

## Valley Adventure Centre – Coasteering Risk Assessment

<b>Risk Assessment for:</b> Coasteering		<b>Assessor(s):</b> Max Kemp	<b>Date:</b> 02/01/2026
<b>Overview of activity/ location/ equipment/ conditions assessed:</b>		Coasteering is the traversing of the waterline using both climbing, swimming and jumping. It is predominantly located at St Brelades beach – but may also be moved to Greve du Lec beach if conditions preclude St Brelades.	
Generic or specific assessment:		<b>Specific</b>	
Serial	Hazard(s) identified	Persons affected	Existing Controls
1	General Site safety	All staff and public	<p>Participants must attend a safety brief prior to the activity</p> <p>No person will be allowed to take part unless they can demonstrate that they have fully understood the safety instructions and rules for the centre and activity</p>
2	Slips, trips, falls and personal injury	All staff and public	<p>The beach and activity area are visually inspected before activities are undertaken.</p> <p>Sessions are undertaken by trained/experienced staff</p> <p>At the time of booking participants are informed about wearing suitable clothing and footwear for the session.</p> <p>To avoid injury the participants should be briefed before the activity begins. The brief should cover where hands, head and feet should be placed and where injuries may occur and how to avoid them</p>
3	Young persons and vulnerable adults	All staff and public	<p>Additional information is requested before the session in order for any adaptations to be made.</p>
			Young persons and vulnerable adults will tend to forget the safety instructions and rules when they are excited. It is essential to repeat the rules at frequent intervals.

			Under 16's require a ' <b>Consent Form</b> ' signed by a parent or guardian or have a parent/guardian in attendance. The minimum age for Coasteering is 8	
4	Health and/ or fitness	All staff and public	<p>Each participant should understand that the activity is physical and mentally challenging</p> <p>All users should be fit enough to undertake the activity and operate within their personal limits.</p> <p>Participants are advised to seek professional assistance if in doubt about the fitness level required for the activity.</p> <p>Participants with current injuries or undergoing medical treatment should consult with the Senior Staff before participating in the activity</p>	See the Safety Brief
5	First aid and medical requirements	All staff and public	<p>Supervising staff have received first aid training.</p> <p>In addition The Duty Manager has a valid first aid award.</p> <p>First aid kits are available at all times</p> <p>An accident reporting record is kept by the Centre Manager.</p> <p>Participants with additional medical requirements such as asthma, inhalers, diabetes etc should make themselves known to supervising staff so that appropriate measures may be taken to ensure the availability of personal medications if required.</p>	<p>It may be impractical for participants to carry personal medications during activity. All personal medications should be immediately available and carried by a supervisor if requested.</p> <p>The activity may be stopped if personal medications are required.</p>
6	Alcohol and drug misuse	All staff and public	Any person who appears to be under the influence of alcohol and / or drugs will be asked to leave the site.	
7	Fire and Emergency	All staff and public	<p>The site is 'No Smoking'.</p> <p>Staff are inducted and trained to respond in the event of a fire.</p>	In the event of a Fire or Emergency all users will be escorted by an instructor to the Emergency Assembly Area which is located next to the water

			Contact the emergency services by calling 999 or 112 from the office or by mobile phone. There is a mobile reception for most networks on-site.	pumping station at the main archway entrance to the beach
8	Panic or Injury etc.	All staff and public	<p>Every Coasteering session has a minimum 1 Rescuer with a further assistant.</p> <p>Rescuers must be trained and assessed to evacuate participants.</p> <p>Rescue Bags must be available at all times</p> <p>Participants are under supervision at all times by a minimum of 1 staff member</p> <p>Support should initially be from the ground or Tower vocally before an Instructor goes on to the course to support a participant</p> <p>Lead Instructors are to be trained and signed off by an experienced trainer with advanced qualifications in Watersports management and rescue.. Assistant instructors are trained in house by the Lead Instructor, Centre Manager or Operations Manager.</p> <p>Assistants must attend sufficient training sessions, and be assessed as competent, before assisting on any session.</p>	See Passive and Active Rescue Procedures in the Aerial Trekking & Powerfan Operating Procedures.
10	Staff and Public entering the activity area during a session	All staff and public	<p>During the site briefing everyone is instructed on the use of helmets within the site</p> <p>Any adults assisting the children on the Rookie Trekking are required to wear a helmet at all times.</p>	
11	Weather	All staff and public	<p>All staff and public are to wear suitable footwear and clothing for the conditions</p> <p>Force 4 wind conditions from the south west will halt the activity.</p> <p>Heavy rain will halt activities at the discretion of the duty manager.</p>	<p>A dynamic risk assessment is made before and during sessions.</p> <p>Participants are briefed on weather conditions as required. The activity can be adjusted as conditions dictate</p>

			Participants should be briefed to take more care in adverse conditions.	i.e. only use sheltered beach with easy access to the shore line if windy. Activity will be stopped if necessary.
12	Inadequate personal clothing and/ or footwear	All staff and public	Participants are advised to remove rings and jewellery and are advised to wear sturdy, close-toed footwear. Hair tied back and no objects in pockets.	Spare hair bands should be kept in the Office for use by participants.
14	Equipment	All staff and public	<p>Instructors should ensure all PPE equipment is clean, fits properly and conforms to safety regulations.</p> <p>Defective equipment should be quarantined</p> <p>Size and adjust harnesses and helmets to correct fit.</p> <p>Re-adjust equipment as necessary during activity especially after weighting the harness.</p> <p>All equipment should have a pre-use check and be Inspected every 3 months by a suitably qualified or experienced member of staff.</p>	
18	DROWNING	Staff and Clients/Coasteering Participants	<p>Wearing of buoyancy aid.</p> <p>Showed how to correctly exit the water.</p> <p>Coasteering participants on a session are kept within session parameters as outlined in our SOP.</p>	<p>Buoyancy aids tested annually.</p> <p>Introduction at the beginning of session.</p> <p>Instructor to ensure buoyancy aid correctly fitted.</p> <p>Regular checks on equipment during the season.</p>
19	HYPOTHERMIA/HYPERTHERMIA	Staff and Clients/ Coasteering Participants	<p>Advised on the correct clothing to wear.</p> <p>Adjustment to clothing as required.</p> <p>Advise on the possibility of sunburn and to wear appropriate protection.</p> <p>If walking a long way on a hot day wear the wetsuit lowered and re check fitting of all gear before entering the sea</p>	<p>Continuous dynamic risk assessment.</p> <p>Instructor to carry space blanket and a group shelter to be carried at all times</p>

20	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.
21	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.

Date of review:	Serial amended:	Reviewed by:	Date of review:	Serial amended:	Reviewed by:
Aug 12	N/A	Wilkes			
Apr 13	3, 8, 9, 12, 13, 15, 16, 18	Wilkes			
Jun 13	Assessor(s)	Corbett			
Jun 14	3, 7, 9, 12, 13, 15, 16	Corbett			
April 15	Title, Overview, 1, 3, 8, 10, 11, 13, 14, 16, 18	Corbett			
May 16	11 & General Review	Robinson			
Sep 17	17, 18	Wade			
Feb 18	General Review	Wade			
April 18	3,17	Colin			
Feb 19	General Review	Colin			
Jan20	8 & General Review	Colin			
April 21	General Review	Girdwood			
Jan 22	Review	Girdwood			
Jan 23	11 & Review	Girdwood			
Jan 25	Full Overview	AD			
Jan 26	Review	MK			