**THERE ARE 5 KEY SWIMMING SESSIONS WHICH THE CLUB CURRENTLY HOLDS FOR ITS MEMBERS:**

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# **Monday Morning Swim**

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| **Location / Route:** | Ernest Bevin CollegeBeechcroft RoadTooting, LondonSW17 7DF | **Additional Notes:** | This session is open to **ALL** swimmers from novices (must be able to swim 4 lengths freestyle continuously) to fast swimmers (can swim 1500m in under 27 minutes) |
| **When** | Monday Mornings | **Event / Sign Up:** | The event page is opened at 9:30pm on the Monday before the session. Payment is £5.00 and taken at time of sign up. There is a limit of 14 swimmers per event. |
| **Time:** | 06:30 to 07:30 | **Coaching:** | Sessions are coached by Jonathon Shelby |
| **Starting / Finishing Point:** | Ernest Bevin CollegeBeechcroft Road, Tooting, London, SW17 7DF  | **Other (Safety):** | There is no lifeguard on duty and swimmers should acknowledge this (both at pre-registration and sign up on the night where a waiver will need to be signed) |
| **Session / Distance:** | Varies each week but will focus on technique and various sets | **Other (Security):** | Valuables should be locked in the lockers inside the changing rooms or left at the side of the swimming pool |
|  |  | **Website:** | <http://claphamchasers.co.uk/swim>Event Page will be set up prior to each session (<http://claphamchasers.co.uk/events>) |

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| **Date Published:** | **Assessed By:** | **Signed:** | **Review Date:** |
| **13 March 2020** |  **Bronwyn Garrett** | **BRONWYN GARRETT** | **1 January 2021** |
| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |
| Risk of drowning | High | All Swimmers | Coaches to ensure that they are observant and alert to any swimmers in troubleOn the pre-registration page, all swimmers need to be aware of the disclaimer and by pre-registering: “YOU CONFIRM THAT YOU ARE A COMPETENT SWIMMER AGED OVER 18 AND YOU AGREE TO UNDERTAKE THE SWIM SESSION ENTIRELY AT YOUR OWN RISK”  | 1 January 2021 |

# **Wednesday Morning Swim**

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| **Location / Route:** | Clapham Leisure Centre141 Clapham Manor StreetClapham, SW4 6DB | **Additional Notes:** | This session is open to **Advanced** **Swimmers** - currently able to swim 1500m in a pool in 25 mins or less. Progressive sessions with the aim of peaking at 1500m in June/ July |
| **When** | Wednesday Mornings | **Event / Sign Up:** | The event page is opened at 9:30pm on the Monday before the session. Payment is £5.00 and taken at time of sign up. There is a limit of 12 swimmers |
| **Time:** | 06:20 to 07:30 | **Coaching:** | Sessions are coached by a qualified swim coach, Tim George. If no coach is available, then follow structured swim sets |
| **Starting / Finishing Point:** | Clapham Leisure Centre141 Clapham Manor Street, Clapham, SW4 6DB  | **Other (Safety):** | Qualified First Aider and Lifeguard will be duty at the Clapham Leisure Centre |
| **Session / Distance:** | Varies each week but will focus on technique and various sets | **Other (Security):** | Valuables should be locked in the lockers inside the changing rooms or left at the side of the swimming pool |
|  |  | **Website:** | <http://claphamchasers.co.uk/swim>Event Page will be set up prior to each session (<http://claphamchasers.co.uk/events>) |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |

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| Risk of drowning | High | All Swimmers | Coaches to ensure that they are observant and alert to any swimmers in troubleOn the pre-registration page, all swimmers need to be aware of the disclaimer and by pre-registering: “YOU CONFIRM THAT YOU ARE A COMPETENT SWIMMER AGED OVER 18 AND YOU AGREE TO UNDERTAKE THE SWIM SESSION ENTIRELY AT YOUR OWN RISK”  | 1 January 2021 |

# **Wednesday Evening Swim**

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| --- | --- | --- | --- |
| **Location / Route:** | Ernest Bevin CollegeBeechcroft RoadTooting, LondonSW17 7DF | **Additional Notes:** | All swimmers must pre-register **(FREE)** for the specific swim session: (see website below)This session is open to **ALL** swimmers from novices (must be able to swim 4 lengths freestyle continuously) to fast swimmers (can swim 1500m in under 27 minutes) |
| **When** | Wednesday Evenings | **Event / Sign Up:** | The pre-event sign up page is always open. Payment is £5.00 and taken in the evening before the session. There is a limit of 14 swimmers (across 4 Lanes) and slots are operated on a **FIRST COME, FIRST SERVED BASIS** |
| **Time:** | 19:45 to 21:00(Meet in the Foyer at 19:50) | **Coaching:** | Sessions are coached by a qualified swim coach (Andrew Potter). If no coach is available, then follow structured swim sets |
| **Starting / Finishing Point:** | Ernest Bevin CollegeBeechcroft Road, Tooting, LondonSW17 7DF  | **Other (Safety):** | There is no lifeguard on duty and swimmers should acknowledge this (both at pre-registration and sign up on the night where a waiver will need to be signed) |
| **Session / Distance:** | Varies each week but will focus on technique and various sets | **Other (Security):** | Valuables should be locked in the lockers inside the changing rooms or left at the side of the swimming pool |
|  |  | **Website:** | <http://claphamchasers.co.uk/swim><http://claphamchasers.co.uk/event-564265>  |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |

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| Risk of drowning | High | All Swimmers | Coaches to ensure that they are observant and alert to any swimmers in troubleOn the pre-registration page, all swimmers need to be aware of the disclaimer and by pre-registering: “YOU CONFIRM THAT YOU ARE A COMPETENT SWIMMER AGED OVER 18 AND YOU AGREE TO UNDERTAKE THE SWIM SESSION ENTIRELY AT YOUR OWN RISK”  | 1 January 2021 |

# **Friday Morning Swim**

|  |  |  |  |
| --- | --- | --- | --- |
| **Location / Route:** | Clapham Leisure Centre141 Clapham Manor StreetClapham, SW4 6DB | **Additional Notes:** | This session is open to **Intermediate Swimmers - currently able to swim 1500m in a pool in 30 mins or less.**  |
| **When** | Friday Mornings | **Event / Sign Up:** | The event page is opened at 9:30pm on the Monday before the session. Payment is £5.00 and taken at time of sign up. There is a limit of 12 swimmers and slots are operated on a **FIRST COME, FIRST SERVED BASIS** |
| **Time:** | 06:20 to 07:30 | **Coaching:** | Sessions are coached by a qualified swim coach, Tim George. If no coach is available, then follow structured swim sets |
| **Starting / Finishing Point:** | Clapham Leisure Centre141 Clapham Manor Street, Clapham, SW4 6DB  | **Other (Safety):** | Qualified First Aider and Lifeguard will be duty at the Clapham Leisure Centre |
| **Session / Distance:** | Varies each week but will focus on technique and various sets | **Other (Security):** | Valuables should be locked in the lockers inside the changing rooms or left at the side of the swimming pool |
|  |  | **Website:** | <http://claphamchasers.co.uk/swim>Event Page will be set up prior to each session (<http://claphamchasers.co.uk/events>) |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |

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| Risk of drowning | High | All Swimmers | Coaches to ensure that they are observant and alert to any swimmers in troubleOn the pre-registration page, all swimmers need to be aware of the disclaimer and by pre-registering: “YOU CONFIRM THAT YOU ARE A COMPETENT SWIMMER AGED OVER 18 AND YOU AGREE TO UNDERTAKE THE SWIM SESSION ENTIRELY AT YOUR OWN RISK”  | 1 January 2021 |

# **Weekend Open Water Swimming**

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| **Location / Route:** | Shepperton Lake, Ferry LaneShepperton, Middlesex, TW17 9LH | **Additional Notes:** | This event is only open to swimmers who can swim 400m. |
| **When** | Various Sunday Mornings during May and September |  | Swimmers need to preregister (**FREE**) first: <http://claphamchasers-co.wildapricot.org/event-1943652> The event page is opened one week before the session. Payment is £7.00 and taken at time of sign up. There is a limit of 20 swimmers and slots are operated on a **FIRST COME, FIRST SERVED BASIS** |
| **Time:** | 09:00 to 10:00Arrive by 08:45 to get ready |  | Sessions are coached by a qualified BTF / ASA Club coach (Andrew Potter or Tim George). If no coach, the session will be led by an experienced swimmer |
| **Starting / Finishing Point:** | Shepperton Lake, Ferry LaneShepperton, Middlesex, TW17 9LH |  | Toilets, changing rooms and showers are also available. Valuables should be left in the changing rooms (Lockers) |
| **Session / Distance:** | Varies each week but will focus on technique and various sets | **Website:** | <http://claphamchasers.co.uk/swim><http://www.sheppertonopenwaterswim.co.uk/>  |

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| **Description of Hazard / Risk** | **Risk Rating****(High / Medium / Low)** | **Those at Risk** | **Action(s) to alleviate Risk** | **Next Review Date** |

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| Visibility | High | All Swimmers | There is no lifeguard on duty but there will be lake staff in safety canoes who will be monitoring activity. These Lake Staff should be RLSS (Royal Life Saving Society) qualified.If swimmers get into trouble, they should raise their arm.All swimmers should wear a wetsuit and a brightly coloured swim cap to ensure they are easily visible to staff and other swimmers |  |
| Other Swimmers | High  | All Swimmers | All Swimmers should be mindful of other swimmers by trying to swim with a buddy and in a clockwise direction. |  |