

## CRAVEN ENERGY RISK ASSESSMENT OPEN WATER SWIM SESSION

### The Coniston Hotel Lake

<b>Location and address:</b> The Coniston Hotel, Coniston Cold, Skipton, North Yorkshire, BD23 4EB. 01756 748080 <b>Grid reference of Hotel entrance on OS Map: SD 896 553</b>		<b>Name of Assessor:</b> Carol Young, BTF L2 coach, Sean Palmer, L3 BTF coach & Kate Whittaker ASA swim coach. <b>Job Title:</b> Head Coach & club coaches <b>Date of Assessment:</b> 30.4.11	
Contact Details of Lake owner	Michael and Ethnie Bannister 01756 749551	<b>Who is at risk?</b>	Athletes, coaches, safety crew and other lake users.
<b>Description of area to be assessed</b>	In and around the Lake	<b>Description of Lake</b>	Fresh water. Shallow at edges, rocks in soft mud. Weeds present, increase in warm weather
<b>First Aid and emergency cover</b>	first aid kit; foil blanket; throw rope & torpedo knife/scissors for weed or fishing line EAP; working telephone; thermal blankets registration sheets; accident report book	How many people affected: Adults: Juniors:	Vary according to session Up to 40 adults Up to 10 juniors
<b>Sessions: May to Sept</b>	<b>6.30 arrivals, 7pm swim, 8pm exit water</b>	<b>Session Contacts</b>	Session Leader or safety officer
<b>Safety Officer / Session Leader</b>	To organise safety cover from the bank, ensure safety canoes in situ; deliver safety briefing before anyone is allowed in the water. Complete incident report book and handle safety incidents. Wear fluorescent jacket for hi-vis. Remove wetsuit from swimmer in severe case of hypothermia (shears)	<b>Land Spotter : swimmer</b>  <b>Canoe : swimmer</b>  <b>Safety blanket : swimmer</b>	<b>1:20</b>  <b>1:20</b>  <b>1:20</b>
<b>Emergency Procedures</b>	See the Emergency Action Plan (EAP)	<b>Emergency Action Plan</b>	Held by safety officer
<b>Nearest hospital</b>	Airedale General Hospital. Call 999	<b>Access arrangement for Emergency Vehicles</b>	Via entrance gates and straight down to lakeside

Phase	Hazard	Level of risk HIGH, MEDIUM, LOW	Action	Date Reviewed
<b>Pre-entry</b>	Bad Weather eg lightening	LOW – summer swimming	Spotter to monitor for bad weather changes. If conditions become unsafe <b>evacuate lake on 3 long whistle blasts or use of fog horn</b>	weekly
	Swimmer poor health including infections & open wounds	LOW	No swimming or cover of wounds. Alerted in pre-swim H&S briefing	Each session
	Poorly anchored buoys, water current	MEDIUM	Weights for buoys, anchor for boat in place. Boat crews check ropes	weekly
	Novice canoeists, poor swimmer support	LOW	Ensure at least one experienced canoeist on the water	Every session
	Canoeist capsizes; drowning, panic attack	LOW	A/A & wear buoyancy aid	
	Low water temperature – hypothermia, panic attacks	MEDIUM	<b>Check water temp in 3 places prior to swim.</b> Announce at H&S brief. If low, short laps and out of water at regular intervals. Wetsuits worn at all times. Foil blankets and hot drinks at water side Warm blanket with water resistant layer	Each session
	Poor water quality	LOW	Water quality testing for pathogens minimum of twice in season. Observe regularly for signs of blue/green algae. Report available	May and September
<b>Water entry</b>	Shelving rocks with algae cover. Potential of glass	LOW	Check entry area. Keep area clear of obstacles pre-swim. Pre-swim brief on safe entry procedure. Walk in one swimmer at a time.	Weekly
<b>In water</b>	Drowning, panic attacks, cramp etc.	LOW	Novice swimmers to be checked for competence on short laps. Buddying. Alert system, roll on back and raise arm. Other swimmers keep aware of distressed swimmers. Throw ropes to be used. Canoeist as point of contact	Every session

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	Collision of swimmers	MEDIUM	Briefing on swim direction, sighting to buoys, Instruction on dealing with close proximity during swim. No swimming on the back	Each session
	Swallowing water, Leptospirosis (also known as Weil's disease)	LOW	Avoid ingesting water. See GP if symptoms of sickness and diahorrea or flu within 48 hours of open water swimming	Each session
	Weeds, birds, fish, dark water, loose fishing line	MEDIUM	Check area for weed growth and area, avoid water fowl, keep calm in dark water and if spotting fish. Scissors in canoe to cut weed or line where needed	Each session
<b>Water Exit</b>	Slippery rocks on exit	MEDIUM	One swimmer exit at a time. Take care on exiting. Safety brief. Assist each other as necessary.	Each session
	Bacteria on skin, Leptospirosis (also known as Weil's disease)	MEDIUM	Wash hands before eating. Full shower asap. No swimming with open wounds. Safety briefing	Each session
	Disorientation about location of water exit point	LOW	Fluorescent flags at entry/exit point	Each session