**Entry to water/Exit from water**

This risk assessment must be read in conjunction with the Mid-Sussex Triathlon Club Open Water Swimming Policy for Ardingly Reservoir.

| **Hazard** | **People at risk & how** | **Risk factor** | **Control measures** |
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| **Approach to/leaving the cafe/changing rooms:*** Access road at top of slope leading from/to car park and (eventually) College Lane
 | All participants and attendees at risk of collision with vehicle | Minor/medium/serious injury possible | * Warning signs in place
* Reminder to all club members and attendees to take care at all times
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| **Approach to/leaving the café/changing rooms:*** People moving/removing/loading/prep-aring boats, canoes, windsurfing boards and sails and other equipment on access road and adjacent tarmac’ areas
 | All participants and attendees at risk of collision  | Minor/medium/serious injury possible | Warning to all club members to take care approaching and leaving the area |
| **Approach to the water:*** Mixed surface of grass, gravel pathway and dirt from grass area to water entry
* Slight down slope to water’s edge
 | All participants at risk of:* slipping, tripping and/or falling
* cuts and abrasions to feet
 | Minor/medium/serious injury possible | Warning to all members to wear shoes/flip-flops to the entry area and take care |
| **Approach to the water – water’s edge*** stone lined bottom to water
 | All participants at risk of:* slipping, tripping and/or falling
* cuts and abrasions
 | Minor/medium/serious injury possible | Warning to all members to take care when entering the waterNO DIVING or JUMPING |
| **Open water swimming*** Drowning
 | All swimmers  | Serious injury/fatality possible – unlikely | * Only competent swimmers will be participating
* No person will enter the water unless and until sanctioned by the session leader.
* The swim lane is set is no more than 5-15 metres away from the bank of the reservoir on the way out and within eyesight of the bank on the return sections. All swimmers can be seen by spotters and spectators at all times
* 1 mechanised safety boat will be on the water, crewed by RLSS qualified lifeguards carrying VHF radios
* 5-7 canoes paddling along the swim course, at various intervals in accordance with BTF Rule 10.2, page 14, BTF Rule Book
* Land based spotter carrying VHF radio, whistle, mobile phone and life-buoy
* All participants will wear wet suits and high visibility swim hats
* All participants are at least reasonably competent open water swimmers
* All swimmers will comply with MSTC Open Water Swimming Policy.
* Swimmers in the 5km and 3km sessions must have drink/energy gels available,

Members made aware of the risks and action to take in event of an incident. Warning to all members to be aware of risks, to try to maintain swim line discipline at all times, to spot frequently and to be aware of other swimmers. |
| **Open water swimming:*** Swimming related physiological conditions, e.g., cramp, dehydration, tiredness, exhaustion.
 | All swimmers | Minor/medium injury – possible - unlikely | * All swimmers will wear wet suits.
* Water temperature will be within BTF/ASA advised temperature tolerance levels
* On water safety available throughout session as set out above
* The session has been split into three distances to allow some recovery between sessions, to take on fluid and other nutrition.
* Swimmers in the 5km and 3km sessions must have drink/energy gels available.
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| **Open water swimming:**Other swimmers swimming action and/or swim line indiscipline | All swimmers may be hit by the swimming, particularly arm and/or leg action of other swimmers | Minor injury – possible | Warning to all members to be aware of risk, to try to maintain swim line discipline at all times, to spot frequently and to be aware of other swimmers. All swimmers must keep the marker buoys to their left at all times. |
| **Open water swimming:**Swimming into/hitting buoys | All swimmers may swim into/hit the buoys | Minor injury - possible |
| **Open water swimming** Other users of/on water | Collision with other water users  | Minor/medium/serious injury – highly unlikely | * The area of the reservoir where the swim session has been will be closed to all other users of the reservoir.
* Swimmers will remain within the designated swim route.
* Water safety craft, canoeists and session leader/safety coordinator will monitor any other activity and advise accordingly.
* All members to be made aware of other craft
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| **Open water swimming:**Overheating | All swimmers | Minor/medium/serious injury – possible | * All swimmers will wear wet suits as part of the general safety policy
* Water temperature will be within BTF advised temperature tolerance levels as set out at Rule 9.6 on page 14 BTF, Rule Book.
* On water safety available throughout session as set out above
* Swim session lengths have been set to ensure that swimmers completing all three distances can rest between sessions, to take on fluid and other nutrition and to reassess participation
* Swimmers in the 5km and 3km sessions must have energy and/or drink available.
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| **Open water swimming:**Hypothermia | All swimmers | Minor/medium/serious injury – unlikely |
| **Water condition/quality:**Ingestion of/ immersion in polluted water | All swimmers | Minor/medium injury – remote | A check will be made before swimming that there is no visible algal scum in the designated swimming area.  |
| **Medical conditions of individual members:**Asthma, diabetes, anaphylaxis | Individual members suffering from medical conditions | Minor/medium/serious injury/fatality – possible. | Before entering the water, all swimmers will: * Complete the pre-swim entry in the session register. This includes the person’s name, address, an emergency contact telephone number and information about any medical condition
* Those with a medical condition will inform the session leader/safety coordinator of the condition and the type and whereabouts of any medication.
* The coordinator/coach will inform the RLSS OWLQ about any swimmers who have a medical condition and the type and whereabouts of any medication.

Note: Club members have been informed that individual members remain responsible for self-administering any medication. |
| **Leaving the water:** | All participants at risk of:* slipping, tripping and/or falling
* minor cuts and abrasions to feet from uneven surface and debris
 | Minor/medium/serious injury possible | * Warning to all club members to take care and leaving the water
* Flip-flops or shoes advised as for entry to water
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