

Risk Assessment: Club organised Open Water swim (RA covers both coached and non-led sessions)	Location: Visitors Centre, Ladyburn Lake, Druridge Bay Country Park
Completed by: Tony Jackson Date Completed: July 2025, Reviewed May 2026 Reviewed by: Tania Conway (Alnwick Tri Head Coach)	

Venue:	Ladyburn Lake	Venue Contact Name & Contact Details:	Danny Goodall, Country Parks & Sites Officer, Northumberland County Council Mobile - 07928 500370 Druridge Bay Country Park - 01670 760968
Address: (Include postcode)	Ladyburn Lake, Druridge Bay Country Park, Red Row, NE61 5BX		
Group:	Members of Alnwick Triathlon Club only	Location of first-aider:	An appropriately qualified first aider will be nominated for each session.
Date:	Communicated prior to session	Location of Defibrillator	At visitors centre
Time:	Communicated prior to session	Location of telephone:	First aider, spotter and any coaches coaching the session to have mobile phones with adequate charge.
Participants:	For coached sessions, participant numbers are limited by the numbers of coaches present:	Location of toilets:	At visitors centre
Number:	Level 3 / HPCP coaches: maximum of 20 participants (not including the coach)		
	Level 2 / Group coaches: maximum of 16 participants (not including the coach)		
	Level 1 / Foundation coaches cannot coach open water swimming Swim Bike Run Leaders: maximum of 8 participants not including the leader		

		For non-led sessions, total numbers should not exceed 30.		
	Age:	Adults	Location of changing rooms:	n/a
	Ability:	Various.	Location of first-aid kit:	With first aider
Lead coach name:	BTF Level 2, Group and 3 coaches only		Stocked and maintained:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Venue documents read and understood	Normal operating procedures: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		Additional notes: Resuscitation device also available at visitor centre	
(please ✓ appropriate box):	Health and safety policy: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No		General guidance and tips for safe open water swimming can be found at the following links: <ul style="list-style-type: none"> • https://rnli.org/safety/choose-your-activity/open-water-swimming# • https://www.rlss.org.uk/pages/category/open-water-safety-tips • https://swimsecure.co.uk/blogs/safety-guides/open-water-swimming-safety-guide?srsltid=AfmBOopiwth nPQyxCOEoC37UODsmhYK9gmTBYxw9U-wqO-1LLr6WIP 	
	Emergency action plan (EAP): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No			

Risk Assessment

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium /Low):	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Drowning due to panic attacks, cramp or other medical issue	Swimmers	M	<ul style="list-style-type: none"> • All swimmers to 'self-assess' and novice swimmers to confirm that they have strong pool swimming skills (minimum 400m continuous swimming) • Wear a wet suit for buoyancy and attach floats for visibility/security • Swimmers to wave / whistle for assistance if in trouble • All swimmers to keep an eye out for others in distress • If you feel begin to feel anxious in the water change your stroke or float on your back until you can regulate your breathing • All sessions to have a SUP / kayak safety cover to monitor swimmers and assist swimmer in distress • Lakeside marshal to monitor from lakeside 	Participants and any coaches / leaders / marshal	L	05/05/26
Low water temperature leading to cold water shock or hypothermia	Swimmers	M	<ul style="list-style-type: none"> • Avoid swimming when water temp is less than 11C • Swimmers must wear wetsuits • Swimmers advised to come straight out if feeling tired or cold • Swimmers advised to wear thermal hats under swim hats • Enter water slowly to get used to temperature to minimise cold water shock risk • Acclimatise at Green buoy before swimming out to the swim lap 	Participants and any coaches / leaders / marshal	L	05/05/26

Location & Description of Hazard:	People at Risk:	Level of Risk (High/Medium /Low):	Action(s) to Mitigate/ Remove Risk:	Person responsible for resolution:	Residual Risk: After resolution	Dates Reviewed
Poor water quality	Swimmers	M	<ul style="list-style-type: none"> • Water quality is checked prior to the start of the swim season, in the middle of the season and if poor water quality is suspected. • Swimming is advised against after heavy rain when runoff water may have polluted the lake with crop fertilizer or animal faeces. • The water is visually monitored for signs of blue green algae on a regular basis. • See a GP if you feel ill (fever and diarrhoea) within 48 hrs of the swim and inform the club 	Water quality check organised by Alnwick Tri committee member or nominated volunteer	L	05/05/26
Sharp objects (e.g. glass) in lake bed near entry / exit	Swimmers	M	<ul style="list-style-type: none"> • Enter water slowly (no running) • Warn other swimmers of objects in the lake and remove if safe to do so • Always enter and exit the lake at the same location (at the steps near the visitors centre) 	Participants and any coaches / leaders / marshal	L	05/05/26
Missing Swimmer	Swimmers	M	<ul style="list-style-type: none"> • Register in and out. No swimmer allowed in the water unless registered. • Lakeside marshal to perform swimmer counts • Swimmers monitored by safety kayak / SUP and lakeside marshal 	Participants and any coaches / leaders / marshal	L	05/05/26
Collision of swimmer	Swimmers	M	<ul style="list-style-type: none"> • Swim anti-clockwise around the 3 red buoys • Be aware of non-club swimmers • Regular sighting when swimming • Swimmers to wear brightly coloured swim caps 	Participants and any coaches / leaders	L	05/05/26

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Bad weather	Swimmers	L	<ul style="list-style-type: none"> • Be aware of worsening sea fret or mist which can severely reduce visibility • Swimmers to exit the water if visibility is poor • No swimming during thunder and lightening • Lakeside marshal will sound airhorn if it is judged unsafe to continue and all swimmers must exit the water 	Participants and any coaches / leaders / marshal	L	05/05/26
Weeds in lake (danger of tangling)	Swimmers	L	<ul style="list-style-type: none"> • Swimmers only to use steps entry point in and out of the lake • Avoid edges of the lake where weeds are prevalent • Swimmers briefed on how to disentangle themselves from weeds 	Participants and any coaches / leaders / marshal	L	05/05/26
Wildlife (swans, geese)	Swimmers	L	<ul style="list-style-type: none"> • Avoid swimming close to swans or geese • Be aware of adults birds protecting a nest 	Participants and any coaches / leaders / marshal	L	05/05/26

Insert Diagram(s) of layout of venue with key safety elements marked (this page is intended to be shared between Risk Assessment and EAP):



Swim lap is the broader white triangle. The lap is approximately 300m with the distance between each buoy approximately 100m