Water Polo membership for insurance against injury. | **All exec to encourage this.** | **12th October** |  |  |
|  | Ask all members before first match day to disclose any pre-existing injury/mental health issue/medical condition. This is not compulsory, but may help to safeguard our members. | **Luka Gaborovic (Welfare)** | **12th October** |  |  |
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