

Trilogy Triathlon Club Pool Swim Risk Assessment

Portlaoise Leisure Centre

Carried out by: Ciara Kearns, Trilogy Training Coordinator January 2022

Item activity to be assessed	Potential risk	Actions taken to minimize risk	Person responsible for ensuring action is taken
Coach to swimmer ratio.	Not enough coaching on deck /loss of sight of swimmers	Ensure guidelines have been met in relation to coach/swimmer ratios. Follow the Triathlon Ireland swim coaching guidelines.	Trilogy Triathlon Club/Ciara Kearns/Lifeguard on duty
Swimmer abilities.	Swimmer not confident in pool environment.	Assessment of each swimmer to ensure they are able to complete at least two lengths of non-stop swimming. Swimmers of similar abilities will be allocated to the same lanes, this will reduce passing out at pool ends.	Trilogy Triathlon Club/Eimear Matthews
Equipment being used.	Swimmers not used to equipment.	Swimmers will be coached in proper use of swim tools.	Trilogy Triathlon Club/Eimear Matthews
Lane width.	Collision in narrow lanes/poolside wall/lane ropes	Swimmers are to be aware of their surroundings at all times. Swimmers need to ensure they keep close to the edge of the lanes to eliminate any in lane collisions. Swimmers need to be aware of lane boundaries including lane rope separators.	Trilogy Triathlon Club/Eimear Matthews
Water disturbance.	Waves coming from adjoining lanes.	Swimmers need to be aware that adjoining lanes may create an uneven surface in the pool as they swim. swimmers need to be set off in their lane in the correct direction to minimize excessive water disturbance in the pool.	Trilogy Triathlon Club/Eimear Matthews
Pool floor visibility.	Impact or collision with the pool floor.	All swimmers are required to wear goggles while swimming. Safe controlled entry and exit to the pool.	Trilogy Triathlon Club/Eimear Matthews
Distance between swimmers.	Collision.	Swimmers are to be segregated into lanes with similar abilities. faster swimmers should start the set. A gap of three meters needs to be maintained at the kickoff of each set. Care to be taken at the end of the pool when turning.	Trilogy Triathlon Club/Eimear Matthews
Covid 19	Spread of virus from person to person	Current public health guidelines will be here be adhered to at all times.	Trilogy Triathlon Club/Liz McWey- Club Covid Officer