

Serpentine Running and Triathlon Club

Lanzarote Trip 2025

Risk Assessment for Pool Swimming South Pools

Venue:		Club La Santa	Location of first-aid kit:	First aid room located at Sports Booking, Medical Centre
Address:		Avda Krogager s/n. La Santa, Lanzarote Island, Canary Islands, Spain 35560 ; Phone: 34 928-599999 ; Fax: 34 928-599990.	Stocked and maintained:	Y ☐ Yes ☐ No
Group:		Serpentine Training Camp	Location of first-aider:	Lifeguard at Olympic Pool S Green Team ****NAME/NUMBER tba by organising team
Date:		13-23 March 2025	Location of telephone:	Two-way radios used by staff Phone at reception S (Pool) at Bike Centre (bike rollout and track)
Time:			Location of toilets:	In changing rooms next to S pool
Participants:	Number:	75 participants total	Location of changing rooms:	Beside S Pool
	Age:	18+	Venue contact:	Duty manager: ****NAME/NUMBER
	Ability:	Mixed	Name:	Duty manager: ****NAME/NUMBER
Lead coach name:			Number:	34 928-599999
Venue documents read and understood		Normal operating procedures: Y ☐ Yes ☐ No	Additional notes:	****defibrillator location by Crossfit training area
(please ✓ appropriate box):		Health and safety policy: Y ☐ Yes ☐ No		

	Emergency action plan (EAP): Y ☐ Yes ☐ No
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Name of person conducting risk assessment:	Signed:	
	Lan O'Connor	20/11/2016

Note: Person conducting risk assessment must sign and date the bottom of both sheets.

Risk Assessment Form

Description of Hazard:	Level of Risk (high/medium/low) :	Those at Risk:	Action(s) to Alleviate Risk:	Date Reviewed/ Alleviated:
Pool Design - Potential for lane ropes to be loose - collision hazard - Background noise obscures instructions/warnings	Likelihood: Medium Impact: Low	Swimmers/ Coaches	Pool Design: - Good lighting in place if sessions are after sunset - Clear visibility from all angles of the pool - Ensure ropes anchored and straight - Coaches to ensure they can be heard by swimmers - lifebelts on poolside - Fire exits at both ends of pool	
Depth 3m depth throughout - shorter swimmers unable to touch bottom	Likelihood: Medium Impact: High	Swimmers	- No sudden drop in depth - Diving allowed only when cleared with coaches to be announced at the start of every session - Depth clearly marked on poolside - CLS staff & coaches watch for struggling swimmers	

Water/Air quality - Water temp could be too high/low - Water visibility could be poor	Likelihood: Low Impact: High	Swimmers/ Coaches/ Centre Staff	- Water temp and quality checked and recorded by pool management - Coaches ensure athletes keep hydrated and warm through appropriate exercise	
Pool Organisation - Possibility of non-members entering club lanes - Swimmers not following pool and/or lane etiquette. - Swimmers hitting their head doing backstroke if 5m flags not in place or moved to wrong position	Likelihood: High Impact: Medium	Swimmers/ Coaches/ Centre Staff/ Members of public	- Serpentine has use of designated pool lanes - Call CLS duty manager to deal with disruptive members of public - Ensure CLS staff in place - Confirmation of booking is on wall by the Tribune end of pool - Overtaking and swim direction to be explained at start of every session - limit max swimmers per lane	
Human Resources - No lifeguard in place, but a CLS employee is present at all times. - Too few coaches/Lack of experienced coaches - Lack of session plan	Likelihood: Low Impact: High	Swimmers/Coaches/ Lifeguard	- Ensure pool management confirms First Aid support. - Ensure adequate coaching available in advance of the session - Ensure it is decided who is writing session plan decided beforehand	
Participants and ability - Mixed ability swimmers could conflict - Poor English language comprehension among swimmers - Swimmers may have learning difficulties/physical disabilities - Swimmers may have illness/injury - Dehydration	Likelihood: Medium Impact: Low	Swimmers/ Coaches/ General public	- Stream swimmers into lanes by ability - Coaches check for understanding - Application process highlights the need to be able to swim 100m - The start of each session will ask people to highlight any physical issues/injuries before they enter the water - Pre-screening of applications will highlight any learning	

			difficulties/ physical disabilities • Water fountain at shower end of pool	
Equipment Trip/collision hazard • Removable items: fins, pull buoys, bottles and other swimming aids • Immovable items: Lane direction signs if present, diving blocks, anchor points for lane ropes, lanes ropes	Likelihood: Medium Impact: Low	Swimmers/ Coaches/ Person filming/ General public	• Point out any immovable obstructions at start of session • Ensure pool deck is clear of removable trip hazards as far as possible • No running poolside • Check all lane ropes secured and straight • Emergency aquaboard is available with neck support • Water safety equipment also poolside	
Use of video equipment for filming • Trip or impact potential on pool deck from both removable items and immovable items • Impact between swimmer and camera • Data protection / access to video footage	Likelihood: Medium Impact: medium	Swimmers/ Coaches/ Person filming/ Centre staff	• Ensure pool deck is clear of removable trip hazards • Person to assist person filming to warn of immovable trip hazards • Swimmers given clear brief on how to swim while being filmed to avoid collision with filming equipment • All members of the squad & coaches to consent to filming • Prior warning given to facility owners that filming will take place • Date & Time of filming session to be given with advance notice • Access to footage only available to members of the club/the swimmer and not in the public domain	

