



Risk Assessment: Swimming Pool Activities

	Name/Signature	Designation	Date
Assessment Carried Out By:	Ken Nicol 	Secretary / L5 Coach	25 October 2024
Reviewed By:	Emily Kearl	Safety Officer	

Introduction

This is a **Specific Risk Assessment** for Club paddling activities at the Thurso Leisure Centre.

Risk Assessment

The risks are:

- Personal Injury
- Downing
- Infection
- Property Damage

Significant Hazard	People who are at risk	Risk	Control Measure(s)
Swimming Pool Water As a result of individuals be trapped / unconscious in a capsized kayak; individual becoming unwell or injured whilst in the water or non swimmers attending	All participants	Drowning	<ul style="list-style-type: none"> ■ Trained HLH Lifeguards in attendance during sessions ■ Club coaches trained in how to rescue a trapped / unconscious paddler in a kayak ■ Club to have individuals trained in (or with knowledge of) first aid present



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Significant Hazard	People who are at risk	Risk	Control Measure(s)
			<ul style="list-style-type: none"> ■ Swimming will only be permitted when under direct supervision. ■ New starts coached and assisted by BC qualified coaches/ leaders and experienced kayakers ■ Participants can normally swim ■ Non swimmers to remain in shallow water (no deeper than chest height and to remain in pool area for non swimmers) and to be supervised by another individual (in the water) The wearing of floatation devices may be appropriate
Kayaks Physical (muscular, skeletal) Injury from Lifting Kayaks	All participants	Personal Injury	<ul style="list-style-type: none"> ■ Emphasise safe lifting methods to individuals. ■ Adopt the BC Injury Prevention In Paddlesport



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<p>All Equipment (Boats, Paddles etc): Obstructing fire exits, access and egress routes , walkways</p> <p>Preventing speedy exit in an emergency situation. Obstructing other pool users contrary to the code of conduct agreed with the pool management. Creating slip and trip hazards</p>	All participants	Personal Injury	<ul style="list-style-type: none"> ■ Store boats and all equipment clear of fire exits, access and egress routes ■ Ensure paddles are stored away from any walkways.
<p>All Equipment (Boats, Paddles etc): Slips and Trips</p>	All participants	Personal Injury	<ul style="list-style-type: none"> ■ Store boats and all equipment clear of fire exits, access and egress routes ■ Ensure paddles are stored away from any walkways. ■ No running on pool side ■ Do not empty kayaks of water on pool side (ie empty kayaks in the pool)



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<p>Horseplay Impact injury, Pushing, shoving, capsizing boats, jumping into the water, diving, throwing equipment , unauthorised swimming, running on pool side etc</p>	All participants	Personal Injury Drowning Property Damage	<ul style="list-style-type: none"> ■ All pool users are made fully aware of and abide by the swimming pool code of conduct. ■ Activities in the pool area will be restricted to organised games or coaching activities. ■ Diving or jumping into the water from the pool edge or boats is not permitted unless instructed. ■ Swimming will only be permitted when under direct supervision. ■ Coaches and pool attendants will be in attendance
<p>Pool contamination. Mud, grass, faecal matter in or on boats contaminates pool</p>	All participants	Infection Property Damage	<ul style="list-style-type: none"> ■ All participants transferring boats into the pool area will confirm that : <ul style="list-style-type: none"> ○ All boats and equipment are free from dirt, leaves and any other detritus.



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			<ul style="list-style-type: none"> ○ All flotation, padding material is secure in the boats ○ Dirt is thoroughly removed from the boats prior to transfer into the pool complex using the pool hose pipe. ■ Outdoor footwear not to be worn on pool side
<p>Coaching activities and organised Games (eg polo balancing etc)</p> <p>Collisions, damage to pool tiles, impact injury.</p>	<p>All participants</p>	<p>Personal Injury Drowning Property Damage</p>	<ul style="list-style-type: none"> ■ For all sessions: HLH stipulates a maximum of 10 kayaks in the pool. ■ All club kayaks will have the bows padded and where practicable the stern will be padded. ■ When playing polo with paddles all players will wear buoyancy aids and helmets with face visor. ■ Beginners/Novices (less than 2 star ability / Paddle Discover Award) will be restricted to using padded



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			<p>boats and will be closely supervised.</p> <ul style="list-style-type: none"> ■ No paddles to be used for competitive games (eg competitive racing games). ■ Paddles maybe used for skills competitions (eg. manoeuvring, paddling sideways, balancing, rolling) under close supervision ■ Swimming will only be permitted when under direct supervision. ■ At least one meter distance from the pool edge will be maintained whilst practicing balancing on a boat. ■ The pool attendant will be notified of any injury or damage to the pool
Pandemic	All Participants	Infection	<ul style="list-style-type: none"> ■ Follow Government, Scottish Canoe Association and Leisure



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Infectious disease requiring local / national or global restrictions			Centre guidance and advice <ul style="list-style-type: none"> ■ Produce separate risk assessment taking into account the above

The review date for this assessment is **30 October 2025**.