

## Risk Assessment – Beach Swimming

<b>Baseline</b>	<input checked="" type="checkbox"/>	<b>Site Specific</b>	<input type="checkbox"/>	<b>Vulnerable Person</b>	<input type="checkbox"/>	<b>Temporary</b>	<input type="checkbox"/>
-----------------	-------------------------------------	----------------------	--------------------------	--------------------------	--------------------------	------------------	--------------------------

<b>Produced by:</b>	Leigh Phillips	<b>Date of issue:</b>	05/01/2018	<b>Review date:</b>	01/01/2019
---------------------	----------------	-----------------------	------------	---------------------	------------

**Operating notes:**

- Beach swimming is an activity where participants get the opportunity to play team games in the sea under the supervision of a qualified RLSS NBLQ (Beach Lifeguard) or RLSS NWSMP Level 3.
- This document must be used in conjunction with (all can be found at <http://kingswoodintranet/home/woodle>):
  - Watersports Operating procedures ~ Isle of Wight, which incorporates:
    - Supervision ratios and qualifications
    - Weather restrictions
    - Equipment levels and management
    - Site Specific information
  - Site Specific Risk Assessment ~ Isle of Wight (Sea) Watersports
  - Site Specific Training Plan
  - Beach Swim Session Plan
  - Beach Swim Training Plan
  - Observations Standards
  - Equipment Management Standards

**Risk – Benefit Statement:** There is a low risk of injury / drowning on Beach Swim, but high levels of participation in a new activity and environment involving aerobic exercise, making the risk tolerable.

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
Tides, rips, currents and weather.	All	<ul style="list-style-type: none"> <li>• The operating area as defined by the Watersports Site Manager will be marked with two Flags on the beach and two marker buoys in the water.</li> </ul>	Low
Sprains, strains other muscular injuries	All	<ul style="list-style-type: none"> <li>• Run warm-up games and or stretches within the water competency tests.</li> </ul>	Low
Drowning - weak or non-swimmers	All	<ul style="list-style-type: none"> <li>• The Beach Lifeguard must place themselves in position of maximum visibility.</li> <li>• The Beach Lifeguard must keep a constant head count.</li> <li>• Weak swimmers should not be allowed deeper than waist level.</li> <li>• Regular rotation of Lifeguards where more than one lifeguard is present.</li> <li>• Confidence games are always played in water no deeper than waist deep first at the beginning of the session.</li> </ul>	Med

<b>Hazard Description and activities giving rise to risk</b>	<b>Who may be harmed</b>	<b>Control Measures</b>	<b>Risk Rating</b>
Poor group control / loss of group members	All	<ul style="list-style-type: none"><li>• Brief the participants in the safe swim zone and the flags and marker buoy boundaries.</li><li>• Brief the participants in control signs, signals and dangers including, “come in/ to shore”, “move left / right”, “one person”, “all people” and “Exit Immediately”.</li><li>• The Instructor must position themselves in the water to ensure the students do not drift outside of the safe swim zone boundary as marked out by flags and buoys by the Beach Lifeguard.</li><li>• In the event that the group drift down the beach, the Lifeguard will recall the group to the beach and walk them back to the marked swim zone area.</li></ul>	Med