WATER POLO FOR SWIMMERS/COACHES & POOLSIDE HELPERS - PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB

Club name	PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB	**Assessment title**	Water polo training and match play
Venue	Penzance Leisure Centre	**Pool operator**	[Insert Operator]
Assessment reference	WP-RA-001	**Version**	1.0
Assessor	Andy Hoskin – Secretary	**Date completed**	19 July 2026
Approved by	Club Chair and WP Coach	**Review date**	Before first session and June 2027
Session type	Junior water polo training, drills, scrimmage and fixture activity	**Participants**	Club members, coaches, officials, volunteers and spectators
Emergency contacts	Pool reception, lifeguards, club emergency contact list	**Related documents**	Pool PSOP/EAP, club safeguarding policy, medical details, attendance register

Risk rating method

Score	Severity	Likelihood	Risk band	Required response
1	Minor injury / no treatment	Rare	1-4 Low	Manage through routine controls
2	Minor injury requiring first aid	Unlikely	5-8 Medium	Controls required and monitored
3	Injury requiring medical advice	Possible	9-12 Medium/High	Additional controls and active supervision
4	Serious injury / hospital treatment	Likely	13-16 High	Senior review before activity proceeds
5	Fatality / life-changing injury	Almost certain	17-25 Very high	Activity must not proceed until reduced

Significant hazards and controls

	Hazard / issue	Who may be harmed and how	Existing control measures	Initial S x L = R	Additional controls / actions required	Residual S x L = R	Ow
	Drowning, submersion or distress during contact play	Players; coaches or helpers entering water. Risk of drowning, secondary drowning, panic, fatigue-related distress or delayed rescue.	Session delivered only when lifeguard cover or agreed rescue-qualified supervision is in place in line with the venue PSOP. Coaches maintain continuous poolside observation and stop activity immediately if a player is in difficulty. All players are competent swimmers for the session level. Attendance and medical information available poolside. No player enters the water until coach supervision is present.	5 x 4 = 20	Confirm lifeguard/rescue cover before each booking. Coach to brief players on distress signals and prohibition on holding down, dunking or obstructing breathing. Ensure emergency throw/rescue equipment and AED location are known.	5 x 2 = 10	Lead
	Contact injuries during tackles, marking, holding or match play	Players may suffer bruising, cuts, sprains, eye injury, dental injury, concussion or musculoskeletal injury due to accidental or deliberate contact.	Players grouped by age, size, ability and experience. Contact introduced progressively. Coaches enforce rules and stop unsafe behaviour. Nails checked where appropriate. Jewellery, watches and unsuitable items removed. Clear expectations on fair play and sanctions for dangerous play.	4 x 4 = 16	Pre-session reminder on acceptable contact. Consider gum shields for competitive players where club policy supports this. Record and review repeated incidents or persistent foul play.	4 x 2 = 8	Hea
	Head, neck or spinal injury	Players may collide with pool wall, goals, other players or pool floor, especially during fast breaks, goalkeeper work or poorly controlled dives.	No diving unless specifically authorised for safe depth and activity. Coaches explain boundaries, depth changes and wall proximity. Goalkeeper drills managed to avoid collisions. Lifeguards and coaches follow venue spinal injury procedure.	5 x 3 = 15	Confirm depth profile and any variable floor settings before use. Include head injury and concussion recognition in coach/team manager briefing. Remove from play where concussion is suspected.	5 x 1 = 5	Lead after
	Ball impact to face, head or hands	Players, goalkeepers and officials may be hit by ball causing facial injury, finger injury, bruising or concussion symptoms.	Age-appropriate balls used. Shooting drills are organised with clear lanes, one shooter at a time where needed, and no shots until goalkeeper is ready. Players told not to shoot at close range outside the drill purpose.	3 x 4 = 12	Use softer or smaller balls for younger/new players. Coach to control high-power shooting and remove damaged balls.	3 x 2 = 6	Coa
	Slips, trips and falls on poolside or changing areas	Players, coaches, volunteers, officials and spectators may slip on wet tiles, trip over bags, balls, lane ropes or goal fixings.	No running on poolside. Poolside checked before session. Equipment stored away from walkways. Bags kept in agreed area. Coaches challenge unsafe behaviour. Pool staff asked to address excessive water or contamination.	4 x 4 = 16	Assign one coach/helper to check equipment storage during set-up and de-rig. Include safe entry/exit instructions in induction.	4 x 2 = 8	All c
	Medical condition or sudden illness	Players may experience asthma, epilepsy, diabetes, cardiac symptoms, allergy, panic attack or acute illness during intense activity.	Members provide medical and emergency contact information. Coaches have access to relevant information on a need-to-know basis. Players encouraged to disclose changes. First aid provision available through venue/club. Inhalers, glucose or agreed medication kept accessible.	5 x 3 = 15	Review medical declarations at least annually and before competitions. Individual care plans for significant conditions. Coach to adapt intensity or withdraw player where unwell.	5 x 2 = 10	Club Offic
	Fatigue, cramp, hypothermia or over-exertion	Players may become fatigued during high-intensity swimming, treading water and contact activity.	Session structure includes warm-up, progressive load and rest intervals. Coaches monitor signs of fatigue and adjust work rate. Players may leave the water if unwell or overly tired. Hydration encouraged.	3 x 3 = 9	Record weather/temperature issues for outdoor or unusually cold venues. Coaches to monitor new players more closely.	3 x 2 = 6	Lead
	Equipment hazards: goals, lane ropes, balls, caps and fixings	Players and staff may be injured by unstable goals, sharp edges, trapped fingers, damaged caps, loose fixings or poorly stored equipment.	Goals, balls and caps visually checked before use. Damaged equipment withdrawn. Goals installed according to manufacturer and venue requirements. Players briefed not to hang on goals, lane ropes or pool fittings.	4 x 3 = 12	Maintain equipment inspection log. Agree storage and maintenance responsibilities with venue.	4 x 1 = 4	Equi
	Manual handling during set-up and removal of goals/equipment	Coaches, volunteers or older players may suffer strains or crush injuries moving goals and equipment.	Only competent adults or suitably supervised older players assist. Two-person lifts used for heavy items. Trolleys or venue equipment used where available. Clear communication during lifting.	3 x 3 = 9	Manual handling briefing for volunteers. Do not move equipment if correct assistance is unavailable.	3 x 1 = 3	Coa
	Water quality, pool contamination or chemical exposure	All pool users may suffer illness, skin/eye irritation or respiratory	Pool operator responsible for water quality and plant management. Club follows pool operator instructions. Players who are unwell, have open wounds, diarrhoea/vomiting or contagious illness do not	4 x 2 = 8	Confirm venue has process for notifying clubs of pool closure or water quality failures. Include illness exclusion reminder in membership information.	4 x 1 = 4	Pool Secr

		irritation if water quality is poor or if bodily fluids contaminate the pool.	participate. Blood or contamination managed under venue procedures.				
	Safeguarding, bullying, poor practice or inappropriate conduct	Children, young people and adults at risk may be harmed by poor supervision, bullying, inappropriate communication, changing room issues or abuse.	Club adopts Swim England Wavepower and has a Welfare Officer. Appropriate DBS checks, safeguarding training and codes of conduct are in place. Coaches and volunteers maintain professional boundaries. Photography and mobile phone rules are applied, especially in changing areas.	5 x 3 = 15	Ensure all members know how to report concerns. Welfare Officer contact details displayed and shared. Review changing room supervision arrangements with venue.	5 x 1 = 5	Welf
	Inadequate supervision or inappropriate coach-to-player ratio	Players may be unsafely supervised, especially mixed ability groups, under-18s or sessions involving contact play.	Coach plans session for number, age and competence of players. Additional poolside helper/team manager used where needed. Coach does not leave poolside unless another competent person has responsibility. Unsafe ratios lead to modified session or cancellation.	5 x 3 = 15	Record planned maximum numbers by session. Apply additional adult support for beginners, younger players or first sessions.	5 x 1 = 5	Hea revie
	Emergency response failure or poor communication	All attendees may be harmed if incident response is delayed or confused.	Venue Emergency Action Plan followed. Coach knows alarm points, nearest phone, AED, first aid room and evacuation route. Register taken and emergency contacts accessible. Incidents and near misses recorded.	5 x 3 = 15	Hold brief annual emergency procedure familiarisation for coaches/volunteers. Conduct desk-top review after incidents.	5 x 1 = 5	Club
	Spectators, parents or unauthorised access to poolside	Spectators may slip or interfere with session; children may enter pool unsupervised.	Spectators remain in designated areas. Poolside access limited to coaches, officials, team managers and authorised helpers. Coaches challenge unauthorised entry. Children are supervised before and after session handover.	3 x 3 = 9	Clarify drop-off and collection arrangements to parents/carers. Use signage or briefing where venue permits.	3 x 1 = 3	Tear Offic
	Transport or away fixtures	Players, volunteers and parents may be harmed during travel or at unfamiliar venues.	Separate trip or fixture risk assessment completed for away matches. Team Manager holds attendance, medical and emergency contact details. Venue rules, depth and emergency arrangements checked on arrival.	4 x 3 = 12	Require host club/venue information in advance. Confirm supervision ratios, changing arrangements and travel arrangements.	4 x 2 = 8	Tear

4. Session operating controls

Control point	Minimum requirement
Before the session	Confirm pool booking, lifeguard/rescue cover, coach availability, venue PSOP/EAP, attendance register, participant medical alerts and equipment condition. No unsupervised entry to water.
During the session	Maintain active poolside supervision, control contact level, separate players by ability where needed, monitor fatigue, stop unsafe conduct immediately, and keep poolside clear of trip hazards.
After the session	Count players out of the water, return equipment safely, record incidents/near misses, report safeguarding or welfare concerns, and communicate any lessons learned to coaches/committee.
When risk increases	Modify drills, reduce contact, split groups, add supervision, move to non-contact technical work or cancel the activity if lifeguard cover, safe numbers, water quality or venue conditions are unsuitable.