

Health and Safety Risk Assessment – DLGC "Club Championships"



Completed by : Lee Wakeham

Date completed : January 2009

Review Date: Post 2009 Season.

Hazard	Harm Potential	People at Risk	Severity	Likelihood	Risk Rating	Control measures	Post Control Risk Rating
	(Injuries or consequences of harm likely to arise if hazard is realised)	Dover life guard club swimmers, family and friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood

General assumptions relevant to this risk assessment:

- Whenever Dover Life Guard Club swimmers use Dover leisure centre for training as part of any club organised open water even, operating procedures will be in accordance with the existing Risk Assessment for these facility. In particular, poolside lifeguard cover will be provided whenever training is taking place.
- Whenever Dover Life Guard Club swimmers travel to any away open water event, operating procedures will be in accordance with the existing Risk Assessments put in place by the hosting club/organisation.
- Safety control measures for the Dover Sea Sports Centre can be found within the DSSC Building Risk Assessment, NOP & EAP.**
- All accidents and incidents to persons and or the building must be recorded into both DLGC & DSSC accident and incident books.

Indoor pool training.	Drowning, death.	Dover life guard club swimmers who must be a valid member of the club.	3	1	3	1. Training within Dover leisure centre will be supervised by the club coach and a poolside lifeguard at all times. 2. Swimmers wishing to enter any of the club open water swims, should in the first instance speak to the club coach for assessment.	3
Pre Race: 1. Registration. 2. Changing.	Minor injuries from trips and falls.	Dover life guard club swimmers family and friends.	1	2	2	The Sea Sports Centre will be crowded during this period, it is imperative that users understand housekeeping and equipment must be stowed safely and tidily.	1
3. Steps up to changing rooms, toilets, showers and bistro.	Serious injury from fall.	Dover life guard club swimmers family and friends.	2	1	2	Sea Sports Centre manager to be notified if hand rail, stair treads or lighting are in need of repair.	2

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	(Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, parents, family and friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to	Severity X Likelihood		Severity X Likelihood
Swimmers called to start from Prince of Wales Pier.	Cut to feet from shingle or broken glass.	Dover life guard swimmers	1	2	2	Advise swimmers to wear foot wear to the start and to arrange for someone to collect on entry of water and return at finish point.	1
Immersion in cold water Dover Harbour (Boxing Day Dip)	Mild hypothermia (Not life threatening)	Dover life guard Swimmers.	3	2	6	1. Swimmers reminded of water temperature and danger of shock from entering too quickly. 2. Swimmers to stay close to shore and to leave the water if they start to shiver. 3. Dress straight away and have hot drink provided. 4. First aid and safety cover will be provided from the shore.	3
Training and Dover life guard events held in Dover harbour.	Mild hypothermia becoming potential life threatening if not recognised and treated.	Dover life guard Swimmers.	3	2	6	1. Sufficient number of safety and rescue boats on active patrol. 2. Boat crew have boat handling qualifications and be able to recognise the signs of hypothermia and be able to implement control measures. 3. Coach/advisor to know the swimmers limitations.	3

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	Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Mild hypothermia during training or swimming event.	Disorientation becoming potentially life threatening if not recognised and treated.	Dover life guard club swimmers.	3	2	6	1. Boat crew, coach/advisor to continually monitor for signs of hypothermia. 2. Safety/rescue boats to be equipped with aluminium wraps and blanket. 3. Boat crew be able to implement control measures.	3
Collision with boats	Bruising, head injury, loss of limbs, ingestion of water, death.	Dover life guard club swimmers.	3	2	6	1. Swimmers to be briefed on safety rules before swim. 2. Safety/rescue boat crew to be briefed to keep a minimum of 1-10 meters distance from swimmers. 3. Water sports centre, rowing club, tour boat and port control, to be advised prior to training or events within the harbour.	3
Contact with jelly fish	Stings, temporary paralysis (in severe cases only)	Dover life guard club swimmers.	2	2	4	1. Boat crews to continually monitored swimmers for signs of stings. 2. Swimmers effected by severe stings to be removed from the water and first aid administered.	2

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	Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Race start	Possibility of injury to swimmers during first couple of minutes from arms and legs causing accidental blows.	Dover life guard club swimmers.	1	3	3	A warning of the dangers of a mass start will be included in the pre swim briefing. Intentional injury for competitive advantage will result in disqualification.	3
Race in progress	Fatigue, cramp, exhaustion and hypothermia	Dover life guard club swimmers.	3	2	6	1. Safety/rescue boats deployed with radio communications to shore side organiser and relevant race officials. 2. Race officials to follow race operational rules compiled from ASA technical open water laws.	3
Post Race: 1. Refreshments 2. Presentations 3. De-brief	Minor injuries from trips, falls and scalds	Dover life guard club swimmers, family and friends.	4	1	4	1. House keeping is paramount equipment should be safely stowed and briefing room used. 2. Dover Sea Sports Centre will be operating under its NOP, EAP & Risk Assessment procedures.	4
Manual handling boats and equipment	Muscoskeletal injuries	Dover life guard club swimmers, family and friends.	2	2	4	A minimum of 4 persons is required to move any boat in or out of the building.	2

Health and Safety Risk Assessment – DLGC "Open Events"



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Hazard	Harm Potential (Injuries or consequences of harm likely to arise if hazard is realised)	People at Risk Swimmers, Parents, Family and Friends.	Severity 1 Minor injury 2 Major injury 3 Single death 4 Multiple death	Likelihood 1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Risk Rating Severity X Likelihood	Control measures	Post Control Risk Rating Severity X Likelihood
Pre Race: 1. Registration. 2. Changing. 3. Steps up to changing rooms, toilets, showers and bistro.	Minor injuries from trips and falls. Serious injury from fall.	Swimmers, Family and Friends Swimmers, Family and Friends	1 2	2 1	2 2	The headquarters will be crowded during this period, it is imperative that users understand housekeeping and equipment must be stowed safely and tidily. Sea Sports Centre manager to be notified if hand rail, stair treads or lighting are in need of repair.	1 2
Swimmers called to start on beach	Cut to feet from shingle or broken glass.	Swimmers	1	2	2	Advise swimmers to wear foot wear to the start and to arrange for someone to collect on entry of water and return at finish point.	1
Immersion in cold water Dover Harbour	Mild hypothermia (Not life threatening)	Swimmers.	3	2	6	1. Swimmers reminded of water temperature and danger of shock from entering too quickly. 2. Swimmers to stay close to shore and to leave the water if they start to shiver. 3. Dress straight away and have hot drink provided. 4. First aid and safety cover will be provided from the shore.	3

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	(Injuries or consequences of harm likely to arise if hazard is realised.	Swimmers, parents, family and friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Race start	Possibility of injury to swimmers during first couple of minutes from arms and legs causing accidental blows.	Swimmers.	1	3	3	A warning of the dangers of a mass start will be included in the pre swim briefing. Intentional injury for competitive advantage will result in disqualification.	3
Race in progress	Fatigue, cramp, exhaustion and hypothermia	Swimmers.	3	2	6	1. Safety/rescue boats deployed with radio communications to shore side organiser and relevant race officials. 2. Race officials to follow race operational rules compiled from ASA technical open water laws.	3
During Event	Disorientation becoming potentially life threatening if not recognised and treated.	Swimmers.	3	2	6	1. Boat crew, coach/advisor to continually monitor for signs of hypothermia. 2. Safety/rescue boats to be equipped with aluminium wraps and blanket. 3. Boat crew be able to implement control measures.	3

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	Injuries or consequences of harm likely to arise if hazard is realised.	Swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
During Event Continued	Mild hypothermia becoming potentially life threatening if not recognised and treated.	Swimmers.	3	2	6	1. Sufficient number of safety and rescue boats on active patrol. 2. Boat crew have boat handling qualifications and be able to recognise the signs of hypothermia and be able to implement control measures. 3. Coach/advisor to know the swimmers limitations.	3
Collision with boats	Bruising, head injury, loss of limbs, ingestion of water, death.	Swimmers.	3	2	6	1. Swimmers to be briefed on safety rules before swim. 2. Safety/rescue boat crew to be briefed to keep a minimum of 1-10 meters distance from swimmers. 3. Water sports centre, rowing club, tour boat and port control, to be advised prior to training or events within the harbour.	3
Contact with jelly fish	Stings, temporary paralysis (in severe cases only)	Swimmers.	2	2	4	1. Boat crews to continually monitored swimmers for signs of stings. 2. Swimmers effected by severe stings to be removed from the water and first aid administered.	2

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	Injuries or consequences of harm likely to arise if hazard is realised.	Swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Post Race: 1. Refreshments 2. Presentations 3. De-brief	Minor injuries from trips, falls and scalds	Swimmers. family and friends.	4	1	4	1. House keeping is paramount equipment should be safely stowed and briefing room used. 2. Dover Sea Sports Centre will be operating under its NOP, EAP & Risk Assessment procedures.	4
Manual handling boats and equipment	Muscoskeletal injuries	Swimmers. family and friends.	2	2	4	A minimum of 4 persons is required to move any boat in or out of the building.	2

Health and Safety Risk Assessment – DLGC "Boxing Day Dip"



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Hazard	Harm Potential	People at Risk	Severity	Likelihood	Risk Rating	Control measures	Post Control Risk Rating
	(Injuries or consequences of harm likely to arise if hazard is realised)	Swimmers, Parents, Family and Friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Pre Race: 1. Registration. 2. Changing. 3. Steps up to changing rooms, toilets, showers and bistro.	Minor injuries from trips and falls. Serious injury from fall.	Swimmers, Family and Friends Swimmers, Family and Friends	1 2	2 1	2 2	The Sea Sports Centre will be crowded during this period, it is imperative that users understand housekeeping and equipment must be stowed safely and tidily. Sea Sports Centre manager to be notified if hand rail, stair treads or lighting are in need of repair.	1 2
Swimmers called to shore line on beach	Cut to feet from shingle or broken glass.	Swimmers	1	2	2	Advise swimmers to wear foot wear to the start and to arrange for someone to collect on entry of water and return at finish point.	1
Mass entry into sea	Possibility of injury to swimmers during first couple of minutes from arms and legs causing accidental blows.	Swimmers.	1	3	3	A warning of the dangers of a mass start will be included in the pre swim briefing. Intentional injury for competitive advantage will result in disqualification.	3

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Hazard	Harm Potential	People at Risk	Severity	Likelihood	Risk Rating	Control measures	Post Control Risk Rating
	(Injuries or consequences of harm likely to arise if hazard is realised.	Swimmers, parents, family and friends.	1 Minor injury 2 Major injury 3 Single death 4 Multiple death	1. Very seldom or never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Immersion in cold water	Mild hypothermia (Not life threatening)	Swimmers.	3	2	6	1. Swimmers reminded of water temperature and danger of shock from entering too quickly. 2. Swimmers to stay close to shore and to leave the water if they start to shiver. 3. Dress straight away and have hot drink provided. 4. First aid and safety cover will be provided from the shore.	3
Event in progress	Fatigue, cramp, exhaustion and hypothermia	Swimmers.	3	2	6	1. Safety/rescue boats deployed with radio communications to shore side organiser and relevant race officials. 2. Race officials to follow race operational rules compiled from ASA technical open water laws.	3
Prolonged Immersion	Disorientation becoming potentially life threatening if not recognised and treated.	Swimmers.	3	2	6	1. Boat crew, coach/advisor to continually monitor for signs of hypothermia. 2. Safety/rescue boats to be equipped with aluminium wraps and blanket. 3. Boat crew be able to implement control measures.	3

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	Injuries or consequences of harm likely to arise if hazard is realised.	Swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Dippers ignore requests by lifesavers to leave the water	Mild hypothermia becoming potentially life threatening if not recognised and treated.	Swimmers.	3	2	6	1. Sufficient number of safety and rescue boats on active patrol. 2. Boat crew have boat handling qualifications and be able to recognise the signs of hypothermia and be able to implement control measures. 3. Coach/advisor to know the swimmers limitations.	3
Collision with boats	Bruising, head injury, loss of limbs, ingestion of water, death.	Swimmers.	3	2	6	1. Swimmers to be briefed on safety rules before swim. 2. Safety/rescue boat crew to be briefed to keep a minimum of 1-10 meters distance from swimmers. 3. Water sports centre, rowing club, tour boat and port control, to be advised prior to training or events within the harbour.	3
Post Race: 1. Refreshments 2. Presentations 3. De-brief	Minor injuries from trips, falls and scalds	Swimmers, family and friends.	4	1	4	1. House keeping is paramount equipment should be safely stowed and briefing room used. 2. Dover Sea Sports Centre will be operating under its NOP, EAP & Risk Assessment procedures. 3. Shower facilities are available.	4

Health and Safety Risk Assessment – DLGC "English Channel Relay or Solo Attempt".

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	Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldome never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Hypothermia during English channel relay or solo swim.	Disorientation becoming potentially life threatening if not treated.	Participating Dover life guard swimmers	3	1	3	1. Each relay swimmer limited to 1 hour swimming with 5 hours rest. 2. Official observer, pilot and team manager to continually monitor for signs. 3. Dry cloths, sleeping bags and hot drinks available on board pilot boat. 4. Radio link from pilot boat to coastguards if emergency medical assistance required. 5. Solo swimmer stops to feed every half hour to 1 hour and will be assessed by crew.	3
Collision of pilot boats with each other and other vessels during an English channel crossing.	Loss of vessel, hypothermia, drowning multiple death.	Boat pilots and passengers	4	1	4	1. Pilot vessels to be registered with CS&PF or CSA and comply with their code of practice and operations manual. 2. Minimum separation distance of 10m to be maintained between pilot boats. Pilot boats be equipped with electronic navigation and sonar. 4. Pilots in regular vhf radio contact with both coastguards.	4

Health and Safety Risk Assessment – DLGC "English Channel Relay or Solo Attempt".



Completed by : Lee Wakeham.

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Hazard	Harm potential	People at risk	Severity	Likelihood	Risk rating	Control measures.	Post control Risk rating
	Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldom never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Collision of swimmers with pilot or other boats during English channel crossing	Bruising, head injuries, loss of limbs ingestion of water, drowning.	Dover life guard club swimmers,	3	1	3	1. Pilot vessels to be registered with CS&PF or CSA and comply with their code of practice and operations manual. 2. Maximum separation distance of 1- 10m to be maintained between swimmers and pilot boat 3. Minimum distance of 10m to be maintained between pilot boats. 4. Pilot boats to be equipped with electronic navigation and sonar. 5. Pilots in regular radio contact with Eng and Fr coastguards. 6. Swimmers to wear night sticks when swimming after dark. 7. Pilots to prepare their own risk assessment and forward a copy on request.	3
Injury or acute medical condition of swimmers or boat passengers requiring emergency medical treatment during an English channel crossing.	Complications of injury or death due to lack of immediate medical treatment	Swimmers and boat passengers	3	2	6	1. Pilots in regular contact with coastguards. 2. Boats equipped with emergency equipment specified by maritime law. 3. Pilots trained in first aid/lifesaving 4. Pilots have the facility to summon assistance from coastguards in event of life threatening emergency	3

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	Injuries or consequences of harm likely to arise if hazard is realised.	Dover life guard club swimmers, family and friends.	1. Minor injury 2. Major injury 3. Single death 4. Multiple death	1. Very seldome never occurs. 2. Reasonably likely to occur. 3. Certain or near certain to occur.	Severity X Likelihood		Severity X Likelihood
Mechanical breakdown of pilot boats during English channel crossing.	Boat drifting off course, collision with other vessels, drowning, multiple death.	Boat pilots and their passengers	4	1	4	1. Pilots in regular radio contact with Eng and Fr coastguards. 2. Boats equipped with emergency equipment specified by maritime authorities. 3. Pilot vessels to conform to the requirments of the code of practice for the safety of small vessels in commercial use.	4
Swimmer slip/falls on rocks when arriving in France.	Grazes, cuts, broken bones, head injuries.	Dover life guard club swimmers,	2	1	2	1. Swimmer/s to be warned about the hazard of slippery rocks. 2. Swimmer/s instructed to exercise due care when leaving the water on the French side of the channel.	2