

Adverts for Sessions and Open Water Risk Assessment

1. Bike Ride
2. Open Water Swim
3. Open Water Generic Risk Assessment

The following are ideas for formats for advertising coached sessions and a risk assessment. They can be amended as necessary.

1. Bike Ride

Dear All

The third cycling session coached by Pete Osbourne (BCF qualified coach) will be on Saturday 12/3/05. Meet at 10am for 10.15am. Finish time approximately 11.45am.

Cost: £2

Time: Start 10am for 10.15am, duration approx. 1.5 hours.

Who: Open to all club members, those with special requirements please contact myself/Pete.

This is suitable for road bikes.

What is provided: A coached session.

Where: Fairholmes Car park SK172893. From Sheffield take the A57 Manchester Road. Take the next right turn after the Ladybower Pub.

When: Saturday 12/3

Why/Aims: To improve pedalling technique.

Numbers Limit: 12. (pre booking required)

Requirements:

1. If attending please bring a postcard with name, address, contact #, and health issues on it.
2. Cycle Helmet: No Helmet, No Go.
3. Bottle with at least 500ml of water/sports drink.

If Interested please let me know. I will be able to give one person a lift to the venue.

I'm sorry these emails are getting longer but I keep "borrowing" formats and ideas from other coaches. The idea is to give you the information you need to make a decision about how suitable the session would be for you.

Regards Jon M

2.Open Water Swim

Sheffield Triathlon Club Underbank Training Sessions

With kind assistance from Underbank Activity Centre

When: Friday evenings 6.30pm ish to 7.30pm. Starting May 2004. Finishing September 2004. Novice evening, first Friday of the month.

Who: Aimed at Club Members who are looking for open water swimming and transition practice. I expect every athlete to have competence in Front and Back Crawl and be able to swim continuously for 200m.

Novice Evening: On the first Friday of each month. I will expect the more experienced athletes to "buddy" partner a less experienced athlete on these evenings.

Other Issues: If you have specific requirements, please let me know and I will try to arrange it.

What: An open water swim in Underbank reservoir.

Typical Session:

Warm Up: Easy laps using markers and shore to sight. Some form of stroke technique work will be included in this.

Main Set: Laps with buddy partner practicing sighting, turns and shallow or deep water starts.

Cool Down: Easy laps and into transition.

Distances: This will vary depending on the session and how cold the water is.

Equipment:

(BT regulations) A full wetsuit. Coloured swim hat.

(FINA regulations) Swim suit and coloured swim hat.

Cost: Free.

Volunteers: Volunteers must abide by the British Triathlon Association Volunteer "Code of Conduct".

Safety:

Open water swimming is potentially hazardous and can be very scary. Please listen to the briefing and ensure you have safety cover in place before getting in. (Yes I really do mean this.)

Underbank Management

The management at the Underbank Activity Centre have allowed our use of the reservoir under the following conditions.

1. Coloured Swim Hats to be worn.
2. A safety person on shore to raise alarm in case of emergency.
3. A head count of persons in the water at any time.

In addition to this we will abide by the BT or FINA regulations where applicable.

Directions: Access to the venue is at SK246992. The venue is North of Stocksbridge and can be found from the A616(T), Stocksbridge Bypass, by turning West toward Midhopstones. This turning is signed for the "Mustard Pot" Public House SK235996. After the pub a left turn is made and the venue is on the left after about 1km. Access from the M1 is from junction 35a Northbound or from junction 36 Southbound.

Finally

Enjoy these sessions and get the most out of them by practicing your transitions every session and learn from each other. And I know it doesn't need saying but I'll say it anyway. Be polite to other water users and staff at the centre.

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3. Open Water Generic Risk Assessment

Risk Assessment

Venue:

Activity: Open Water Swimming

Date of Risk Assessment:

Completed by:

Checked by:

Processes Presenting a Hazard:

Entry into water.
Swimming
Exit from water.

Who May be Injured: Participants, Club Volunteers.

Risk Assessment

Risk Assessment Criteria

The following criteria are used in the risk assessments.

Likelihood of Occurrence of an Incident (a)

Very Likely 5, Likely 4, Even Chance 3, Unlikely 2, Improbable 1

Severity of Outcome (b)

Fatality 5, Major Injury 4, Day Injury 3, Minor Injury 2, No Injury 1

Risk Rating = (Likelihood * Severity) (a*b)

Entry Incident

E.g. Trip, Fall, Underwater obstruction.

Likelihood of Occurrence= 2

Severity of Outcome= 2

Risk Rating=4

Swimming Incident

E.g. Drowning, Hypothermia

Likelihood of Occurrence= 2
Severity of Outcome= 5

Risk Rating= 10

Exit Incident

E.g. Trip, Fall, Hypothermia.

Likelihood of Occurrence= 2
Severity of Outcome= 2

Risk Rating=4

Current Measures In Place

Club Volunteer on side to co ordinate any action required e.g. emergency action.

Buddy system in operation. To ensure swimmers are with at least one other person who can raise the alarm in case of difficulty.

Water temperatures recorded in accordance with British Triathlon guidelines.

Reaching aids available for non-contact rescue.

Swimmers identified by coloured hats.

Specific "novice" night.

Athlete health issues noted in log-book at start of the session.

Whistle available for communication.

Guidelines published by e-mail to Club members.

Club Members only session.

Minimum swimming standards set out e.g. proficient in at least two strokes, Back crawl and front crawl, and able to swim for 200m continuously.

Possible Future Measures

RLSS Beach Life Guard employed for session.

Water safety craft e.g. canoes.

Floating markers in permanent course. This will allow accurate distance measurement for the session.