

# Mildenhall Naturist Swimming Club (MNSC)

## General Swim Risk Assessment

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### Distribution

MNSC web site  
Abbeycroft Leisure

### Overview

MNSC operates monthly swim events normally at Mildenhall pool – operated by Abbeycroft Leisure. Additional swims may take place at other venues but this document is aimed primarily at the Mildenhall events and will need to be checked to confirm applicability for any other venues as and when these are scheduled.

The events involve casual swimming and socialising and activities are equivalent to pool/sauna use for any normal public swims. The club does not provide teaching or coaching or manage any training or competitive activities.

Individual club members need to give consideration to their own health, capabilities and the risks involved for them in undertaking the activities at the pool. They need to follow all rules and guidance provided by the pool management.

MNSC has selected the pool on the basis of its suitability for club swimming and sauna use and the level of safety provided by Abbeycroft Leisure and its staff. Particular note is taken from their commitment statement <https://www.acleisure.com/health-commitment-statement/>

This risk assessment should be taken as complementary to the risk assessment carried out by Abbeycroft Leisure who operate the pool and provide the staff at events.

### Risk Assessment

Risk	Those affected	Comment	Mitigation
Entrance/exit:  Slips, trips and falls	All participants	Lighting needs to be adequate and walkways clear.	Attendees need to use caution. Lighting and condition of the entrance and exit areas needs to be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.
Changing room and toilets:	All participants	Lighting needs to be adequate and walkways clear.	Attendees need to use caution and be mindful of wet and slippery floors. Lighting and condition of the changing rooms and toilet

Slips, trips and falls		Seating and floors need to be clear and well maintained.	areas needs to be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.
Pool side: Slips, trips and falls Injury through inappropriate behaviour Injury through accident	All participants	Lighting needs to be adequate. Floors need to be clear and well maintained.  Pool depth signage and rules on behaviour need to be clear.	Attendees need to use caution and follow rules given e.g. no running.  Lighting, floor conditions, rules and depth signage needs to be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.  Lifeguards need to be provided with appropriate training and first aid skills.
In the pool: Chemicals causing breathing, skin and eye problems. Injury through inappropriate behaviour Injury through accident Drowning	All swimmers.	Chemical levels need to be properly controlled.  Debris, swimming aids etc. need to be cleared.  Clear behaviour rules set and followed.	Swimmers need to use caution and follow rules given and be mindful of their own health and capabilities.  Water condition and depth signage needs to be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.  Lifeguards need to be provided with appropriate training and first aid skills.
In the sauna: Heat causing health issues. Injury through inappropriate behaviour Injury through accident	All users.	Adequate warnings need to be given to potential users to ensure awareness.	Sauna users need to use caution and follow rules given.  Temperature and seating and lighting in the sauna needs to be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.  Lifeguards need to be provided with appropriate training and first aid skills.
Hygiene:	All	NOTE: additional	Participants expected to follow guidance

<p>Infections from water, floors and contact with surfaces.</p>	<p>participants.</p>	<p>separate risk assessment and policies relating to COVID-19.</p>	<p>around health and cleanliness.</p> <p>All areas need to be kept clean and be regularly checked by Abbeycroft Leisure. Particular problems need to be flagged to pool staff when identified.</p>
<p>Inappropriate or unruly behaviour</p>	<p>All participants</p>	<p>Aggressive behaviour, violence or indecency.</p>	<p>Club officials will be vigilant for such behaviour and will not hesitate to take action.</p> <p>All members and visitors are pre-checked against the BN exclusion list. Name and address details are held for all attendees with proof of identity required.</p>
<p>Safeguarding</p>	<p>Children and vulnerable adults</p>	<p>NOTE: additional separate safeguarding policy</p>	<p>The club operates a comprehensive safeguarding policy.</p> <p>Abbeycroft Leisure needs to have suitable safeguarding training and policies in place for its staff.</p>