

Risk Assessment - Coasteering

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> Trained and assessed in lifesaving and coasteering skills by a technical advisor(s).
Ratios	<ul style="list-style-type: none"> 1:10 maximum Ratios must be reduced if participant ability, local conditions or guide experience is reduced or impaired.

Identified Hazards	Who is at Risk	Example Causes	Control Measures
<p>Impact with something solid</p> <p>E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones</p>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> Rock falling from above. Falling or slipping on to rock. Jumping on to submerged rock. Wave action 	<ul style="list-style-type: none"> Pro-active instruction providing direction and methods to prevent impact injuries. E.g. exiting water, jump spots. A clear communication process outlined to participants prior to entry to the water. Wetsuits, BA's, appropriate footwear and helmets must be worn. Gloves are highly advisable. Guidance on technique for jumping must be provided. On-going monitoring of site to ascertain suitability for commercial Coasteering. Careful monitoring of sea state required both prior to and during the activity. First-aid kit and emergency equipment to be carried at all times
Drowning	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> Entrapment Repeated submersion in stopper Weak swimmer 	<ul style="list-style-type: none"> Instructor to assess participants swimming ability through a visual observation at the start of session in a safe place and make appropriate decision on route choice. Pro-active instruction A clear communication process outlined to participants prior to entry to the water.

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			<ul style="list-style-type: none"> • Wetsuits, BA's, appropriate footwear and helmets must be worn. Gloves are highly advisable. • Instructors to carry knife and throw line. • Instructor to hold appropriate lifesaving training. • Instructor to provide guidance in relation to entrapment and how to avoid. • Careful monitoring of sea state required both prior to and during the activity.
Illness	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Jelly fish stings (E.g. Man O'War, Compass) • Water pollution • Allergic reactions • Asthma attacks 	<ul style="list-style-type: none"> • Avoid areas of concern/do not enter the water • Medical conditions requested prior to trip and medical equipment carried – E.g. Inhalers.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Submersion hypothermia • Cold sea. • Cold, wet, windy days. • Hot day 	<ul style="list-style-type: none"> • Wetsuits to be worn. • Instructor/Participants to carry hot or cold drink dependent on weather conditions. • Safety equipment to be carried in line with SOP, considering weather conditions on the day.
Becoming trapped	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Nervous group members • Tired group members • Injured group members • Sea state becoming rougher 	<ul style="list-style-type: none"> • Careful monitoring of sea state required both prior to and during the activity. • Pro-active observation by instructor of group competence, fitness levels and objectives. • Instructors to be aware of escape routes on all sections of coastline utilised. • Late back procedure in place to allow an alarm to be raised.

NB This risk assessment in no way negates the need for continual dynamic risk assessment on session.