

CHESTER TRIATHLON CLUB - SWIMMING POOL RISK ASSESSMENT

Venue: Chester City Baths (3 Union Street, Chester, CH1 1QP)
General Pool Operations & Training Sessions Risk Assessment

Name of Club:	Chester Triathlon Club	Risk Assessment Remit:	Swimmers' Training & General Pool Operations at Chester City Baths
Date Carried Out:	27.09.2026	Person(s) Conducting Risk Assessment:	Swim Lead: Emma Sharpe Foundation Coach: Estanis Berbegal
Venue & Address:	Chester City Baths, 3 Union St, Chester CH1 1QP	Review Date:	26.09.2027 (or earlier if guidelines change)
Venue Contact:	Jackie Hickey (Facility Manager) - 01244 320898 / 07933 729016	Group / Target Audience:	Group Swim (Adults 18+, Intermediate & Advanced abilities)
Session Details:	Wednesdays – 0545 – 0645 (squad swim, uncoached) Saturdays 16:00 - 17:00 (squad swim & technique, usually at least 1 coach) (up to 30 swimmers per session)	Emergency Locations:	First Aid / Defib: Reception (Alert Poolside Lifeguard) Phone: Reception Desk Toilets: Within changing rooms adjacent to poolside
Lead Coach:	Various (BTF Level 1, 2, or 3 Qualified)	Venue Documents Checked:	NOP: Yes EAP: Yes Safety Policy: Yes

Risk Assessment Guidance & Traffic Light Rating Matrix:

- **RED:** Level of risk is unacceptable. Controls **MUST** be put in place before activity proceeds.
- **AMBER:** Level of risk is tolerable provided appropriate control measures are implemented and monitored.
- **GREEN:** Level of risk is acceptable with standard operating procedures and control measures in place.

Note: Control measures aim to reduce risk to the lowest reasonable level (Green or Amber). If risk remains Red, the activity must NOT take place.

Risk Assessment Form Pool

Subject / Activity	Hazards / Effects	Who Might Be Harmed	Initial Risk	Control Measures (Mitigation)	Residual Risk	Actioned / Monitored By
Site Access & Exit	Slips, trips, falls on wet tiles, abrasions, cuts around pool deck, changing rooms, and entryways.	Swimmers, Coaches, Staff	AMBER	• Staff check slipways, concourse, and poolside deck before each session and clear debris/hazards. • Swimmers instructed to wear footwear outside pool area. • No running permitted on poolside. • First aid kit & qualified first aider/lifeguard present.	GREEN	Facility Staff / Lifeguards / Coaches / Swimmers
Changing Facilities & Hygiene	Slippery floors, overcrowding, hygiene/sanitation issues, cross-contamination in communal areas.	Swimmers, Coaches, Staff	AMBER	• Swimmers encouraged to arrive swim-ready where possible. • Individual changing cubicles and group changing rooms sanitized regularly by facility staff. • Designated toilet facilities available; user hygiene procedures communicated.	GREEN	Facility Staff / Lifeguards / Coaches / Swimmers
Coaching Area Access	Safe viewing maintenance, slips, trips, falls, conflict with active swimmers.	Swimmers, Coaches, Staff	AMBER	• Designated coaching areas defined. • No spectators permitted during specific club training sessions to prevent overcrowding. • Supervision and rescue/medical support by lifeguards present at all times.	GREEN	Coaches / Lifeguards
Emergency Access & Casualty Recovery	Delay in emergency recovery, conflict at access points, poor handover to emergency services.	Swimmers, Coaches, Staff	AMBER	• Designated access/exit point maintained clear of equipment. • Venue Emergency Action Plan (EAP) and Normal Operating Procedures (NOP) rehearsed. • Dedicated poolside lifeguard briefed on casualty recovery. • Direct telephone access at Reception Desk for Emergency Services (999).	GREEN	Lead Coach / Lifeguards
Water Quality & Bacterial Contamination	Enterobacterial contamination, chemical imbalance, eye/skin irritation, waterborne illness.	Swimmers	AMBER	• Automated and manual chemical dosing/testing carried out regularly by facility staff in line with pool standards. • Swimmers encouraged to shower pre-swim and refrain from swimming if unwell or showing gastrointestinal symptoms.	GREEN	Facility Staff / Lifeguards
Water Temperature & Environment	Overheating in warm pool water or thermal discomfort leading to fatigue, dehydration, or cramps.	Swimmers	AMBER	• Pool water temperature continuously monitored and maintained within official indoor swimming limits. • Swimmers encouraged to bring named, personal water bottles to poolside to maintain hydration. • Session duration and intensity adjusted during warm/humid conditions.	GREEN	Facility Staff / Lifeguards / Coaches

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Swimmer Ability & Panic / Distress	Inexperience, panic in lane environment, fatigue, acute medical event, trauma, or injury in deep water.	Swimmers	AMBER	• Sessions restricted to intermediate/advanced adult swimmers (18+). • Pre-booking required via Nifty Entries; attendance register verified by coach. • Swimmers briefed on how to signal for assistance (raising hand/attracting lifeguard). • Continuous observation by qualified poolside lifeguard (and coaches in some sessions). • Resting space available at lane ends.	GREEN	Coaches / Lifeguards
Swimmer Visibility & Headcount Control	Loss of swimmer, medical emergency underwater, blind spots in visual surveillance.	Swimmers	RED	• Lifeguards (and coaches if a coached session) maintain constant swimmer visual tracking. • Swimmers encouraged to wear bright swim hats for high visibility. • Pool layout designed with clear sightlines and zero blind spots.	GREEN	Coaches / Lifeguards
Overcrowding & Capacity Management	Impact injuries, collisions, swimmer panic, reduced capability of safety team to effect rescue.	Swimmers, Coaches	AMBER	• Session capacity capped at 30 swimmers across 5 lanes. • Advanced online booking via Nifty Entries (no walk-ins permitted). • Entry controlled by coach/lifeguard to prevent poolside congestion.	GREEN	Facility Staff / Lifeguards / Coaches
Lane Organization & Swim Direction	Collisions between fast/slow swimmers, hand/arm clashing between adjacent lanes, impact injuries.	Swimmers	AMBER	• Lanes operate single-direction circle swimming as per Swim England / BTF guidelines. Occasionally 2 swimmers will swim side by side where appropriate for the exercise & their abilities. • Swimmers seeded into lanes according to pace/ability. • Swimmers reminded to maintain good technique (high elbow, avoiding wide arm swings) and remove heavy watches/jewellery. • Overtaking rules communicated (avoid overtaking; give way at lane end).	GREEN	Coaches / Swimmers
Mid-Session Stops & End-of-Lane Congestion	Collisions when stopping, overcrowding at lane ends, obstruction of turn zones.	Swimmers	AMBER	• Swimmers instructed not to remain in the centre of the lane wall and to move to the side to rest. • Staggered start times planned by coaches to minimize crowding at ends. • Spacing maintained between swimmers during set explanations.	GREEN	Coaches / Swimmers
Use of Personal & Pool Equipment	Handling shared equipment, tripping over kickboards/pull buoys on deck, hygiene issues.	Swimmers, Coaches	AMBER	• Swimmers can bring their own clearly labeled equipment (goggles, hat, fins, pull buoys) and named water bottles. • Poolside deck kept clear of unused equipment to prevent trip hazards.	GREEN	Coaches / Lifeguards / Swimmers

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Illness / Virus Transmission	Spread of airborne or contact viral infections among swimmers, coaches, and facility staff.	Facility Staff / Lifeguards / Coaches / Swimmers	AMBER	• Self-assessment advised during booking process: swimmers/coaches should not attend if experiencing respiratory or other viral symptoms. • Pre-booking system retains participant contact details for minimum 21 days for contact tracing if required. • Good personal hygiene encouraged. • Immediate isolation protocol: if someone becomes unwell, session halts, individual isolated in First Aid room, venue EAP enacted.	GREEN	Coaches / Swimmers
Facility Arrival & Queue Management	Congestion at entrance lobby, walkway bottlenecks, conflict with general public.	Swimmers, Coaches	AMBER	• Staggered arrival times; swimmers wait in orderly fashion outside if necessary. • • Bicycle storage managed in designated bike room; clear exit routes maintained.	GREEN	Facility Staff / Coaches / Swimmers
Facility Exit & Dispersion	Congestion in changing corridors, slip hazards during departure, exit door blockages.	Facility Staff / Lifeguards / Coaches / Swimmers	AMBER	• Footwear put on before leaving poolside deck.	GREEN	Facility Staff / Lifeguards / Coaches / Swimmers
Pool Design	• Lighting - Adequate lighting • Glare - Limited Glare • Blind spots - No blind spots from features blocking view • Noise - Can be high background noise from swimmers • 25yd long, 5 lanes wide - not difficult for coach or lifeguard to see full length, may be hard to see across 2 outer lanes into the middle lane. Refraction makes it difficult to see underwater.	Swimmers	AMBER	• Make sure all lights are on so pool area is well lit. • Move around pool whilst coaching if glare on surface. • Remove any equipment or items causing blind spots • Make sure swimmers can hear instructions. • Coaches - move to appropriate positions. • Lifeguard to move as necessary to cover all areas of the pool	GREEN	Lifeguards/Coaches/Facility Staff
Pool Depth	• 2m deep at deep end, so swimmers will be unable to stand at one end without assistance. • 1m at shallow end, so swimmers risk head & neck injury if diving in.	Swimmers	AMBER	• Make sure signage is in place to identify deep and shallow ends. • Make sure swimmers are aware of change in depth. • No diving in water less than 1.5m deep. • Every swimmer has a basic competence to swim at least 200m unassisted front crawl. • Ask swimmers to allow others the opportunity to hold onto the side between sets / reps if required.	GREEN	Facility Staff/Coaches/Swimmers

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Pool water/air quality	• Extreme Water Temperature causing overheating / hypothermia • Extreme Air temperature causing overheating / hypothermia • Low water quality risking sickness • Low water clarity affecting visibility	Facility Staff / Lifeguards / Coaches / Swimmers	AMBER	• Make sure water temperature is within acceptable range, ideally around 27-28C. The more intense the set ideally the pool should be on the cooler end of the range. Pool temp over 30C will mean reducing intensity is appropriate. • Make sure air temp is between 20-35C • Make sure centre staff has tested water quality • Make sure water clarity allows visibility of the pool bottom at all times	GREEN	Facility Staff/Coaches
Pool facility technical failures	• Power/Lighting • Structural • Gas emission / toxic spillage • Pool emergency alarm is sounded	Facility Staff / Lifeguards / Coaches / Swimmers	AMBER	• Should the lights fail, emergency lighting will come on automatically. • Pool staff clear the pool immediately, and swimmers wait on the poolside until further information is available. • All activities cease until the Duty Manager has investigated the failure.	GREEN	Facility Staff / Lifeguards
Pool organisation	• Possibility of non-members entering club lanes by accident. Swimmers hitting their head doing backstroke if 5m flags not in place or moved to wrong position	Coaches / Swimmers	AMBER	• Make sure 5m flags are in place before doing backstroke and positioned correctly	GREEN	Lifeguards/Coaches
Swimmers incidents	• Swimmers not following pool and/or lane etiquette. • Swimmers hitting each other/themselves with equipment, eg fins, paddles	Swimmers	AMBER	• Make all swimmers aware of pool/lane etiquette via briefing at session and info on pool side and website, including lane rotations. • Ensure swimmers know how to use equipment properly. • Remind swimmers of the increased potential for injury when using equipment. Do not plan hard equipment use (paddles, fins) into uncoached swim sessions, only use soft equipment (pullbuoys, kickboards).	GREEN	Lifeguards/Coaches

APPROVAL & REVIEW SIGN-OFF

Lead Assessor Name:	Emma Sharpe (Swim Lead)	Signature:	
Second Assessor Name:	Estanis Berbegal (Foundation Coach)	Signature:	E. Berbegal
Facility Manager:	Jackie Hickey (Chester City Baths)	Date Approved:	