

## Aquatic Guidelines

### Safe Water Entry Information and Risk Assessments

This risk assessment and guidelines package was developed in accordance with the Royal Lifesaving Societies "Implementation Guide for Department of Education & Training"

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#### SUMMARY

Where and when is diving permitted at Wollondilly Community Leisure Centre

	Outdoor 50m Pool	Indoor 25m Pool	Learners Pool	Toddlers Pool
Trained Competitors	Entire Pool	Deep End Only	Not Permitted	Not Permitted
Un-Trained Competitors	Deep End Only	Not Permitted	Not Permitted	Not Permitted
Recreational Swimming	Deep End Only	Not Permitted	Not Permitted	Not Permitted

## 2 – SHALLOW WATER DIVING INFORMATION & RISK ASSESSMENT - Indoor 25m Pool

### PART 1 – WATER DEPTH

After consultation with Royal Life Saving NSW, the Aquatic and Recreation Institute and the NSW Department of Education and training (DET) it has been deemed important that [Wollondilly Community Leisure Centre](#) provide you with information on shallow water diving. This is particularly pertinent to relay events or other activities where diving in shallow water may be a scheduled carnival event or activity.

### SUGGESTED SAFE WATER ENTRY TECHNIQUE

Based on the Royal Life Saving Guidelines for Safe Pool Operation Guideline SU22 the following entry is suggested.

Pool Area – Indoor 25m Pool		Measurement	Diving Permissible?	Suggested Safe Water Entry Technique	Risk #
Deep End	Water Depth	1.35 metres	Competitive Dive Starts Permissible	Ensure appropriate competitor inductions & announcements	Yes
	Concourse / Starting Block Height Above Water	750 mm			
Shallow End	Water Depth	1.0 metres	Diving NOT Permissible	Competitors start from in the water	Yes
	Concourse Height Above Water	280 mm			
Side of Pool	Water Depth	1.0 metres	Diving NOT Permissible	Competitors start from in the water	Yes
	Concourse Height Above Water	0.0 metres			
Other Information:	If you undertake Competitive Dive starts please ensure appropriate induction, training and competitor announcements are undertaken in accordance with DET requirements.				

### PART 2 - RISK IDENTIFICATION / ASSESSMENT / CONTROL

Area	Hazard	Risk	Controls	Risk	Responsible Person
Deep End	Risk of untrained swimmers diving deep causing head / neck injury	8	Ensure appropriate competitor inductions & announcements Cap dive blocks for recreation times, safety signs are in place	12	School / Lifeguards
	Likelihood (prior to controls)	C	Likelihood (after proposed controls)	D	
	Consequence (prior to controls)	2	Consequence (after proposed controls)	2	
Shallow End	Risk of swimmers diving deep causing head / neck injury	5	Ensure appropriate competitor inductions & announcements Ensure safety signs are in place	12	School / Lifeguards
	Likelihood (prior to controls)	B	Likelihood (after proposed controls)	D	
	Consequence (prior to controls)	2	Consequence (after proposed controls)	2	
Side of Pool	Risk of untrained swimmers diving deep causing head / neck injury	5	Ensure appropriate competitor inductions & announcements Ensure safety signs are in place	12	School / Lifeguards
	Likelihood (prior to controls)	B	Likelihood (after proposed controls)	D	
	Consequence (prior to controls)	2	Consequence (after proposed controls)	2	

Additional Information:

### 3 – SHALLOW WATER DIVING INFORMATION & RISK ASSESSMENT - Indoor Learners & Toddlers Pools

#### PART 1 – WATER DEPTH

After consultation with Royal Life Saving NSW, the Aquatic and Recreation Institute and the NSW Department of Education and training (DET) it has been deemed important that [Wollondilly Community Leisure Centre](#) provide you with information on shallow water diving. This is particularly pertinent to relay events or other activities where diving in shallow water may be a scheduled carnival event or activity.

#### SUGGESTED SAFE WATER ENTRY TECHNIQUE

Based on the Royal Life Saving Guidelines for Safe Pool Operation Guideline SU22 the following entry is suggested.

Pool Area – Indoor Learners & Toddlers Pools		Measurement	Diving Permissible?	Suggested Safe Water Entry Technique	Risk #
Learners Pool	Water Depth	0.9 metres	Diving NOT Permissible	Ensure appropriate competitor inductions & announcements	Yes
	Concourse / Starting Block Height Above Water	0.0 mm			
Toddlers Pool	Water Depth	0.4 metres	Diving NOT Permissible	Competitors start from in the water	Yes
	Concourse Height Above Water	0.0 mm			
Other Information:	If you undertake Competitive Dive starts please ensure appropriate induction, training and competitor announcements are undertaken in accordance with DET requirements.				

#### PART 2 - RISK IDENTIFICATION / ASSESSMENT / CONTROL

Area	Hazard	Risk	Controls	Risk	Responsible Person	
Learners Pool	Risk of untrained swimmers diving deep causing head / neck injury	<b>3</b>	Do not allow diving, safety signs in place	<b>8</b>	School / Lifeguards	
	Likelihood (prior to controls)	A		Likelihood (after proposed controls)		c
	Consequence (prior to controls)	2		Consequence (after proposed controls)		2
Toddlers Pool	Risk of swimmers diving deep causing head / neck injury	<b>3</b>	Do not allow diving, safety signs in place	<b>8</b>	School / Lifeguards	
	Likelihood (prior to controls)	A		Likelihood (after proposed controls)		c
	Consequence (prior to controls)	2		Consequence (after proposed controls)		2

Additional Information:

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## 4 – SHALLOW WATER DIVING INFORMATION & RISK ASSESSMENT – Outdoor 50m Pool

### PART 1 – WATER DEPTH

After consultation with Royal Life Saving NSW, the Aquatic and Recreation Institute and the NSW Department of Education and training (DET) it has been deemed important that [Wollondilly Community Leisure Centre](#) provide you with information on shallow water diving. This is particularly pertinent to relay events or other activities where diving in shallow water may be a scheduled carnival event or activity.

### SUGGESTED SAFE WATER ENTRY TECHNIQUE

Based on the Royal Life Saving Guidelines for Safe Pool Operation Guideline SU22 the following entry is suggested.

Pool Area – Outdoor 50m Pool		Measurement	Diving Permissible?	Suggested Safe Water Entry Technique	Risk #
Deep End	Water Depth	2.1 metres	Competitive Dive Starts Permissible	Ensure appropriate competitor inductions & announcements	Yes
	Concourse / Starting Block Height Above Water	750 mm			
Shallow End	Water Depth	1.2 metres	Competitive Dive Starts Permissible	Competitors start from in the water	Yes
	Concourse Height Above Water	300 mm			
Half Way Ladder	Water Depth	2.0 metres	Diving Permissible	Competitors start from in the water	Yes
	Concourse Height Above Water	0.0 metres			
Other Information:	If you undertake Competitive Dive starts please ensure appropriate induction, training and competitor announcements are undertaken in accordance with DET requirements.				

### PART 2 - RISK IDENTIFICATION / ASSESSMENT / CONTROL

Area	Hazard	Risk	Controls	Risk	Responsible Person	
Deep End	Risk of untrained swimmers diving deep causing head / neck injury	12	Ensure appropriate competitor announcements & safety signage	16	School / Lifeguards	
	Likelihood (prior to controls)	D		Likelihood (after proposed controls)		E
	Consequence (prior to controls)	2		Consequence (after proposed controls)		2
Shallow End	Risk of swimmers diving deep causing head / neck injury	8	Ensure appropriate competitor inductions & announcements Safety signs in place	12	School / Lifeguards	
	Likelihood (prior to controls)	C		Likelihood (after proposed controls)		D
	Consequence (prior to controls)	2		Consequence (after proposed controls)		2
Half Way Ladder	Risk of untrained swimmers diving deep causing head / neck injury	12	Ensure appropriate competitor announcements & safety signage	16	School / Lifeguards	
	Likelihood (prior to controls)	D		Likelihood (after proposed controls)		E
	Consequence (prior to controls)	2		Consequence (after proposed controls)		2

Additional Information:

## 5.1 Applying the guidelines to WCLC

The following is a summary of the Diving Risk Assessment conducted at Wollondilly Leisure Centre.

The complete risk assessment is available from our website ([www.wclc.com.au](http://www.wclc.com.au)) and at the centre (ph: 4677 1251).

### Step 1 – Organisation of the Swimming Event

Request a completed Shallow Water Diving Information & Risk Assessment from us (this document)

This will include information on:

- Water Depths
- Suggested water entry Techniques (Dive Starts Permitted or In-Water Starts Recommended)
- Risk Identification, Assessment & Control Measures

### Step 2 – Implementation of Shallow Water Diving Induction & Recording of Student Participation

- If you decide to allow Diving into shallow water you should conduct a safe diving induction program
- Alternatively, only allow dive starts into deep water & conduct In-Water starts in the shallow water
































### Step 3 – Announcements to Competitors and Officials on Carnival Day

- Prior to the event all competitors should be informed of the risks associated with shallow water diving
- The water depths at each starting point should be made clear to all participants

**For an overview of the centre including pool depths, see the site plan on page 2 of this document**

## 5.2 Summary

Where and when is diving permitted at Wollondilly Community Leisure Centre

	Outdoor 50m Pool		Indoor 25m Pool		Learners Pool	Toddlers Pool
	Deep End	Shallow End	Deep End	Shallow End	Entire Pool	Entire Pool
Pool Depth	2.1m	1.2m	1.35m	1.0m	0.9m	0.4m to 0.0m
<b>Trained Competitors</b> <i>and those under instruction by a qualified person</i>	Dive Starts Permitted 	Dive Starts Permitted 	Dive Starts Permitted 	Not Permitted <i>In-water starts recommended</i>  	Not Permitted  	Not Permitted  
<b>Un-Trained Competitors</b> <i>Recommended for all School based activities</i>	Dive Starts Permitted 	Not Permitted <i>In-water starts recommended</i>  	Not Permitted <i>In-water starts recommended</i>  	Not Permitted <i>In-water starts recommended</i>  	Not Permitted  	Not Permitted  
<b>Recreational Swimmers</b>	Diving Permitted 	Not Permitted  	Not Permitted  	Not Permitted  	Not Permitted  	Not Permitted  



**WHAT ABILITY ARE YOU SWIMMERS?**

## 6 - RISK MANAGEMENT MATRIX

The following information is provided for schools who undertake their own risk assessment. Please ensure you add appropriate details to Appendix 1 PART 2 RISK IDENTIFICATION / ASSESSMENT / CONTROL

A matrix can be used to give each individual risk a numerical rating, allowing the risks to be categorised according to severity. The first step is to determine the level of consequence (harm) should something happen. The second step is to determine how likely it is for something to happen.

### CONSEQUENCE

Classify the category of the consequence using the following table: Table 1.

Category	Consequence (harm)	Description
1	Catastrophic	Fatalities
2	Major	Serious injury, such as permanent disability
3	Moderate	Medical treatment or lost time injury
4	Minor	Minor injury, such as first aid
5	Insignificant	No injury

### LIKELIHOOD

Estimate how likely the consequence is to happen as a result of exposure to the hazard using the following table: Table 2.

Category	Probability	Description
A	Almost certain, common	Is expected to occur in most circumstances
B	Likely, has happened	Will probably occur in most circumstances
C	Possible, could happen	Might occur at some time
D	Unlikely, not likely	Could occur at some time
E	Rare, practically impossible	May occur only in exceptional circumstances

A risk score can be determined by cross referencing the potential consequence with the likelihood of the consequence being realised in the following table: Table 3.

Consequence	Likelihood				
	A	B	C	D	E
1	1	2	4	7	11
2	3	5	8	12	16
3	6	9	13	17	20
4	10	14	18	21	23
5	15	19	22	24	25

The risk score can provide a ranking that will give an indication of the priority and the qualitative level of risk and the need to take remedial action.

**HIGH** – immediate correction required. Consider discontinuing

**MEDIUM** – attention needed, correction required

**LOW** – perhaps acceptable as is

The level of acceptable risk varies with all hazards, the ways and available means of reducing risk and the skills and competencies of persons managing the risks.

## 7 - Competition Announcement Information

### ANNOUNCEMENT INFORMATION

It is important that competitors and officials are provided with important information concerning the carnival facility or venue prior to the first carnival event. This induction activity, developed in collaboration with the facility management, should focus on risk management or control procedures relevant to the performance of a shallow water dive and any other safety related facility protocols, for example, evacuation policy. Announcements may be completed during pre-event roll-call or assembly.

The following information is suggested only. Principals and Carnival Coordinators should ensure all appropriate induction information is provided to competitors, officials and staff. This information is only relevant to shallow water diving.

#### *Outdoor 50m Pool*

*“The water depth in the outdoor pool is **2.1 metres** at the deep end and **1.2 metres** at the shallow end.  
All competitors – please ensure you enter the water appropriately and only when instructed.”*

#### *Indoor 25m Pool*

*“The water depth in the outdoor pool is **1.35 metres** at the deep end and **1.0 metres** at the shallow end.  
All competitors – please ensure you enter the water appropriately and only when instructed.”*

### PRE-EVENT STATEMENTS

This information is only relevant to shallow water diving.

Prior to each scheduled event, all competitors in that event should be warned that there are risks associated with shallow water diving and reminded of the Shallow Water Diving Induction program. The water depth at entry point should also be made clear to the competitors in each event. These announcements are particularly important if the event start is to commence from a starting block or platform or in shallow water (relay event). Pre-event statements can be made during the event marshalling process.

The following statements should be read to competitors in the pre-marshalling area prior to each event commencement:

*“The water you are diving into is \_\_\_\_\_ metres deep. Remember Lock hands, lock head, steer up for EVERY dive entry”*