

HEALTH AND SAFETY RISK ASSESSMENT

Activity	Aquatic Centre Swimming
Assessed by	Campialba
Date	12/12/2019

Step 1 – Identify the Hazards

Water activities always bring the risk of injury and/or drowning.

Step 2 – Assess the Level of Risk

Likelihood	Consequence				
	Insignificant	Minor	Moderate	Major	Critical
Almost Certain	Medium	Medium	High	Extreme	Extreme
Likely	Low	Medium	High	High	Extreme
Possible	Low	Medium	High	High	High
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Low	Medium

Risk Level	Description	Actions
Low	Little likelihood of injury or adverse consequence	No further controls required
Medium	Some chance of first aid required if incident occurred.	Additional controls may be needed
High	If an incident occurred, it is likely medical attention would be required	Controls needed before activity takes place.
Extreme	If an incident occurred, severe injury or death would occur.	Consider alternatives or implement significant controls.

Step 3 – Control the Risk

Hazard/Risk	Risk Level without further controls	Control measures
Sun Exposure	High	All participants will be required to wear sun screen applied to exposed skin. In addition to this they will be encouraged to wear a swimming shirt. Sun Screen will be provided by Campialba.
Minor injuries such as twisted ankle, stubbing food, etc	High	Coordinators of activity will take a first aid kit for treatment of minor injuries. Whilst the activity is within walking distance of the Campsite, we will ensure at least one vehicle is taken to the activity in case a person needs to be taken for medical assistance.
Emergency of any kind	Medium	At least one adult will be present with a charged mobile phone in case emergency services (Ambulance) needs to be called at any stage.
Campers unable to swim	Medium	All campers will be graded by their parents as either competent or not-competent against the Water Survival Challenge Proficiency Criteria. Armbands will be allocated according to the criteria. Any swimmers who are not competent will only be allowed in water up to their waist.
Adverse Water Conditions	Low	If the weather conditions are not favourable for swimming, we will simply cancel or postpone the activity.
Children unaccounted for during activity	Medium	Before and after the activity, there will be a roll call of all campers.
Children injured by careless or dangerous play	Medium	Campers will be given the rules of play before the swim commences. Only swimmers playing by these guidelines will be permitted to swim.
Insufficient Supervision	Low	We will ensure there is one adult per 10 swimmers actually in the water with the swimmers. The Aquatic Centre also has life guards on duty.
Dehydration	Medium	Water will be taken to the beach so that students have access to suitable drinking water at all times.

Procedure for running Aquatic Centre swimming

Before Leaving Campialba

1. Ensure all campers who plan to swim have permission of their parents.
2. Ensure all campers have the correct colour armband on and that we have forms available for all campers. These must come to the pool with the campers.
3. Ensure leaders know and understand their role during the activity, including ensuring somebody is taking a vehicle and charged mobile phone.
4. Ensure all campers have a hat, swimming gear, a water bottle and are wearing sun screen.
5. Roll Call taken. (Cabin leaders check all campers)

Swimming

1. Campers are informed of the following rules
 - a. No rough or dangerous play.
 - b. Always stay in supervised swimming areas.
 - c. Follow all signage
 - d. Always ask for help if required.
 - e. Don't forget to drink water regularly.
 - f. Demonstrate respect at all times for all swimmers.
 - g. Exit the water immediately when asked.
2. When swimming is done, another roll call must be done before returning to Campialba.