RISK ASSESSMENT WIZARD



SWIMMING LESSONS

Safety Guide

School Education

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Water Safety Skills

Develops essential water safety skills and personal survival techniques.

Whole Body Fitness

Improves whole body fitness while being low impact and inclusive.

Confidence Building

Builds confidence by mastering progressive aquatic skills.

Coordination

Supports sensory regulation and coordination for a wide range of learners.

KEY HAZARDS & CONTROL MEASURES

Drowning

- ✔ Qualified lifeguards on duty at all times
- ✔ Appropriate pupil to instructor ratios
- ✔ Ability groupings to manage deep water access
- ✔ Constant headcounts and buddy systems

Poolside Slips

- ✔ No running rule strictly enforced
- ✔ Non-slip surfaces maintained
- ✔ Standing water cleared regularly
- ✔ Appropriate footwear to poolside

Changing Room Safety

- ✔ Appropriate supervision arrangements
- ✔ Clear behaviour expectations
- ✔ Private changing options available
- ✔ Cubicles for those who need them

Medical Conditions

- ✔ Medical information collected and accessible
- ✔ Inhalers poolside for asthmatic pupils
- ✔ Staff trained on condition recognition
- ✔ Emergency action plans in place

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Pool

- [ ] Water quality checked
- [ ] Lifeguards on duty
- [ ] Poolside clear of hazards
- [ ] Emergency equipment accessible

Supervision

- [ ] Ratios appropriate
- [ ] Changing room supervision arranged
- [ ] Ability groups organised
- [ ] Headcount completed

Medical

- [ ] Medical info accessible
- [ ] Inhalers poolside
- [ ] First aider available
- [ ] Emergency procedures known

Procedures

- [ ] Safety rules briefed
- [ ] Buddy system in place
- [ ] No running enforced
- [ ] Post-lesson sweep planned

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

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Add your branding & tailor to your needs

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- ✔ Store and update assessments online
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