

Risk Assessment. Open Water Swimming Coaching

VENUE: Wish Tower Beach, Eastbourne. Date of risk assessment: Feb 2022

Hazards/ Risk of	Who might be harmed?	Level of Risk. (High, medium, low).	Likelihood (High, medium, low).	Control measures in place.	Additional measures needed.
Slips, trips and falls. Lacerations to feet (including running on the beach or seafront)	Students and Staff	Low	Medium	<p>Equipment on the beach is to be kept to a minimum as appropriate for the session taking place, any additional equipment will be stored in tidy areas away from session taking place.</p> <p>A site survey should be conducted before commencing training, including clearing of debris as necessary.</p> <p>Safety talk given on areas for walking to and from the session as well as for the duration of the session, noting the dangers to be aware of. Also, brief candidates on the depth and the beach shelving.</p> <p>It is advisable to wear protective footwear by participants in all areas including the beach</p>	N
Sea entry and exit. Starts and finish.	Students and Staff	Low	Low	<p>Ensure designated areas for entry and exits are unobstructed.</p> <p>Ensure participants are aware of safety issues regarding entering and exiting the water in relation to the water, tides, gullies, waves, currents and beach condition.</p> <p>In safety briefing candidates will be told these things and advised that it is not always possible to exit the water in the same location that they entered and that they should land in the safest location they are able to access.</p> <p>Body surfing, dolphin diving/porpoise starts, and finishes must be shallow so that swimmers do not come into contact with the ground and their head.</p>	N
Floating debris in the sea	Students and Staff	Medium	Low	Any floating debris i.e. pieces of broken equipment, flotsam must Low be reported to Safety Cover immediately.	N

Water State • Currents	Students and Staff	Medium	Medium	Ensure planned session is undertaken at an appropriate tide for participants and the activities planned for. Ensure Coach and Safety Cover are aware of the currents and tide. It may be	N
<ul style="list-style-type: none"> • Tide • Water quality • Waves • Temperature 				<p>necessary for the Safety Cover to undertake a safety swim/paddle/wade to ensure the safety of the area. Safety Cover to ensure they carry out an ongoing dynamic risk assessment regarding the water state and will cancel any session whereby it is deemed unsafe for the competency of the participants.</p> <p>Safety Cover must read and record the temperature of the water. If the water temperature is below 15C then all participants must wear a wetsuit.</p> <p>Visual site check and remove debris on activity site. Participant safety briefing to outline all hazards associated with water state and measure that participants should undertake to lower risk. Ensure participants do not enter the water in red flag conditions unless it is a training session for qualified lifeguards only.</p>	
Weather Conditions <ul style="list-style-type: none"> • Wind • Fog • Sun • Rain • Sun glare • Storms • Lighting 	Students, staff and careers.	Medium	Medium	<p>Safety Cover will carry out an Analytical Risk Assessment of the weather conditions prior to the commencement of the session. If deemed unsafe, the session will be cancelled.</p> <p>Ensure position of activity is appropriate to the time of year. Ensure sunglasses are worn by safety team.</p> <p>Ensure all participants are advised to wear sun cream. Ensure adequate First Aid Cover is present. Check the weather forecast and cancel a session if there is a storm approaching.</p> <p>In the case of fog or mist, delay activity until it lifts or reduce the activity site to maintain visual contact. In the case of lightening, no participants should enter the water.</p>	N

<p>Health Hazards</p> <ul style="list-style-type: none"> • Hypothermia • Hyperthermia • Sun burn • Heat stroke • Cold shock • Fatigue 	<p>Students and Staff</p>	<p>Medium</p>	<p>Medium</p>	<p>Record the air temperature. Ensure participants wear adequate sun protection. Provide areas of shelter. Ensure participants have access to drinking water.</p> <p>Ensure participants are wearing appropriate wetsuit and hat. Measure and record the water and air temperature. If the temperature is between 14 and 18C, the session may go ahead, only if all participants are wearing a wetsuit and hat and all have experience of being in cold water. If the temperature is below 14C the session must be cancelled.</p> <p>Ensure participants have time to acclimatise to the water temperature. Provide participants with shelter and hot showers and drinks.</p>	<p>N</p>
<p>Other sea users</p> <ul style="list-style-type: none"> • Boats • Swimmers • Public on the beach 	<p>Students and Staff</p>	<p>Medium</p>	<p>Low</p>	<p>Analytical Risk Assessment carried out prior to commencing any session by the Safety Cover and Trainer. A clear safety talk given highlighting any potential hazards and measures participants need to take. It may be necessary to run the session from an adjacent beach.</p> <p>Ensure there are clear boundaries for the session before it takes place and that all participants are aware.</p>	<p>N</p>
<p>Drowning</p>	<p>Students and Staff</p>	<p>Medium</p>	<p>Low</p>	<p>Sessions should be planned so that swimmers are always within 50m of the nearest exit or safety point (this may be an appropriately qualified lifeguard or Safety Cover on a paddleboard).</p> <p>Participants over the age of 18 must complete a new swimmer form/Participants Activity Readiness Questionnaire (PAR-Q) and return this to the Safety Cover prior to session.</p> <p>Safety talk outlining the area and methods of contacting the Safety Cover if needed.</p>	<p>N</p>
<p>Swimming in a pack</p>	<p>Students</p>	<p>Low</p>	<p>Low</p>	<p>Student to be made aware of the hazards of swimming in a pack. Students to keep to the back or edges if level of skill low and inexperienced. swimmer to know how to call for safety if needed and how to relax and float on back.</p>	<p>N</p>