Information Classification: CONTROLLED

LAND TRAINING RISK ASSESSEMENT FOR SWIMMERS
PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB

RISK ASSESSMENT CARRIED OUT ON THE 01/06/26 Andy Hoskin & Carrie Richards REVIEW DATE June 2027

HAZARD OBSERVED	WHO MAY BE HARMED?	RISK RATING BEFORE CONTROLS	CONTROL MEASURES	RISK RATING AFTER CONTROLS
<u>Weights</u> • Trapping of weights • Back Injury • Pulled muscles • Overexertion	• Swimmers	**Medium**	• Swimmers to use the equipment under supervision of a coach/instructor at all times. • Proper lifting to be carried out at all times. • Spotters to be present when lifting weights. • Warm up and down appropriately • Complete stretches appropriately • Suitable clothing and footwear	**Low**
<u>Gym Equipment</u> • Back Injury • Pulled muscles • Overexertion	• Swimmers	**Medium**	• Swimmers to warm up before use and cool down after use. • Complete stretches after exercise • To use equipment as instructed by coach/teacher.	**Low**
<u>Minor Injuries</u> • Trips, cuts, falls • Broken equipment • Wet floor surface	• Swimmers • Coaches	**Medium**	• Coach to check equipment before the session starts. • Coach to report any broken equipment to Parkwood Leisure manager. • Floor surface to be checked by coach before session starts. • All injuries to be recorded by club and Parkwood Leisure.	**Low**