

**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: 01/08/2018

**Review Date: August 2019
Dynamic Risk Assessment to be carried out by participants prior to each swim.**

Close Out Action	Complete	Date
.		
<p>Is it safe to continue this activity?</p> <p style="text-align: center;"> <input type="text" value="Type Y or N"/> <input type="text" value="Y"/> </p>		
<p>Assessor's Signature: <i>J-P Williams</i></p>		

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

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 (not under influence of alcoholic drink or drugs. Any junior swimmers (U18) must have 1.1 close supervision by a competent adult. All swimmers to have personal tow float with club id and hi visibility swim hat. Two-person minimum at each swim session. No swimmer to more than 4m from a swim buddy</p> <p>Responsible person to initiate EAP (see attached Emergency Action Plan). Rescue Craft to be ready at slipway to 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.	Only paddle powered craft in the swimming lake. With the exception of powered boats used for maintenance, at which point the lake will be closed for swimming with appropriate signage displayed.	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.	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

