

## Risk Assessment for Freediving Pool Competition example

Event name & date : \_\_\_\_\_

*Risk Level key: Severity & Likelihood: 1 (low) to 3 (high). Risk Level 1 (low) to 6 (very high).*

Task element	Hazard and harmful effect	Likelihood Information	Initial risk level			Control measures	Controlled risk level to participant		
			Severity (S)	Likelihood (L)	Risk level (RL)		Severity (S)	Likelihood (L)	Risk level (RL)
Arrival at Pool venue	Slips trips and falls on stairs leading to impact injuries and broken limbs.  Carrying heavy equipment (e.g. weights).  Equipment causing others to slip, trip or fall	Stairs leading up to registration area  Athletes will be carrying equipment	eg. 2	eg. 1	eg 2	<ul style="list-style-type: none"> <li>- Any hazards or wet surfaces will be highlighted by the venue.</li> <li>- All stairs have handrails</li> <li>- Ensure all equipment is placed away from doors and thoroughfares to avoid being a hazard to others</li> <li>- Do not try to carry too much. Observe pool rules e.g. no running, diving</li> </ul>	eg 2	eg 1	eg 1
Changing area & poolside	Slips, trips and falls on wet floors leading to impact injuries and broken limbs.  Carrying heavy equipment (e.g. weights).  Equipment causing others to slip, trip or fall	Pool sides are usually wet from previous session				<p>For Competition Organiser:</p> <ul style="list-style-type: none"> <li>- Visual inspection of the pool side to identify any hazards</li> <li>- Organiser to provide briefing to familiarise all in attendance with any hazards, H&amp;S procedures such as fire procedures and emergency exits.</li> </ul> <p>For all on poolside:</p> <ul style="list-style-type: none"> <li>- Be aware of additional risks from slippery floors</li> <li>- Ensure equipment is placed away from doors and thoroughfares to avoid being a hazard to others</li> <li>- Do not try to carry too much.</li> <li>- Observe pool rules e.g. no running, diving</li> </ul>			

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Setting up room for registration	Moving furniture & equipment leading to musculoskeletal injury.	We may need to move chairs and tables to make space				If you are unable to easily move furniture, please ask for assistance to lift safely. Move any tables in pairs. Bend from the knees when lifting.			

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In - w a t e r activities	<p>Finishing dynamics or longer swims in deep water.</p> <p>Hitting pool walls underwater and coming up under overhangs (stairs, diving boards).</p> <p>LMC (loss of motor control) / SWB (shallow water blackout).</p> <p>Hyperventilation</p>	<p>All athletes are trained and qualified Freedivers so fully aware of the signals and warning signs to know their own limitations</p> <p>Pool may be unfamiliar to some competitors</p>				<p>All participants should be competent swimmers and qualified freedivers</p> <p>Organiser to brief all athletes, coaches, judges and safety diver teams on pool safety before the competition starts.</p> <p>Ensure that a qualified pool lifeguard is available pool-side throughout and aware of the activities being undertaken.</p> <p>Qualified Safety Freedivers will monitor and support athletes in the warm up zone.</p> <p>Qualified Safety Freedivers will be present for all athlete performances, 1 during Static (STA) and 2 per lane for Dynamic (DYN and DYN BIFINS) and Dynamic No Fins (DNF)</p> <p>Organiser will ensure all safety freedivers (where possible) will be qualified first aiders.</p> <p>Safety Freedivers (where possible) will receive additional training and practice specifically tailored for the competition prior to the event</p> <p>Competition Judges must hold a current first aid certificate A qualified medical professional trained to EMT level will be present throughout the competition</p>			

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In - w a t e r activities	Head/spinal injuries from pool entry or during performance	Pools may be unfamiliar to some participants				<p>No diving into the pool. Use steps or slip in from the side.</p> <p>Pool depth to be constant 2m, no shallow entry for dynamic disciplines</p> <p>Athletes to Freedive within an individual lane to reduce risk of collisions with other freedivers</p> <p>Lane ropes visible on the surface for all pool users</p> <p>Organiser briefing to include description of pool bottom marking at the ends of each lane</p>			
Interference from other pool users	Potential for collisions	Pool will be separated but athletes and public will be around the poolside together				Lifeguards in place to manage member of public			
E l e c t r i c a l equipment	Electric shock or electrocution	Equipment such as laptops are used for recording scores and automatic countdown				<p>All equipment to be visually inspected to ensure no signs of damage.</p> <p>All electrical equipment to be used in side room away from poolside and water</p>			