

**West Oxfordshire Sailing Club  
OPEN WATER SWIM TRAINING  
RISK ASSESSMENT**

**Activity Title: Open Water Swim Training in large freshwater lake.**

**(This does not pertain to recreational swimming in the buoyed off area in the Main lake)**

**Persons at Risk: Persons involved with activity of open water swim training**

**Location: West Oxfordshire Sailing Club  
Grid reference 51.743196, -1.428553**

**Assessors Name: J-P Williams NEBOSH**

**Date of Assessment: 20/02/2016**

**Review Date: April 2017  
Dynamic Risk Assessment to be carried out by participants prior to each swim.**

<b>Close Out Action</b>	<b>Complete</b>	<b>Date</b>
Rescue Craft to be positioned adjacent to Lake access point and equipped with equipment identified in Emergency action plan (with the exception of the mobile phone which the swimmers will provide)	Yes	April 2016
Emergency Action Plan/Rules to be established and displayed at Lake access point along with tally board.	Yes	April 2016
Plan of Lake with Swim channel, buoys to be places with the Emergency Action Plan at lakeside.	Yes	April 2016
Buoyed course to be laid.	Yes	April 2016
Responsibility of weed cutting to be identified as resting with the swimming members.	Yes	April 2016
Members, as part of joining or annual renewal process to read and acknowledge contents of this risk assessment.	Yes	April 2016

**Is it safe to continue this activity?**

**Assessor's Signature:**

*J-P Williams*

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Item No	Hazards	Risk	Control Measures to be put in place	Li/hd H/M/L	Severity H/M/L	Risk Factor
1	Deep Water	Drowning	<p>Competent Swimmers only. Any junior (U16) swimmers must have close 1:1 supervision by a competent adult buddy swimmer.</p> <p>Two-person minimum at each swim session . Responsible person to initiate EAP (see attached Emergency Action Plan). Rescue Craft to be on the water and respond to swimmers in distress.</p>	L	H	M-L
2	Cold Water	Hypothermia Shock Drowning	<p>Water temp to be tested prior to full immersion of Swimmer, Swimmer to dynamically risk assess their capability in conjunction with the prevailing conditions and wear appropriate swimming attire.</p>	L	H	M-L
3	Sailing/ Powered boats	Impact with Swimmer leading to injury or death.	<p>Amendment of Club rules to allow only paddle powered craft in the swimming lake. These to be kept out of the swim lane unless used for coaching or rescue purposes.</p>	L	L	L

4	Bacteria/Algae/ Zoonosis	Sickness	Swimmers advised to cover open wounds and seek medical attention if suffering ill effects post swimming.	L	M	L
5	Underwater Hazards	Cuts/Abrasions	Buoys to be laid and a 20m wide track to be assessed as clear of underwater hazards between each buoy, swimmers to stay in this track. Identified underwater hazards to be marked on lakeside map/plan.	L	L	L
6	Weeds	Entanglement/ Drowning	Lake to be visually checked, Weeds to be cut as they appear.	L	M	L
7	Slippery Banks	Slips/trips/falls	Deck shoes advised to be worn during entry and exit Entry only to water at set location Signage	M	M	L-M

