

**Risk Assessment Form – Open water swimming**

<b>Location and description of hazard</b>	<b>People at Risk</b>	<b>Level of Risk / Severity of risk</b>	<b>Actions to mitigate or remove risk</b>	<b>Residual Level of Risk / Severity after resolution</b>	<b>Dates reviewed</b>
Deep cold water - Drowning, Hypothermia, Panic, Cold water shock	All swimmers	Medium / High	Compulsory wetsuit use at water temperature below ???°C  Safety canoeist attendance on inexperienced swimmers	Low / High	
Deep cold water - medical emergency (i.e. heart attack, stroke, cramp)	All swimmers	Low / High	Enquiry regarding any pre-existing medical condition	Low / High	
Deep water	Safety spotter on landing stage	Medium / Medium	Availability of safety throwline	Medium / Low	
Capsize in deep water	Safety canoeists	High / Medium	Compulsory use of lifejackets	High / Low	
Collision with canoe	All swimmers	Medium / Medium	Training of safety canoeists in bow first approach to swimmers	Low / High	
Swans	Swimmers and safety canoeists	Low / Medium	Safety canoeists to shepherd swans away from swimmers	Low / Low	
Weed around perimeter of lake	Swimmers	Low / High	Swimming course routed away from banks of lake	Low / High	
Slippery surface and sharp material on lake bed at entry / exit point	Swimmers and safety canoeists	Medium / Low	Underwater inspection of lake bed at entry exit points and removal of sharp material	Low / Low	
Infection from rodents – Weil's disease	Swimmers, safety canoeists, safety spotter	Low / High	Training advice to swimmers. Wash hands, body, clothing and equipment after use. Do not put hands to mouth.	Low / High	

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Water quality		Low / medium	Check water quality with site owner – no swimming if not suitable	Low / Medium	
Sharp material on approaches to water entry point	Swimmers and safety canoeists	Medium / Low	Inspect approach paths and clear of sharp material, or lay protective mats	Low / Low	
Tethering cables to marker buoys	All swimmers	Low / Low	Training advice to swimmers	Low / Low	
Infection risk in relation to COVID-19	Everyone	High / Low-High	Maintaining social distancing as per NOP for COVID-19 except in the event of emergency rescue	Low / Low-High	