

RISK ASSESSMENT COASTEERING



This risk assessment is to be used in conjunction with the site-specific risk assessment and the SOP

HAZARD	WHO MIGHT BE HARMED?	HOW MAY THE RISK BE ADEQUATELY CONTROLLED?	WHAT FURTHER ACTION MAY BE REQUIRED?	Review comments / review date
DROWNING	Staff and Clients/Coasteering Participants	Wearing of buoyancy aid. Showed how to correctly exit the water. Coasteering participants on a session are kept within session parameters as outlined in our SOP.	Buoyancy aids tested annually. Introduction at the beginning of session. Instructor to ensure buoyancy aid correctly fitted. Regular checks on equipment during the season.	March 2025
HYPOTHERMIA/HYPERTHERMIA	Staff and Clients/Coasteering Participants	Advised on the correct clothing to wear. Adjustment to clothing as required. Advise on the possibility of sunburn and to wear appropriate protection. If walking a long way on a hot day wear the wetsuit lowered and re check fitting of all gear before entering the sea	Continuous dynamic risk assessment. Instructor to carry space blanket and a group shelter to be carried at all times	March 2025

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SLIPS, TRIPS AND FALLS	Staff and Clients/ Coasteering Participants	Introductory briefing will cover site specific hazards and site specific risk assessments will identify these hazards. Everyone will be reminded to watch where they are walking. During a session all coasteering participants are to be aware of slippery rocks and notified when around. Appropriate footwear to be worn on sessions	Before the start of a session, checking the environment for natural and man-made changes. Continues dynamic risk assessment.	March 2025
SPRAINS, STRAINS AND SOFT TISSUE INJURIES	Staff and Clients/ Coasteering Participants	During the pre-session brief it will be explained how to exit the water correctly. Not to jump into the water until told, watch where you are told to jump. Look out for submerged objects.	Ongoing training and regular checks of procedures.	March 2025
CAVES, ROCKS, AND SWELL	Staff and Clients/ Coasteering Participants	Explain how to be actively defensive around rocks in the swell. Explain when there will be submerged rocks. Be aware of surroundings in a cave.	Appropriate skill and awareness training.	March 2025
JUMPS	Staff and Clients/ Coasteering Participants	Jumps to be taught from smaller to larger heights. See OP's for techniques. Jumps should be monitored 1:1 by an instructor. Depths should suit the height of the jump. Any Jump over 1 meter should have a depth of 3.5m	Appropriate skill and awareness training.	March 2025

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WEATHER AND ENVIRONMENTAL CONDITIONS	Staff and Clients/ Coasteering Participants	Weather forecast and tidal conditions checked before session and appropriate gear advised to take on the session.	Dynamically check the weather when on a session and take appropriate action.	March 2025
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Signed:

Date: March 2024

Review date: March 2025