

## Risk Assessment Form for Triathlon Coaches

Venue:	Lake/former gravel pit for open water swim practice	Location of First-aid kit:	With duty Safety Officer
Address:	Dorchester Sailing Club, Abingdon Road, Dorchester-on-Thames, nr Abingdon, Oxon OX10 7LP	Stocked and maintained:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Group:	Oxford Tri	Location of first-aider:	Within group of athletes
Date:	From May through to September, depending on water temperature	Location of telephone	Mobile lakeside with Safety Officer,
Time:	0800 on Saturday mornings; 1900 Thursday evenings	Location of toilets:	Within sailing club
Participants:	Number:	Varies – between 5 and c.50	Location of changing rooms:
	Age:	Age groupers	Venue Contact:
	Ability:	Mixed ability	Name:
Lead Coach Name:	Phil Richards, Lead Coach 2010	Number:	David Wedge Vice Commodore 07768 717702
Venue documents read and understood  (please <input checked="" type="checkbox"/> appropriate box):	<p>Normal Operating Procedures: <input checked="" type="checkbox"/> Yes – Oxford Tri rules <input type="checkbox"/> No</p> <p>Health and Safety Policy: <input checked="" type="checkbox"/> Yes – Oxford Tri rules <input type="checkbox"/> No</p> <p>Emergency Action Plan (EAP): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><b>Additional Notes:</b></p> <ul style="list-style-type: none"> <li>♦ Entrance and exit to water for pre-Blenheim is sloping 'beach' area of sand/shingle/mud</li> <li>♦ entrance and exit for members to be beside/from pontoon in front of clubhouse</li> </ul>	<ul style="list-style-type: none"> <li>♦ Water quality – liaise with Sailing Club</li> <li>♦ Venue is on private land so not subject to general public</li> <li>♦ Depth of lake is generally uniform at c. 2-3m</li> <li>♦ Swimming area will be indicated by sailing club buoys. Exact course and direction to be decided at each swim</li> </ul>

Name of person conducting risk assessment:	Signed:	Date:
Philip Richards (Lead Coach)		Updated 30/4/2010

## Risk Assessment Form for Triathlon Coaches

Description of Hazard:	Level of risk (high/medium/low):	Those at risk:	Action(s) to alleviate risk:	Date reviewed/alleviated:
Swims are generally uncoached (one club coaches is Level 3 qualified), but sessions are supervised/facilitated by a land based duty Safety Officer. All swimmers are obliged to look out for each other	low	swimmers	Safety briefing prior to each session to remind swimmers of rules and obligations	
Beach area could be subject to debris or litter which could cause injury to feet	Low – private site not open to public and secured outside sailing and swim times	Swimmers	Visual check before start of each session	
Getting attention of athletes swimming: distance and environmental factors like wind, water conditions, swimcaps	Low	Swimmers	Safety Officer equipped with Air Horn, Flags, Loudhailer and Whistle to attract attention of swimmers	
Swimming not permitted if water temperature is below 12 degrees	Low	Swimmers	Wetsuits are mandatory up to 24°C (British Triathlon guideline)	
Access to lake is restricted. There is no fishing permitted. Sailboats will not be on the water while swimming is in progress	Low	Swimmers	Duty Safety Officer to be alert to any unauthorised activity	
Blue-Green Algae	Low	Swimmers	Safety Officer visual inspection before each swim. Abandon swim if necessary	

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

Name of person conducting risk assessment:	Signed:	Date:
Philip Richards (Club Coach)		Rev 30/4/10

