

## CMYC Open Water Swimming – Risk Assessment – March 2021

Venue: Hedgecourt Lake Copthorne Road Felbridge RH19 2QG

Activity: Unsupervised, non life-guarded open water swimming

Participants: CMYC Members who are aged 18 and over and who are self-declared competent swimmers.

Times: As specified in CMYC Bye-Law 9(b).

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A full safety briefing for OW Swimmers, including water quality report, is on display on the outside of the Clubhouse.

<b>Location and description of hazard:</b>	<b>People at risk:</b>	<b>Level of risk:</b>	<b>Action(s) to mitigate/remove risk:</b>	<b>Person responsible for resolution:</b>	<b>Residual risk: After resolution</b>
Injury using ladder at entry and exit point	Swimmers	Likelihood: Low Impact: Low	Swimmers briefed to be careful to take care and wear suitable footwear.	Estate Manager/OW Swimming Co-ordinator Swimmers	Likelihood: Low Impact: Low
Injury from partially submerged objects.	Swimmers	Likelihood: Low Impact: High	Regular visual checking for objects. Swimmers briefed to sight regularly.	Estate Manager/OW Swimming Co-ordinator Swimmers	Likelihood: Low Impact: High
Injury hitting marker buoys or tethering lines	Swimmers	Likelihood: Low Impact: Low	Swimmers briefed to be careful of buoys and lines, give them sufficient space and to sight regularly.	Swimmers	Likelihood: Low Impact: Low

Fishermen. Line, hook entanglement	Swimmers	Likelihood: Low Impact: Low	Bankside fishing areas are out of bounds to swimmers and marked by white buoys – Bye-Law 12. Swimmers advised to sight regularly.	Swimmers	Likelihood: Low Impact: Low
Injury from wildlife	Swimmers	Likelihood: Low Impact: High	Swimmers advised to avoid close contact with large birds. Designated bird nesting area is out of bounds to swimmers and marked by white buoys– Bye-Law 12. Swimmers advised to sight regularly.	Swimmers	Likelihood: Low Impact: High
Other water users (collision)	Swimmers	Likelihood: Low Impact: High	Except in an emergency, use of the lake by any type of craft is prohibited during open water swimming sessions – Bye-Law 13 (b). Swimmers to track the designated swimming course and swim in a clockwise direction – Bye-Law 12 (c). Swimmers advised to sight regularly.	Swimmers	Likelihood: Low Impact: High
Swimming too close to Maid of Kent (moored race management)	Swimmers	Likelihood: Low Impact: High	Swimmers to track the designated swimming course and swim in a clockwise direction – Bye-Law 12(c). Swimmers advised to sight	Swimmers	Likelihood: Low Impact: High

barge) (collision, entanglement)			regularly.		
Inclement weather – too hot, too cold,, heavy rain, thunderstorms	Swimmers		Swimmers must evaluate the prevailing weather conditions and make their own decision about suitability for swimming – Bye-Law 2(b).	Swimmers	Low
Poor water quality, Green algae, Fouling (Illness, stomach problems, Weil’s disease)	Swimmers	Likelihood: Medium Impact: Medium	Comprehensive regular water testing and results on display at Clubhouse. Visible check for algae. No swimming if deemed unsafe.	Estate Manager/OW Swimming Co-ordinator	Likelihood: Low Impact: Medium
Deep cold water shock	Swimmers	Likelihood: Low Impact: High	Hedgocourt Lake is less than 2m deep and has a low likelihood of swimmers experiencing deep water cold water shock. All swimmers to wear high visibility caps and be accompanied by a swimming buddy at all times. Solo swimming is prohibited – Bye-Law 2(b). Water temperature is regularly monitored at three points round the course and readings displayed on the Clubhouse and a submersed thermometer at lakeside available for swimmers inspection.	Estate Manager/OW Swimming Co-ordinator Swimmers	Likelihood: Low Impact: High

Overheating due to hot water/hot weather	Swimmers	Likelihood: Medium Impact: Medium	Swimmers must evaluate the prevailing weather conditions and make their own decision about suitability for swimming – Bye-Law 2(b).	Swimmers	Low
Unwitting importation of bio hazards such as alien species	Aquatic environment	Likelihood: Low Impact: High	Swimmers advised to use pre-washed clothing and equipment before entering the water.	Swimmers	Low
<b>Covid specific risks</b>					
Swimmers catching or transmitting Covid 19 virus from/to others while at CMYC	Swimmers and other CMYC members	Likelihood: Medium Impact: High	Swimmers must maintain 2 metre social distancing at all times while at CMYC and adhere to CMYC Covid Policy. Swimmers to arrive changed or change in their cars. Disabled Toilet facility is available subject to usage guide lines displayed on the Clubhouse.		Low