

COVID-19 Risk Assessment (Training & Assessment of Lifesaving Awards) – guidance notes

Activity	What is the risk?	Who is at risk?	Level of risk (L/M/H)	Control measures to be implemented	Residual risk level (L/M/H)
<p><i>[Use a separate row for each activity. Some examples are below]</i></p> <ul style="list-style-type: none"> • Board rescue • Tube rescue • Contact tow • Lifesaving theory • First aid theory • Primary & secondary survey • CPR • Practical first aid treatment (e.g. choking, bandaging etc) 	<p><i>[It is likely that risks will fall into one of the categories below, however if you identify a specific risk relevant to your club, you should ensure it is captured as part of this risk assessment.]</i></p> <ul style="list-style-type: none"> • Breach of physical distancing guidelines • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Insufficient cleaning procedures • Cross-infection between attendees 	<p><i>[you should identify either individual roles (e.g. Junior Coach, Cleaning & Maintenance Officer etc.), or you should group as per the categories below]</i></p> <ul style="list-style-type: none"> • Trainers • Trainees • Casualties • Other club members • External assessors • Boat crews or other safety cover personnel 	<p><i>[Choose from]</i></p> <p>Low</p> <p>Medium</p> <p>High</p> <p>(see further notes below)</p>	<p><i>[the list below are examples only. Clubs may wish to adopt additional control measures based on their circumstances]</i></p> <ul style="list-style-type: none"> • Corridors and stairwells marked with tape to illustrate 2m • Social distancing posters displayed throughout building at regular intervals • Implement a one-way system throughout the building • Limit the number of people allowed in certain areas of the building at any one time • Public Health Wales COVID symptoms poster displayed at building access points • Signing in and out procedure for all members, and visitors • Encourage all members and visitors to use the NHS track and trace QR code on display • COVID-specific induction training for all, prior to use of Club equipment and facilities • Handwashing and sanitising facilities available • Equipment cleaned before and after use by each person • High frequency touch points cleaned before and after each session and frequently throughout the day • Changing rooms only to be used to store kit bags – limit one person at a time in changing rooms • Members to arrive changed and ready for the water -based sessions • Appropriate PPE and COVID guidance followed when carrying out practical tasks • Minimise repetition of skills requiring contact with a ‘live casualty’ e.g. recovery position • Practical first aid skills self-administered where possible (e.g. bandaging a leg) 	<p><i>[Choose from]</i></p> <p>Low</p> <p>Medium</p> <p>High</p> <p>(see further notes below)</p>

Level of risk & residual risk descriptors (Low/Med/High)

These columns are calculated by considering the ‘severity’ (how bad would it be?) and the ‘likelihood’ (what are the chances of it happening?). Note that we only include 3 variables in the matrix above – low = green, med = yellow, high = red)

Likely	Medium Risk	High Risk	Extreme Risk
Unlikely	Low Risk	Medium Risk	High Risk
Highly Unlikely	Insignificant Risk	Low Risk	Medium Risk
	Slightly Harmful	Harmful	Extremely Harmful

COVID-19 Risk Assessment (Training & Assessment of Lifesaving Awards) – template

Activity	What is the risk?	Who is at risk?	Level of risk (L/M/H) Likelihood x Severity	Control measures to be implemented <i>NOTE – building-specific (COVID secure) risk assessment and control measure to be followed throughout plus additional measures listed below</i>	Residual risk level (L/M/H)
Turning a casualty face up and action for vomit (live casualty)	<ul style="list-style-type: none"> • Physical distancing guidelines will be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Cross-infection between attendees 	<ul style="list-style-type: none"> • Trainers • Trainees • Casualties • External assessors 	High L = 3 S = 2	<ul style="list-style-type: none"> • Candidate and casualty must wash and sanitise hands prior to making contact with each other • Casualty to be from same household or training bubble • Gloves to be worn by candidate and casualty • Face mask and face shield (visor) to be worn by candidate • Face mask to be worn by casualty and any others in the room • Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	Low L = 1 S = 2
CPR	<ul style="list-style-type: none"> • Physical distancing guidelines may be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Insufficient cleaning procedures • Cross-infection between attendees 	<ul style="list-style-type: none"> • Trainers • Trainees • External assessors 	High L = 3 S = 2	<ul style="list-style-type: none"> • Manikins suitably spaced out to ensure physical distancing can be maintained • Candidate must wash and sanitise hands before and after using manikins • Issue one manikin per person for the duration of the training session or assessment if possible • Candidates must be issued with their own set of manikin lungs • If possible, each candidate should be issued with their own manikin face. If this is not possible, they must thoroughly clean and sanitise manikin faces before and after use • Minimise repetition of skills once demonstrated correctly (during both training and assessment) e.g. rescue breaths • Face mask to be worn by candidate (face mask only to be removed to deliver rescue breaths) • Face mask to be worn by all other persons in the room 	Low L = 1 S = 2
Primary Survey	<ul style="list-style-type: none"> • Physical distancing guidelines will be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points 	<ul style="list-style-type: none"> • Trainers • Trainees • External assessors 	High L = 3 S = 3	<ul style="list-style-type: none"> • Replace live simulated casualty with manikin for both training and assessment • Candidate must wash and sanitise hands prior to making contact with the manikin • Face mask to be worn by candidate and all other persons in the room 	Medium L = 1 S = 3

	<ul style="list-style-type: none"> • Cross-infection between attendees 			<ul style="list-style-type: none"> • Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	
Secondary Survey & recovery position	<ul style="list-style-type: none"> • Physical distancing guidelines will be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Cross-infection between attendees 	<ul style="list-style-type: none"> • Trainers • Trainees • Casualties • External assessors 	<p>High</p> <p>L = 3</p> <p>S = 2</p>	<ul style="list-style-type: none"> • Candidate and casualty must wash and sanitise hands prior to making contact with each other • Casualty to be from same household or training bubble • Gloves to be worn by candidate and casualty • Face mask and face shield (visor) to be worn by candidate • Face mask to be worn by casualty and all other persons in the room • Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	<p>Low</p> <p>L = 1</p> <p>S = 2</p>
Choking	<ul style="list-style-type: none"> • Physical distancing guidelines will be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Cross-infection between attendees 	<ul style="list-style-type: none"> • Trainers • Trainees • Casualties • External assessors 	<p>High</p> <p>L = 3</p> <p>S = 2</p>	<ul style="list-style-type: none"> • Replace live simulated casualty with manikin for both training and assessment • Candidate must wash and sanitise hands prior to making contact with the manikin • Face mask to be worn by candidate and all other persons in the room • Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	<p>Low</p> <p>L = 1</p> <p>S = 2</p>
External bleeding	<ul style="list-style-type: none"> • Physical distancing guidelines will be breached • Not maintaining good personal & hand hygiene • Cross-infection through high frequency touch points • Cross-infection between attendees 	<ul style="list-style-type: none"> • Trainers • Trainees • Casualties • External assessors 	<p>High</p> <p>L = 3</p> <p>S = 2</p>	<ul style="list-style-type: none"> • Candidates to practice and demonstrate on themselves (e.g. bandaging their leg) • Issue one bandage to each candidate at the start of the session/assessment. This should be kept by the candidate for used at all training sessions and should not be shared with others • Face mask to be worn by candidate and all other persons in the room • Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	<p>Low</p> <p>L = 1</p> <p>S = 2</p>
Support & elevation sling		<ul style="list-style-type: none"> • Trainers • Trainees • Casualties • External assessors 	<p>High</p> <p>L = 3</p> <p>S = 2</p>	<ul style="list-style-type: none"> • Candidate and casualty must wash and sanitise hands prior to making contact with each other • Casualty to be from same household or training bubble • Gloves to be worn by candidate • Face mask and face shield (visor) to be worn by candidate • Face mask to be worn by casualty and all other persons in the room 	<p>Low</p> <p>L = 1</p> <p>S = 2</p>

				<ul style="list-style-type: none"> Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	
<p>Tube rescue (conscious & unconscious)</p>	<ul style="list-style-type: none"> Physical distancing guidelines will be breached Not maintaining good personal & hand hygiene Cross-infection through high frequency touch points Cross-infection between attendees 	<ul style="list-style-type: none"> Trainers Trainees Casualties Boat crews and other water safety personnel 	<p>High</p> <p>L = 3 S = 2</p>	<ul style="list-style-type: none"> Consider replacing a live simulated casualty with an orange manikin (3/4 full) for unconscious tube rescue Manikins should not be used in heavy surf Candidates should be briefed to control the manikin when in the surf zone to avoid being hit from behind Boats to be used to transport manikins out to sea where possible Touch points on manikins and rescue tubes to be disinfected between users If a live simulated casualty is used, the following additional control measures must be applied; <ul style="list-style-type: none"> No in-water breathing check or rescue breaths Casualty must be clipped into the rescue tube from behind Candidate to explain the technique for protecting the casualty from breaking waves – not demonstrate Technique for supporting a conscious casualty from the water should be explained, not demonstrated Lift and carry to be demonstrated ‘dry’ Minimise repetition of skills once demonstrated correctly (during both training and assessment) Boat crews should wear masks Casualties should swim out to the appropriate point beyond the surf zone where possible. If this is not possible, 1 person at a time may be transported in an IRB 	<p>Low</p> <p>L = 1 S = 2</p>
<p>Board rescue (conscious & unconscious)</p>	<ul style="list-style-type: none"> Physical distancing guidelines will be breached Not maintaining good personal & hand hygiene Cross-infection through high frequency touch points Cross-infection between attendees 	<ul style="list-style-type: none"> Trainers Trainees Casualties Boat crews and other water safety personnel 	<p>High</p> <p>L = 3 S = 2</p>	<ul style="list-style-type: none"> Consider replacing a live simulated casualty with a full-sized manikin (e.g. Ruth Lee or ‘dead Fred’) for unconscious board rescue Boats to be used to transport manikins out to sea where possible Touch points on manikins and boards to be disinfected between users If a live simulated casualty is used, the following additional control measures must be applied; 	<p>Low</p> <p>L = 1 S = 2</p>

				<ul style="list-style-type: none"> ○ No in-water breathing check or rescue breaths ○ Candidate and casualty's heads must face away from each other during the roll onto the board ○ Candidate to explain the technique for protecting the casualty from breaking waves – not demonstrate ○ Technique for supporting a conscious casualty from the water should be explained, not demonstrated ○ Lift and carry demonstration not required (as it is repetition of tube rescue lift and carry) ● Minimise repetition of skills once demonstrated correctly (during both training and assessment) ● Boat crews should wear masks ● Casualties should swim out to the appropriate point beyond the surf zone where possible. If this is not possible, 1 person at a time may be transported in an IRB 	
Contact tows		<ul style="list-style-type: none"> ● Trainers ● Trainees ● Casualties ● Boat crews and other water safety personnel 	<p>High</p> <p>L = 3 S = 3</p>	<ul style="list-style-type: none"> ● Live simulated casualty must be replaced with an orange manikin (3/4 full) ● Manikins should not be used in heavy surf ● Touch points on manikins must be disinfected between users 	<p>Low</p> <p>L = 1 S = 2</p>
Defences and releases		<ul style="list-style-type: none"> ● Trainers ● Trainees ● Casualties ● Boat crews and other water safety personnel 	<p>High</p> <p>L = 3 S = 3</p>	<ul style="list-style-type: none"> ● Techniques to be demonstrated dry ● Candidate and casualty must wash and sanitise hands prior to making contact with each other ● Casualty to be from same household or training bubble ● Gloves to be worn by candidate and casualty ● Face mask and face shield (visor) to be worn by candidate ● Face mask to be worn by casualty and any others in the room ● Minimise repetition of skills once demonstrated correctly (during both training and assessment) 	<p>Low</p> <p>L = 1 S = 2</p>
Lift & carry		<ul style="list-style-type: none"> ● Trainers ● Trainees 	<p>High</p>	<ul style="list-style-type: none"> ● Techniques to be demonstrated dry 	<p>Medium</p>

		<ul style="list-style-type: none">• Casualties	L = 3 S = 3	<ul style="list-style-type: none">• Candidate and casualty must wash and sanitise hands prior to making contact with each other• Casualty to be from same household or training bubble• Gloves to be worn by candidate and casualty• Face mask to be worn by candidate• Face mask to be worn by casualty and any others in the room• Minimise repetition of skills once demonstrated correctly (during both training and assessment)	L = 1 S = 3
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