

<b>Facility:</b> Kernow Hydro	<b>Date:</b> 17 <sup>th</sup> July, 2020	<b>Completed By:</b> Fiona Louise Myers
<b>Risk Assessment:</b> Hydrotherapy, Disabled Private Swimming Sessions & Lessons	<b>Reference No:</b> C19003	

\*For the purpose of this risk assessment, disabled swimming lesson refers to a person with a disability being accompanied to the swimming pool requiring the support of a carer.

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Contracting COVID-19	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>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.</li> <li>Anyone with COVID-19 symptoms such as:               <ol style="list-style-type: none"> <li>A new continuous cough</li> <li>A high temperature</li> <li>A loss of, or change to sense of smell or taste</li> </ol>               Are advised to stay at home and self isolate in line with government guidelines             </li> <li><a href="https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/?fbclid=IwAR1PwxVCSjIY5ksVSHTpuR6B72_A8JDCxPsxHoCw2gvgmcMbtJCKwhfpkks">https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/?fbclid=IwAR1PwxVCSjIY5ksVSHTpuR6B72_A8JDCxPsxHoCw2gvgmcMbtJCKwhfpkks</a></li> <li>Guidance added to EAP and advertised on website, social media etc.</li> </ul>	N
COVID-19	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>Appoint a COVID-19 officer</li> <li>Communicate the nominated COVID-19 officer to staff and customers</li> <li>Bookable slots are timetabled for swimmers and carers to visit the pool ahead of lessons restarting to view the new norms, and with regard to accessibility to the changing rooms, poolside and</li> </ul>	N

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		assistance required from staff to enter and exit the pool.	
COVID-19 – Teacher protection	Staff	<ul style="list-style-type: none"> <li>• Training plan created to update all staff on new policies, procedures, and methods of class delivery. Practical guidance provided in terms of how to adapt lesson plans and still meet lesson criteria</li> <li>• Training in an online/virtual format is provided to reduce unnecessary face to face contact</li> <li>• Swim teachers, lifeguards and swim school staff are trained on COVID-19 awareness, employee safe workplace practices, for hand washing and staying at home if ill and reporting illnesses</li> <li>• A meeting is undertaken with teachers within the first few weeks of swimming lessons restarting so that practices and procedures can be reviewed and appropriate adaptations or amendments can be made as necessary</li> <li>• Health screening of employees and/or swimmers will be conducted and an enforcement plan developed with protocols for known or suspected COVID-19 cases. Staff in older age categories or with underlying health problems may require individual risk assessments</li> <li>• Teachers arrive for work already changed to avoid using the changing facilities and public lockers if possible.</li> </ul>	N
Physical Environment – poolside including observation areas	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• Provision of signage to indicate entry/exit to pool hall including any revisions to one way systems introduced. This takes into account how any new routes will work for disabled users and whether this enables easy access to accessible changing rooms and toilets</li> </ul>	N

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		<ul style="list-style-type: none"> <li>• Social distancing must be observed on poolside and observation areas and throughout change-over of lessons.</li> <li>• Consider whether carers could be safely utilised to assist with disabled swimmers getting in and out of the pool, thus reducing staff needing to breach social distancing.</li> <li>• Additional training is undertaken with carers in the safe use of hoists and pool pods</li> <li>• Pools with pool pods make use of radar keys enabling some disabled users to access the pool independently</li> <li>• New system ('new norm') to be clearly communicated before restarting swimming lessons i.e. website, social media, posters, learn to swim software / portals etc.</li> <li>• Carers are permitted on poolside during lessons, limiting one per swimmer if not required to be in the water</li> <li>• Lifeguards, teachers/assistants are trained to enforce the social distancing rules</li> <li>• Areas on poolside are designated for specific lessons with social distancing markers to stop cluster gatherings on poolside (such as use of floor markings)</li> <li>• Hand gel / hand washing facilities on entry/exit of poolside, changing rooms, observation areas for staff, swimmers and spectators</li> <li>• Face coverings to be worn in observation areas. These are available for purchase if required</li> <li>• Furniture in observation areas is spaced at least two metres apart and is cleaned regularly.</li> </ul>	
Overcrowding – possible transmission of		<ul style="list-style-type: none"> <li>• Overall pool layouts reflect if more than one</li> </ul>	N

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CV-19 between staff (teachers and lifeguards).	Staff	<p>swimming teacher is on poolside. Where practical, each to teach from alternate sides of the pool and for teachers are assigned to the same section of the pool for the duration of their shift to maintain the recommended social distance (including between teacher and teaching assistant).</p> <ul style="list-style-type: none"> <li>Supervision and number of lifeguards is defined for each lesson (may need to reconsider lifeguarding arrangements if previously relied on rescue test for teachers).</li> <li>Swim schools categorise their class levels into i. Low ii. Medium iii. High exposure risk levels</li> <li>PSOP to reflect any changes (Not all classes/levels present the same risk). Operators have determined revised teacher:swimmer ratios and include them within revised guidance and lesson plan documents.</li> <li>The amount of lessons which occur at the same time are reduced, in order to achieve social distancing in the water. Start times are staggered.</li> <li>Lesson plans have been developed to reduce / inhibit face-to-face teaching</li> <li>Class sizes are reduced to ensure social distancing of two metres.</li> <li>Lesson duration is reduced to include safe change-over time. Change-over time may take longer for disabled groups</li> <li>Sinking discs and/or dive rings are used to indicate pool space allocation on pool floor for swimmers and groups.</li> </ul>	
Risk of drowning	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>The preservation of human life takes precedent. If a swimmer is in difficulty, a lifesaver must respond quickly and where required, perform CPR (see</li> </ul>	N

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		COVID-19 CPR protocols from the UK Resuscitation Council) <ul style="list-style-type: none"> <li>Where no lifeguards are present, teachers to refer to latest RLSS guidance (it is the view of Right Directions that a lifeguard should always be present in light of current pandemic circumstances).</li> </ul>	
Risk of drowning due to pool depth	Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>Extra buoyancy / flotation aids are provided to allow teaching from the poolside (see sanitization under equipment)</li> <li>Submersible platforms are provided to allow teaching from the poolside</li> </ul>	N
Risk of drowning due to weak or non swimmer ability	Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>Parents/carers are asked to be in the water with non-swimmers and swimmers with poor mobility (restrict ratio of one adult to one disabled swimmer as replacement for need of a teacher in the water) Be aware of increase in changing room traffic as a result</li> </ul>	N
Risk of drowning or injury due to inadequate lifeguarding or failure to spot a disabled swimmer in difficulty	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>Lifeguard numbers are defined as a result of pool surface area, depth (including any abrupt changes).</li> <li>Lifeguard zone visibility tests (LZVT) are conducted to confirm lifeguard numbers and positions are suitable and lifeguards are able to apply 10:20 rule when undertaking a rescue.</li> <li>Lifeguards numbers confirmed within PSOP.</li> <li>Lifeguards are trained in NOP, EAP and PSOP.</li> <li>Technology (drowning detection systems) is used to supplement lifeguards</li> <li>Pool alarms are in place and tested daily</li> <li>Pool rescue equipment is in place and is checked daily</li> <li>Admission policy reflects any changes as a result of</li> </ul>	N

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		the COVID-19 guidance and clearly displayed within facility and on website	
Personal Injury / First Aid – access and availability to first aid equipment	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• First aiders have easy access to gloves, face masks, eye protection, screens and CPR pocket mask, face shields, bag-valve mask</li> <li>• Adequate supplies of PPE are available</li> <li>• Staff to be updated on latest COVID-19 guidance with adequate training and awareness relating to first aid</li> </ul>	N
Personal Injury – entry/exit from the pool	Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• Signage – pool rules</li> <li>• Good housekeeping</li> <li>• Pool layouts such as access to the swimming pool where the lesson is to be taught has been considered and takes account of the location of pool hoists, pool pods, easy access steps, beach entry etc.</li> </ul>	N
Emergencies	Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• BVM in place</li> <li>• Appropriate rescue equipment in place</li> <li>• EAP</li> <li>• Pool alarms tested on a daily basis and serviced regularly (twice per annum as a minimum).</li> </ul>	N
Other Medical Conditions	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• Terms and conditions of swimming lessons to require parent/carer to inform receptionist/swim school coordinator of any medical conditions</li> <li>• Swim teachers are informed of any specific disability or medical conditions such as epilepsy (and lifeguards are made aware also). Medical conditions to be recorded on learn to swim software / portals as appropriate.</li> </ul>	N
Risk of Missing or Lost Child	Customer - Child	<ul style="list-style-type: none"> <li>• Access control</li> <li>• Safeguarding training for staff</li> <li>• Children from the lessons are not permitted to leave poolside unaccompanied</li> </ul>	N

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Safeguarding	Customer - Child	<ul style="list-style-type: none"> <li>Safeguarding training</li> <li>All swimming teachers are DBS checked (enhanced)</li> </ul>	N
Equipment – risk of impact injuries from use of teaching aids or equipment.	<p>Staff</p> <p>Customer – Adult</p> <p>Customer - Child</p>	<ul style="list-style-type: none"> <li>Fault log</li> <li>Pre and post inspections of equipment</li> <li>Flotation aids are the correct size and appropriate for the disabled participant</li> <li>Bring your own equipment (or clean your own) policy in place to reduce staff time needed to disinfect.</li> <li>Teachers keep and maintain their own basic equipment i.e. Woggle, float (label/colour code)</li> <li>Teachers/carers should prevent swim school participants putting any swim aids and/or equipment in their mouths at any point.</li> <li>A plan is in place for the use and disinfection of teaching equipment and aids.</li> <li>Teachers consider reducing the amount of equipment used.</li> <li>Equipment is placed on poolside in advance of lessons to reduce teacher access into equipment stores</li> <li>Ensure equipment usage is controlled within / in between lessons, such as not sharing with other lesson participants.</li> <li>If equipment is used all swim aids are cleaned after each use. Equipment is to be cleaned in a sanitizing solution following government cleaning protocols.</li> <li>Two separate sets of equipment are used for alternate lessons (while one is being used, the other is disinfected by an appointed member of staff).</li> </ul>	N

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		<ul style="list-style-type: none"> <li>• If pool hoists/pods are required, the sanitization of the same is considered as part of the revised cleaning schedule.</li> <li>• If lifeguards or teachers are required to operate the pool hoist/pod, then the appropriate PPE is worn with thorough sanitization of the hoist/pod after each use.</li> <li>• Ideally, customers requiring the use of the hoist/pod are encouraged to advise the swimming pool in advance. Radar keys for pool pods are available to encourage independent use and this is publicised</li> <li>• Electronic devices/clipboards and pens used by teachers are sanitized before and after use.</li> <li>• Where practical, electronic devices/registers are delivered to teachers on poolside to avoid back office access.</li> </ul>	
<p>Instruction - possible transmission of CV-19 between staff (teachers and teaching assistants).</p>	<p>Staff</p>	<ul style="list-style-type: none"> <li>• Upon swim school restart, time is allowed at the start of each lesson to explain social distancing and the new norm. Users are encouraged to visit the facility in advance so that they can familiarize themselves with the new norm</li> <li>• All swim teaching, including teaching assistants, to teach from poolside (can use visual teaching props)</li> <li>• Swim lesson plans take into account any high risk activity such as breathing techniques (such as breathe to the side away from others)</li> <li>• Carers need to assist disabled swimmers from within the pool.</li> <li>• The lesson is structured so activities can be completed whilst social distancing is maintained.</li> <li>• Where possible teachers ask participants (carer and disabled swimmer) to ensure breathing</li> </ul>	<p>N</p>



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		activities away from others.	
Hygiene/Cleanliness/Housekeeping – in addition to general cleanliness, the added risk of contracting COVID-19	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• The enhanced cleaning regime includes accessible changing rooms, poolside and poolside observation areas as per the revised cleaning schedule</li> <li>• Pool steps, hoists, pods, hand rails etc. are frequently cleaned as part of the revised cleaning regime.</li> <li>• Staff undertaking cleaning wear suitable PPE as per government guidance</li> <li>• Toilets are used on an urgent needs basis and cleaned thoroughly and regularly with limited usage dependent on size of facility</li> <li>• 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 need to consider the temperature for, or on, any young or elderly swimmers).</li> <li>• Teachers/carers have access to hand sanitizing gel on poolside so they can use regularly.</li> <li>• A hygiene officer/ambassador is nominated for each shift whose role is to facilitate disinfection of equipment at the end of each lesson and to assist teachers in certain situations when dealing with a child with a runny nose etc.</li> <li>• Wet wipes are provided on poolside for swimmers to blow their nose or if they need to cough, along with a bin to dispose of wipes.</li> </ul>	N
Transmission of COVID-19 from the physical environment such as accessible changing rooms	Staff Customer – Adult Customer - Child	<ul style="list-style-type: none"> <li>• Traffic flow through accessible changing rooms is reduced and a one way system is implemented where feasible</li> <li>• The number of swimmers in changing rooms is</li> </ul>	N

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		<p>limited</p> <ul style="list-style-type: none"> <li>• Lesson start/finish times are staggered</li> <li>• Changing rooms and cubicles are cleaned at each 'turnover' of use. Dependent upon the number of users requiring accessible changing facilities and the availability, this may dictate the class number that can be accommodated.</li> <li>• Hand gel/sanitizer is provided at entrance and exit of changing facilities</li> <li>• Carers and swimmers are asked to arrive 'activity ready' such as already dressed in their swimwear (if possible)</li> <li>• Body wash and soap is provided in showers and swimmers are requested to take a pre-shower before entering the pool</li> <li>• A safe way for disabled users to store their possessions whilst they are in the pool has been considered, for example, using sanitized tubtrugs on poolside to place their changing bags into if public lockers are not available.</li> <li>• Hair dryers and costume dryers are turned off/isolated</li> <li>• Swimmers/parents/guardians/carers/swim school staff are advised not shake any towels or clothing items as this could put the virus in the air.</li> <li>• Separate entrances/exits are introduced where possible</li> <li>• COVID-19 guidance for swim lesson participants, and carers including a list of 'Do and Don'ts' is issued</li> </ul>	

## Risk Reduction Plan

List further action required to control the risk	Responsibility for Action	Target Completion Date	Date Completed	Signed
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## Review and Comments

		Name	Signature	Date
<b>Review</b>	Review Conducted by:			
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Comments
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