This risk assessment must be read in conjunction with the Mid-Sussex Triathlon Club Open Water Swimming Policy for Ardingly Reservoir.

| **Hazard** | **People at risk & how** | **Risk factor** | **Control measures** |
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| **Approach to/leaving the water:**   * Access road at top of slope leading from/to car park and (eventually) College Lane | All participants and attendees at risk of collision with vehicle | Minor/medium/serious injury possible | * Warning signs in place * Reminder to all club members and attendees to take care at all times |
| **Approach to/leaving the water:**   * People moving/removing/loading/prep-aring boats, canoes, windsurfing boards and sails and other equipment on access road and adjacent tarmac’ areas | All participants and attendees at risk of collision | Minor/medium/serious injury possible | Warning to all club members to take care approaching and leaving the area |
| **Approach to the water:**   * Mixed surface of concrete and unpaved path to rowers jetty | All participants at risk of:   * slipping, tripping and/or falling * cuts and abrasions to feet | Minor/medium/serious injury possible | Warning to all members to wear shoes/flip-flops to the jetty |
| **Open water swimming**   * Drowning | All swimmers | Serious injury/fatality possible – unlikely | * No person will enter the water unless and until sanctioned by the session leader. * The route is no more than 5-15 metres away from the west bank of the reservoir * 2 mechanised safety boats will accompany the swimmers for the duration of the swim. Each will be crewed by RLSS qualified lifeguards carrying VHF radios * There will be at least 2 land based spotters carrying VHF radios * All participants will wear wet suits * All participants are reasonably competent open water swimmers and * All swimmers will comply with MSTC Open Water Swimming Policy.   Session leader will regulate the swim.  Safety craft, canoeists and land based spotters as above to facilitate rescue and removal from water  Members made aware of the risks and action to take in event of an incident.  Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers. |
| **Open water swimming:**   * Swimming related physiological conditions, e.g., cramp, dehydration, tiredness, exhaustion. | All swimmers | Minor/medium injury – possible - unlikely | All swimmers will wear wet suits  Water temperature will be within BTF advised temperature tolerance levels  On water safety available throughout session as set out above |
| **Open water swimming:**  Other swimmers swimming action and/or swim line indiscipline | All swimmers may be hit by the arm and/or leg action of other swimmers | Minor injury – possible | Warning to all members to be aware of risk, to try to maintain swim line discipline at all times. To spot frequently and to be aware of other swimmers. |
| **Open water swimming:**  Swimming into/hitting buoys | All swimmers may swim into/hit the buoys | Minor injury - possible |
| **Open water swimming**  Other users of/on water | Collision with other water uses – rowers, canoeists, sailing vessels | Minor/medium/serious injury – unlikely | Swim will be held before other users are scheduled to be on the water.  Swimmers will remain within the designated swim route – way from other users of the water  Water safety craft and session leader/safety coordinator will monitor any other activity and advise accordingly. |
| **Open water swimming:**  Hypothermia | All swimmers | Minor/medium/serious injury – unlikely | All swimmers will wear wet suits  Water temperature will be within BTF advised temperature tolerance levels  On water safety available throughout session as set out above |
| **Water condition/quality:**  Ingestion of/ immersion in polluted water | All swimmers | Minor/medium injury – remote | South east water advise that South East Water advises that current count of blue green algae in the water is about “600 cells per ml, and is stable, showing no significant increase”.  This is a very, very low risk as set against the WHO assessment. A check will be made before swimming that there is no visible algal scum in the designated swimming area. |
| **Medical conditions of individual members:**  Asthma, diabetes, anaphylaxis | Individual members suffering from medical conditions | Minor/medium/serious injury/fatality – possible. | Before entering the water, all swimmers will:   * Complete the pre-swim entry in the session register. This includes the person’s name, address, an emergency contact telephone number and information about any medical condition * Those with a medical condition will inform the session leader/coordinator of the condition and the type and whereabouts of any medication. * The coordinator/coach will inform the RLSS OWLQ about any swimmers who have a medical condition and the type and whereabouts of any medication.   Note: Club members have been informed that individual members remain responsible for self-administering any medication. |
| **Leaving the water:**  Steep concrete sloped slipway leading from water | All participants at risk of:   * slipping, tripping and/or falling * minor cuts and abrasions to feet from uneven surface and debris | Minor/medium/serious injury possible | * Warning to all club members to take care and leaving the water * Slip way will be checked for debris and swept * Marshal to assist swimmers leaving the water |
| **Movement from water to transition area:**   * Access road at top of slope leading from/to car park and (eventually) College Lane | All participants and attendees at risk of collision with vehicle | Minor/medium/serious injury possible - unlikely | * Marshal to supervise participants crossing * Warning signs in place * Reminder to all club members and attendees to take care at all times |
| **Movement from water to transition area:**  People moving/removing/loading or preparing boats, canoes, windsurfing boards and sails and other equipment on access road and adjacent tarmac’ areas | All participants and attendees at risk of collision | Minor/medium/serious injury possible - unlikley |
| **Movement from water to transition area:**  Steep grass slope from reservoir to transition area | All participants at risk of slipping, tripping and /or falling | Minor/medium/serious injury possible | Reminder to all club members and attendees to take care at all times |