



**Barracuda Swimming**  
**Head Coach: Gordon Lye**  
**Contact Number: 07768 918135**

### **Health & Safety**

#### 1. Health and Safety Policy

**Barracuda Swimming** has a legal and moral obligation to ensure that teachers and swimmers are in an enjoyable and safe environment and are provided with the highest possible standards of health and safety.

##### Responsibility

Overall and day to day Health and Safety responsibility: Head Coach, Gordon Lye.  
Responsible for translating general Health and Safety regulations into swimming specific regulations for **Barracuda Swimming** and ensuring that standards are maintained and improved.

**Barracuda Swimming** is committed to the following:

- a. The Health and Safety of all swimmers, teachers and coaches.
- b. The rights of teachers and coaches to work in an environment that complies with the health and safety guidance set out by the HSE.
- c. To provide and maintain safe equipment.
- d. So far as is reasonably possible, to ensure that health and safety guidelines are met and adhered to.
- e. To provide information, instruction and supervision as appropriate.
- f. To carry out a risk assessment on all venues used and reassess on a regular basis.
- g. To provide Normal Operating Procedures.
- h. To provide Emergency Action Plans to minimise the risk involved in the event of such a situation.
- i. To ensure that a First Aid kit is available.

All Swimming Teachers, Assistants or Coaches working at a **Barracuda Swimming** class must be aware of the following Health & Safety issues:

- a. Be aware of pool's procedures and information relevant to that pool.
- b. Check all notices and signs for any relevant information before commencement of lesson.
- c. Where applicable ensure that all swimmers (and parent/carer where they are present) are aware of a. and b. above.
- d. Do not allow any swimmers to swim when they are ill (other than a slight

- cold), this includes severe colds, sickness, diarrhoea and earache.
- e. In case of pool contamination with vomit or faeces, the pool should be evacuated immediately, inform the Head Coach and contact the pool manager to drain and clean pool.
  - f. All shoes should be removed or covered when entering the poolside area.
  - g. All swimmers should be asked to shower before entering the pool.
  - h. The floor around the pool should stay as dry as possible to prevent slipping, if necessary mop floor between lessons.
  - i. All equipment should be kept away from the pool edge and walkways when not in use.
  - j. Swimmers should be told not to run near the pool.
  - k. Access to the pool by swimmers or parents/carers is only allowed under supervision of the Teacher or Coach.
  - l. Parents/Carers are responsible for the supervision of their child in the changing areas, outside of the pool area and when not actually participating in a class (e.g. when a sibling is watching).
  - m. The Teacher or Coach must be the last person to leave the poolside and should check pool and changing rooms before leaving the premises.
  - n. Jumping in the pool should only be done under the supervision of the Teacher or Coach.
  - o. Queries or concerns regarding health and safety should be directed to the Head Coach.

## 2. Environmental Conditions

- a. The water temperature should be at least 28 degrees Celsius.
- b. The Swimming Teacher or Coach should be aware of the clarity of the pool water, if he/she is unhappy about the clarity or chemical levels at any time during the lesson, the class should be stopped and swimmers asked to leave the pool and if possible shower. The Head Coach and Pool Manager should be informed.

## 3. Class Sizes

- a. Widths Classes are usually run at a maximum ratio of 6:1 swimmers to teacher, the Head Coach can occasionally increase this ratio where he considers the swimmers in that group to be of a more than average capability and/or where one or more swimmers are about to move up to lengths classes. There will usually be a teacher or teaching assistant in the water with the width groups.
- b. Lengths classes are usually run at a maximum ratio of 8:1 swimmers to teacher, the Head Coach can occasionally increase this ratio for a short period where he considers the swimmers in that group to be of a more than average capability and will be not be disadvantaged by a temporary slight increase in numbers or where a competition is being run and not all swimmers will be in the water at once. The teacher or coach will teach from the poolside, there may be occasions where an experienced swimmer, teacher or coach will enter the pool for demonstrations.

#### 4. Pool entry/exit

- a. Swimmers in widths classes should always enter by the steps using the handrail, unless instructed to use a different method (e.g. jumping in or climbing out without use of steps) by the teacher or coach.

#### 5. Teaching Standards

- a. All classes should receive their full time paid for (usually 30 minutes or 1 hour).
- b. Teachers, teaching assistants or coaches should be friendly, but at all times professional.
- c. All teachers, teaching assistants or coaches should where suitable tops both in and out of the water.
- d. All teachers, teaching assistants or coaches qualifications should be up to date.
- e. All teachers, teaching assistants or coaches should be aware of current legislation and regulations that are relevant to teaching swimming and comply as appropriate.