

OPEN WATER SWIMMING – RISK MANAGEMENT GUIDELINES

If a training session is promoted by a Triathlon Australia (TA) affiliated club then these 'Guidelines for the conduct of training events' should be used to determine the appropriate 'water safety' strategies.

GENERAL SWIMMING GUIDELINES:

1. All activities in supervised pools are acceptable.
2. Open water swimming is acceptable in SLSA patrolled areas.
3. Open water swimming in non-patrolled SLSA areas is acceptable provided that the club/coach has completed the risk assessment and implemented an appropriate risk management plan which, as a minimum, considers the risk of a swimmer requiring outside assistance.

ACTIVITY INFORMATION:

Activity Type/Name: _____

Venue/Location: _____

Affiliated Club/Squad: _____ Accredited Coach: _____

Date: _____ Time: _____

RISK ASSESSMENT:

The following factors should be assessed when determining 'water safety' requirements:

- | | | |
|---|--|---|
| <input type="checkbox"/> Weather conditions | <input type="checkbox"/> Surf/water conditions | <input type="checkbox"/> Location of specific hazards |
| <input type="checkbox"/> Number of participants | <input type="checkbox"/> Skill level of participants | <input type="checkbox"/> Water safety supervision |

RISK RATINGS:

The following risk ratings should be applied to each factor following assessment in order to identify appropriate control measures [see Risk Management Record]:

L = LOW risk; acceptable risk perhaps, manage by routine procedures

S = SIGNIFICANT risk; attend to in short term, control measure strategy needed

M = MODERATE risk; attend to in medium term, control measure strategy needed

H = HIGH risk; immediate control measure implementation required

Should the Control Measures not be able to adequately address the risks then you should –
Modify / Relocate / Delay or Postpone / Cancel the activity

ACCREDITED COACH		WATER SAFETY SUPERVISOR	
Name:		Name:	
Signature:		Signature:	
Accreditation		Date:	

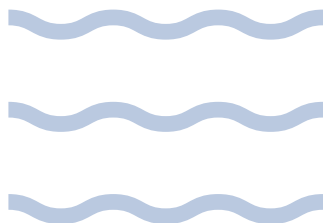
OPEN WATER SWIMMING – RISK MANAGEMENT RECORD

POTENTIAL RISK	SPECIFIC DETAILS	RISK RATING				COMMENTS	CONTROL MEASURE
Weather Conditions	Temperature	L	M	S	H		
	Storm/lightning	L	M	S	H		
	Wind	L	M	S	H		
Surf/Water Conditions	Water Quality/Pollution	L	M	S	H		
	Water temperature	L	M	S	H		
	Water depth	L	M	S	H		
	Wave height/Wave type	L	M	S	H		
	Tide/Currents/Rips	L	M	S	H		
Hazards	Entry exit points	L	M	S	H		
	Exposed hazard	L	M	S	H		
	Submerged hazards	L	M	S	H		
	Aquatic marine life	L	M	S	H		
	Jetty/Wharf hazards	L	M	S	H		
	Participant Numbers	10+	20+	30+	40+		
Skill Level of Participants	Beginner group	L	M	S	H		
	Mixed abilities group	L	M	S	H		
	Professional/Elite group	L	M	S	H		
Water Safety Supervision	Lifeguard/SLSA Patrol	Yes		No			
	Providing session water safety	Yes		No			

SUGGESTED CONTROL MEASURES

- | | |
|---|--|
| 1. Pre-session Safety Briefing to athletes | 2. Head count of swimmers in and out of water |
| 3. Swimmers will be paired using buddy procedure/system | 4. Swimmers in small groups with designated leader |
| 5. Assigned beach observer with rescue equipment | 6. Use of water craft to monitor swimmers |
| 7. Swimmers to use a personal floatation device (PFD) | |

Should the Control Measures not be able to adequately address the risks then you should – **Modify / Relocate / Delay or Postpone / Cancel** the activity



CHECKLIST

COACHES RESOURCES: OPEN WATER SWIMMING

- First Aid Kit:** sufficiently stocked and easily accessible
- Mobile phone:** fully charged and easily accessible
- Entry/exit flag/marker:** on beach to sight position
- Water safety craft and personnel** (if applicable)
- Participant Register**
 - Attendance list: Check in
 - Emergency contact list for all participants
 - Medical conditions and Medications list
- Emergency procedure plan:** for the session/venue in case of serious injury
- Emergency access point:** identified for each venue

PRE-SESSION SAFETY BRIEFING: OPEN WATER SWIMMING

Weather conditions

- Weather hazards identified (high winds, lightning, hail, air quality)
- Sunscreen & hydration requirements (as required)

Water Conditions

- Water quality
- Water temperature (Triathlon Australia Guidelines re: water temperature)
- Enter/exit procedures (including walkthrough)
- Water movement (tides, rips, currents)
- Water hazards (water depth exposed/submerged objects, sandbars)
- Surf hazards (wave height/type)
- Water Safety provision (in water, on beach)

Venue Procedures

- How to signal for assistance
- Emergency procedure plan – communicated to participants
- Emergency evacuation points – communicated to participants
- Venue-specific risk management strategies

Session Details

- Session plan
- Course layout
- Group/partner allocations

Verbal questions to group

- “Does the athlete have any illnesses or injury niggles?”
- “Are there any concerns about the session content/environment?”
- Equipment checklist for participation – wetsuit, sunscreen, full water bottle etc.