**Risk Assessment**

**ACTIVITY:** Water-based Activities  **PERFORMED BY:** Mark Harden

**MINIMUM INSTRUCTOR QUALIFICATION:** Various  **REVIEW DATE:** November 2020

 **INSTRUCTOR : PARTICIPANT RATIO:** Various

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| **Hazard**  | **Who might be harmed?**  |  **Measures to Minimise Risk**  | **Amendments for next review?**  |
| Drowning  | Students, Instructors, Public Other water users, General  | * Buoyancy Aids issued to all water users, checked and fitted by SHST instructors.
* Suitable ‘wet’ kit to be worn, i.e. no clothing which is likely to hold water such as thick jumpers or jogging bottoms.
* Participants must declare ‘confidence in deep water wearing personal buoyancy’ on Personal Info Form prior to going afloat.
* All water users to be made aware of water depth.
* Signs at the centre show that members of the general public are not allowed to enter the lake
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| group Separation from  | Students, Instructors  | • Instructors are trained in effective methods of group control. In the event of an instructors and manager on duty. emergency, each instructor carries a VHF radio and is in constant contact with other  |   |
|  |  |  • Students are taught the international distress signal and basic self-rescue technique at the earliest opportunity.  |  |
| Submerged objects  | All water users  | * Constant monitoring of activity area by instructional team.
* All participants to be made aware of marker buoys.
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| **Hazard**  | **Who might be harmed?**  |  **Measures to Minimise Risk**  | **Amendments for next review?**  |
| Hypothermia, Hyperthermia, Sunburn  | Students, Instructors, Other water users  | * All SHST Instructors hold current First Aid certificates and are trained in ‘early warning signs’.
* Regular breaks are taken allowing participants to regulate their temperature.
* Hot / Cold drinks available in the building, along with hot showers / cool shaded areas and foil blankets.
* Wetsuits offered to all water users. For participants susceptible to cold, neoprene jackets or the option of ‘double wetsuit’ (one piece & shorty) are available.
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| Medical emergency while afloat  | Students, Instructors, Other water users  | * All participants engaged in activities at SHST must complete a Personal Info Form on their behalf). prior to going afloat (in the case of minors, a parent/guardian will submit this form
* Both the manager on duty and the lead instructor of the session must read the forms and be aware of any potential issues.
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| sufficiently fit Participant not part. enough to take  | Participant  |  • Every participant to fill in a Personal Information Form prior to engaging in any activity.  |   |
| Water borne Weils) contamination / disease (such as  | All water users  | * • Water quality testing and information provided and published by Seven Trent Water.
* No deliberate capsizing or immersion when water quality is likely to be poor. before eating.

Showers available and recommended to all water users after session. Wash hands * Cover all cuts / open wounds before going afloat and clean thoroughly immediately after session.
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| Extreme Weather  | Other water users Students, Instructors,  | * Instructors to check forecast daily, and perform dynamic risk assessments

throughout session. * In the event of conditions (such as wind strength or temperature) becoming unsuitable and potentially dangerous for the participant(s), the instructor may use safe to continue by the Senior Instructor or manager on duty.

his/her discretion to temporarily suspend the session until such time that it’s deemed sun protection whenever necessary. * Instructors & Participants to be aware of the danger of sun exposure and to apply available in the building.
* All Centre users must be aware of the need to stay hydrated. Drinking water is freely
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| Blue-Green Algae  | All water users  | • Constant monitoring of water by instructional team, particularly during warm spells and/or periods of little rainfall.  |   |
| Collision  | All water users  | * Instructional team to arrange and discuss areas of operation prior to going afloat, and as well as supervised groups and individuals.

brief groups / students accordingly. * Ensure all water users are made aware of appropriate areas for their particular craft, danger of static objects).
* Participants to be briefed regarding importance of avoiding collisions (including minimal.
* Swimming is not allowed , so collisions between water craft and swimmers is
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