

PENTATHLON GB⁺

RISK ASSESSMENT – BIATHLE/ TRIATHLE – OUTDOOR SWIM

- High risk rating Must be corrected immediately
- Medium risk rating Risk should be reduced as soon as practicable
- Low risk No action required

EVENT NAME:

LOCATION:

DATE OF EVENT:

COMPLETED BY:

DATE ASSESSMENT COMPLETED:

APPROX TOTAL NO. OF PARTICIPANTS/SPECTATORS:

EVENT - GENERAL

Hazard	Risk	Who affected?	Risk before			Action taken	Risk after		
			L	M	H		L	M	H
Children/Young/Vulnerable people	Exposure	Young children and vulnerable people				Safeguarding officer on site			
						DBS checked for events including at risk groups, or ensure groups are supervised by parents/trained leaders			
Crowds/General Public	Crushing/Pushing/Injury	Athletes, workforce and adults				Check that the competitors and spectators are informed of the locations of the Fire Exits			
						Adherence to fire safety procedures			
						Appropriate First Aid Provided			
						Ensure that the announcers public address system is clear and audible to all in attendance			
Physical Activity / Injury	Injury to self, others/exhaustion, Collision	Athletes				Ensure regular breaks are taken, everyone is suitably fed and hydrated to undertake a physical task			
Equipment/Tools/Special Props	Injury	Athletes and workforce				Check that all officials are sufficiently competent/qualified			
						Ensure appropriate training given to anyone using special equipment			
						Appropriate First Aid Provided			
Cabling and wiring	Trips, Electrocutation	Workforce, Athletes, Coaches, Officials, Spectators				Check that all cabling on the poolside electrical or otherwise is secured and is not a trip hazard			
						Check that all electrical equipment and cabling looks visually in good condition			

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SWIM – OUTDOOR

Hazard	Risk	Who affected?	Risk before			Action taken	Risk after		
			L	M	H		L	M	H
Open water swimming in general	Injury to self/others/exposure to elements	Athletes				Only competent swimmers will be allowed to train (easily swimming over 100m Freestyle open water with head down). First timers to OW can attend but no/limited swimming allowed			
						Water temperature information will be provided to the athletes. And an instruction to wear a swim cap will be advised along with warm clothing post session			
						A qualified lifeguard with their own liability insurance will be on the water bank or paddle board during any water elements of the training. They will have a torpedo buoy and be clearly visible			
						A coach will undertake an appropriate warm up for all athletes entering the water			
						Any athlete not wanting to swim in open water will not be excluded from the session, just have their session adjusted by the coach			
Collision in water	Injury to self/ others	Athletes				Have a clear flow of swimmers round the course			
						Course clearly marked by buoys			
						Athletes briefed at the start of the session			
Under the water hazards	Injury to self/ others	Athletes				Buoys weighted down to the bottom of the water securely			
						Any weeds are indicated to swimmers before entry			
Can't exit the water	Injury to self/ others	Athletes				The ramp into the water will be matted until knee height. The matting is anti-slip matting however can still become slippery when wet			
						The start of the matting will be indicated by a buoy			
						Athlete briefing will indicate a shallow dive and swim in techniques			
Difficulty in the water	Injury to self/ others	Athletes				Lifeguards will be managing the water at all times			
						Athletes briefed about open water If in difficulty swim to the side, or if this is not possible go onto your back and attract attention			
						Only component swimmers allowed to train			
Wildlife on the water	Injury to self/ others	Athletes/ Lifeguards				Athletes and lifeguards briefed about local wildlife. If the wildlife causes an issue (clocking course), training will take an alternative route, or put in a short delay			
Weather and its effects including:- • Hot and sunny • Misty • Windy	Injury to self/ others	Athletes, Lifeguards, Volunteers, All attendees				PGB will not be responsible for athletes being affected by the sun and all users are advised to wear adequate sun protection at all times. If any session/competition is affected by thunder and lightning athletes will be removed from the location immediately. If the course is affected by mist or fog which effect swimmer visibility or safety PGB will either make the course smaller to ensure everyone is monitored closely and near the side or cancel swimming altogether if it is deemed unsafe to keep track of athletes			
						Wind chill will also be monitored and if deemed too cold to train the session will be shortened or stopped			

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RUN

Hazard	Risk	Who affected?	Risk before			Action taken	Risk after		
			L	M	H		L	M	H
Start	Falling/ Tripping	Athletes				Wide start line, flat surface, enough meters until first turn			
Turn on course	Falling/ Tripping	Athletes				Marked with cones. Athletes briefed on course briefing			
Finish	Falling/ Tripping	Athletes				Wide finish line.			
Any part	Collision with other athlete or spectator/ marshal	All				Marshalls will be easily identified			
						The course will be coned and spectators will be asked to not venture onto the course and cross any part with care			
Any part	Collapse, first aid needed	Athletes, marshals, spectators				First Aid trained personnel will be available on the outdoor area. AED will be onsite			
						First aid box also onsite equipped with masks and gloves for any close contact			
Road crossing	Unknown vehicle	All				There is a single lane track leading to the facility but the run route will be coned off so no vehicle will pass			

TRANSITION

Hazard	Risk	Who affected?	Risk before			Action taken	Risk after		
			L	M	H		L	M	H
Tarmac / Grass	Slipping in transition or into the Water	Athletes				Anti-slip Matting all through transition and all areas on poolside			
						Athlete will be briefed at the start of the session			
Tarmac /Grass	Collision to each other	Athletes				Brief athletes of transition safety			
						Flow of entry and exit into and out of transition with cones			