

## Lifesaving Cuppers

## RISK ASSESSMENT

DATE: 16/11/05

A safety briefing will be given to all participants before the competition.

Teams will consist of one club member and one novice.

HAZARD	CONTROLS MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
1. Drowning	OUSD Lifeguard on duty at all times. Rules of the pool followed. Novices must come to at least one club session before to Cuppers.	High	In the event of an incident <u>the OUSD lifeguard on duty</u> should perform the rescue. Qualified lifeguards from the club should assist if asked.
2. Injury by Diving	No diving during Cuppers.	High	All race events to start in the water in the shallow end.
3. Diving to depths greater than 1.5m	All participants informed prior to event of the dangers.	Low	
4. Slipping on poolside	No running.	Low	
5. Back injury during lifts	Must be two people lifting. Participants told to "lift with legs not back".	Medium	
6. Cross infection from Dummies	Dummies are wiped with disinfectant wipes between teams.	Medium	
7. Cramp	Competitor should immediately exit water and try to stretch out cramp.	High	
8. Blood cross-contamination	Anyone bleeding must exit the water immediately and see lifeguard on duty.	Low	
9. Hitting head on pool side	Flags used as a guideline during the swim and tow. If first aid is required this should be done by the OUSD Lifeguard.	Medium	
10. Falling in during rope throw	When pulling in during the relay competitors must stand behind to plinth.	High	