



Risk Assessment Form

This document outlines a list of hazards that may affect the session at **Tallaght Sports Complex**. This should be read and reviewed and understood by all planning to attend the session along with the Emergency Action Plan which accompanies this document. Any queries or if you would like to add to this document, please contact any of the club contacts listed below.

Venue:		Tallaght Sports Complex		Venue Contact Name & Contact Details:	Duty Manager 01 4515105 info@tallaghtsportscomplex.com
Address: (Include postcode)		Tallaght Sports Complex Castle Lawns, Tallaght, Dublin 24 D24 V322			
Group:		Pulse TC Junior Pool Swim Session		Location of first-aider:	Poolside Lifeguard (All coaches & Tri Leaders are First Aiders)
Date:		TBC and information circulated in advance		Location of Defibrillator	At Reception Desk
Time:		TBC and information circulated in advance		Location of telephone:	At Reception Desk
Participants:	Number:	Approx 15-20		Location of toilets:	Within the changing rooms
	Age:	8-17yrs		Location of changing rooms:	Just past reception
	Ability:	Juniors. Range of mixed abilities		Location of first-aid kit:	At Reception Desk
Lead coach name:		TBC and information circulated in advance		Stocked and maintained:	Yes
Venue documents read and understood		Normal operating procedures: Yes		Additional notes:	
		Health and safety policy: Yes			
		Emergency action plan (EAP): Yes			
Name of person conducting risk assessment:			Signed:		Date:
Vincent Brady					09/04/2019
Fergus Walsh (Reviewed and Updated)					30/11/2021

Risk Assessment Form

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium/Low):	Advice Required : (from whom)	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Car Park - Moving traffic entering, exiting and within the car park.	Athletes Parents Coaches Tri Leaders Marshals Public	Likelihood: M Impact: H	No	<ul style="list-style-type: none"> Parents to accompany athletes to the Complex reception and sign the athlete in. 	Lead Coach	Likelihood: L Impact: M-H	09/04/19 (VB) 30/11/21 (FW)
Pool Area - <ul style="list-style-type: none"> 25m pool Lighting satisfactory with limited glare No blind spots from features etc. Noise limited to swimmers training/talking 	Swimmers	Likelihood: M Impact: M	No	<ul style="list-style-type: none"> Ensure all lighting is up to standard Ensure all Coaches are attentive and move around pool during the session. Remove any items that may be causing obstructions. Make sure Lifeguard is on duty for coached session. 	Lead Coach	Likelihood: L Impact: M	09/04/19 (VB) 30/11/21 (FW)
Pool Depth - 1.2m in shallow end up to 2.4m in deep end. Swimmers will be unable to stand without assistance in deep end.	Swimmers	Likelihood: M Impact: M	No	<ul style="list-style-type: none"> Make sure signage is in place to identify deep and shallow ends. Ensure swimmers are aware of change in depth. No diving in water at shallow end of Pool. Ensure every swimmer has a basic competence to swim 50m (2 lengths) unassisted front crawl. Ensure all swimmers are provided the opportunity to hold onto the side between sets / reps if required. 	Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)

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Water Quality – <ul style="list-style-type: none"> Water temperature checks - causing overheating / hypothermia. Check Air temperature causing overheating / hypothermia. Low water quality risking sickness Low water quality affecting visibility 	Swimmers Coaches Spectators Complex Staff	Likelihood: M Impact: M	Yes Duty Manager	<ul style="list-style-type: none"> Make sure water temperature is within acceptable range between 27c-32c. The more intense the set, the cooler the pool should be as per safety briefing. Ensure all swimmers have water bottles on deck for session duration. Ensure air temperature is between 20–35C. Ensure water quality has been recently tested by complex staff. Ensure water quality allows visibility of the pool bottom at all times. 	Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)
Pool Organisation: <ul style="list-style-type: none"> Pool use solely for Pulse Tri Club during th session. Ensure no non-Pulse members enter pool during session time Ensure all swimmers follow pool and lane etiquette All swim directions to be clearly explained to all swimmers 	Swimmers Coach General Public Swimmers	Likelihood: M Impact: M	No	<ul style="list-style-type: none"> Be aware of non-members trying to enter club session in error – advise accordingly Make all swimmers aware of pool/lane etiquette via briefing at session and info on pool side including lane rotations. 	Lead Coach Duty Manager	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)
Participants and ability: <ul style="list-style-type: none"> Participants unable to complete 2 lengths (50M) front crawl unassisted. Participants unable to comprehend instructions 	Swimmers Coaches	Likelihood: L Impact: H	No	<ul style="list-style-type: none"> Check level of competence of new swimmers should be able to complete 50m unassisted front crawl. Enquire if swimmers have injury, illness, special requirements or disabilities and ensure they has relevant communication skills before 	Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)

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<p>including their command of the language in which session is delivered.</p> <ul style="list-style-type: none"> Any physical disabilities or learning difficulties <p>Illness, underlying medical conditions or injury to swimmers.</p>				<p>allowing them to enter the water.</p> <ul style="list-style-type: none"> Check for underlying medical conditions (e.g. heart conditions) and modify session or exclude from session if valid. Deal with each individual case as appropriate, while always remaining respectful. 			
<p>Pool side Equipment - Removable Items stored around the pool side including Lifeguard chair, starting blocks, lane ropes holders, swimmer's equipment and drinks, equipment baskets.</p> <p>Immovable items around pool side</p>	Swimmers Coaches Lifeguards	Likelihood: H Impact: H	No	<ul style="list-style-type: none"> Point items out to swimmers and coaches during the safety briefing. Have any unnecessary items removed by centre staff. Ensure no running on poolside. 	Lead Coach Duty Manager	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)
<p>Pool Side -</p> <ul style="list-style-type: none"> Tiled floor slippery when wet. Check for broken pool tiles. Slips and trips whilst walking on the pool deck. 	Swimmers Coaches Lifeguards	Likelihood: H Impact: H	No	<ul style="list-style-type: none"> Point out items & potential issues to swimmers and coaches during the safety briefing. Notify the Duty Manager of same issues and record this in the session notes/reports. Have any unnecessary items removed by centre staff. Ensure no running on poolside. 	Lead Coach Duty Manager	Likelihood: L Impact: M	09/04/19 (VB) 30/11/21 (FW)
<p>Pool Area -</p> <p>Dehydration, fatigue cramp, illness, injury</p>	Swimmers	Likelihood: M Impact: M	Yes Lead Coach to be aware of any pre-existing	<ul style="list-style-type: none"> Ensure all athletes bring drinks and are instructed to drink during recovery intervals (or more often if needed). Lead Coach to have spare bottles of water available. The age and ability of the athlete will be taken into consideration and 	Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)

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			<p>medical conditions in advance. This information is available from the child's parent, Club Children's Officer or Club Junior Welfare Officer.</p>	<p>sessions planned with appropriate rest and recovery intervals.</p> <ul style="list-style-type: none"> Athletes will be closely monitored, and any athlete showing signs of fatigue or dehydration, or complaining of cramp, injury or illness. If present the athlete will be stopped and checked by the paramedic/first aider. If necessary, medical assistance (within the guidelines of qualification) will be administered. 			
<p>Complex Area – Parent late for collecting child or session ends early due to adverse weather or other reason</p>	<p>Swimmers Coaches Tri Leaders</p>	<p>Likelihood: M Impact: L</p>	<p>Yes Lead Coach to advise parents in advance.</p>	<ul style="list-style-type: none"> Parents will be encouraged to stay in training area during session (spectating from public gallery if allowed re. Covid Rules). Ensure lead coach has access to contact number for any parent who is not staying for the duration of the session. (All coaches and Tri Leaders will have contact numbers from the Parents WhatsApp group). No coach/tri leader to wait alone with child. There must be a second adult present preferably one of the same gender as the athlete. Child should remain inside at reception until they are collected by the parent/guardian. 	<p>Lead Coach</p>	<p>Likelihood: L Impact: L</p>	<p>09/04/19 (VB) 30/11/21 (FW)</p>

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Complex Area – Missing Child	Athletes	Likelihood: L Impact: H	No	<ul style="list-style-type: none"> All athletes to be signed in, by appointed person, at the start of the session. Parents phone number to be recorded on sign-in sheet. If parent is not going to be in attendance for the duration of the session, this should be recorded with estimated time of return. They should be available to return at short notice. All athletes will be visible to coaches and marshals at all times. An appointed person should supervise the entrance/exit area throughout the session to ensure no athlete leaves unaccompanied by their parent. All athletes to be signed out when collected by parent. 	Lead Coach	Likelihood: L Impact: H	09/04/19 (VB) 30/11/21 (FW)
Training Area - Insufficient coaches, tri leaders, marshals for the number of athletes	Athletes/ Coaches/ Tri Leaders/ Parents	Likelihood: L Impact: L	Yes Junior Training Rep	<ul style="list-style-type: none"> Prior to the training session taking place, the Training Rep should be aware of the number of athletes intending to participate in the session. They should also ensure that a sufficient number of coaches, tri leaders are available to coach the session safely. If necessary the session should be cancelled if deemed unsafe to proceed. 	Junior Training Rep & Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)

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Training area – Athlete needing to use toilet No public toilet near training area	Athletes Coaches Tri Leaders	Likelihood: M-H Impact: L	No	<ul style="list-style-type: none"> If the parent of the athlete is in attendance, they can take the athlete to a discreet area. If the parent is not available, two tri leaders or a tri leader and another parent (one to be of the same gender as the athlete) should accompany the athlete. 	Lead Coach	Likelihood: M-H Impact: L	09/04/19 (VB) 30/11/21 (FW)
Training area – Emergency evacuation required	Athletes Coaches/ Tri Leaders Parents	Likelihood: L Impact: H	Yes Emergency Services if serious situation arises	<ul style="list-style-type: none"> See Emergency Action Plan (EAP) for detailed instructions 	Lead Coach	Likelihood: L Impact: M	09/04/19 (VB) 30/11/21 (FW)
Data Breaches (GDPR) – Data on sign-in sheet and Photography	Athletes	Likelihood: L Impact: M	Yes Lead Coach to check with Club Children’s Office or Junior Welfare Officer.	<ul style="list-style-type: none"> Sign-in sheets are to remain in the possession of the sign-in person at all times. Athletes and Parents have been requested to sign consent forms in respect of video and photography. In advance of the session the Lead Coach should check with Club Children’s Office or Junior Welfare Officer to ascertain whether any child is not permitted to be photographed or videoed. Endeavour to take group photographs and videos rather than of a single child. 	Lead Coach	Likelihood: L Impact: L	09/04/19 (VB) 30/11/21 (FW)

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Covid 19	Athletes, Coaches, Tri Leaders, Marshals, Complex Staff, Parents, Member of the Public	Likelihood: M Impact: L-H	Yes Club Covid Officer, Triathlon Ireland, HSE/ Government	<ul style="list-style-type: none"> Club Covid Officer and Lead Coach should be up to date on all current guidelines from the Ti, HSE/Government. The HSE/Government guidelines in place at the time should be adhered to. Coaches should continue to remind athletes about social distancing. Equipment, gear and water bottles should not be shared and sanitised whenever possible. Athletes should have their own hand sanitiser, masks etc. 	Covid Officer & Lead Coach	Likelihood: L Impact: L-M	09/04/19 (VB) 30/11/21 (FW)

Pulse Junior Triathlon Club Contacts: (as at 30/11/21)

Lead Coach: This information is circulated by Junior Training Rep in advance of the session.

Club Chairperson: Emma McGrane 087 2496706

Club Children's Officers: Emma McGrane 087 2496706 & Fergus Walsh 086 2660260

Club Designated Liaison Person: Fergus Walsh 086 2660260 & Liz O'Connor 086 3165006

Club Junior Covid Officer: Mick Brett 087 2225288

Club Chairperson: Jennifer Shorten 083 1051501

Club Junior Training Rep: Mick Brett 087 2225288

Club Website: www.pulsetri.com

TALLAGHT SPORTS COMPLEX

