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**Swim Freedom Risk Assessment**

Date Initial Assessment Completed: 09/08/2020

Venue: Portobello Beach (Bottom of Brunstane Road North)

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| **Date of Session** |  | **Time of Session** |  | **Number of Participants** |  |
| **Weather** |  | **Wind Speed** |  | **Air Temperature** |  |
| **Tide Level** |  | **Waves Observed** |  |  |  |
| **Water Temperature** |  | **Air Temperature** |  |  |  |

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| **Hazard** | **Risk Of** | **Control Measurement** | **Completed** | **x** | **Risk level** | **Reviewed** |
| Water | Risk of drowning | Coach observation and participant ability. Floatation device carried by coach and or participants | CoachParticipant |  | L | During session |
| Water temperature | Hypothermia | Participants advised to wear wetsuit or have significant experience of cold water immersion as detailed on their waiver form.Participants advised to wear neoprene socks, shoes or boots.Participants advised to wear neoprene gloves. Winter months (October – March) | Checked |  | H(Winter) | Before and during session |
| Air temperature  | Hypothermia | Participants required to have appropriate warm clothing including something to stand on to protect feet and be encouraged to dress swiftly upon exit. Shelter will be sought if required, use of groin, sea wall or other. | Checked |  | M(Winter) | During and after session |
| Standing on objects in sand. | Cuts/grazes/bruising | Participants advised to wear neoprene socks or shoes, perhaps trainers/crocs for access, leaving them tied in shallows or on groin. | Checked |  | L | Winter - Summer |
| Communication with swimmers | Being separated from group | Participants encouraged to either swim with head up or sight regularly. Coach scanning during session, count in and count out. | Checked |  | L | During Session |
| Swallowing water | Drowning | Safety briefing given at the start of each session to remind participants that if they are in difficulties they should float on back and raise hand to indicate so. | Checked |  | L | During Session |
| Panic attacks | Drowning | Safety briefing given at start to encourage and teach relaxation and breathing as methods of reducing panic. Encourage confidence in approach to the challenges set. Participants must demonstrate they can complete each task/distance before progressing. | Checked |  | L | During the Session |
| Other beach/sea users | Collision | Regular sighting required by participant and alerts given by coach if required. | Checked |  | L | During the session |
| Tide height and direction (see daily notes above) | Being pulled out or away from the group | Tide height and times will be noted for each session and any concerns will be highlighted in the safety briefing. Low tide additional risks, band of stones beneath surface and extra length in cold air on return will be highlighted if required. | Checked and Noted above |  | L | Before Session |
| Jellyfish/weaver fish | Sting/Rash/ Reaction | Session might be cancelled; participants will be informed and may select to wear a rash vest and leggings for some protection. Guide on dealing with stings, scrapers and vinegar carried. Additionally, Green Van has kit. | Checked |  | M (summer) | Before and during session |
| Waves | Being knocked over/ submerged | Participants should only continue with the session if they are confident in the conditions. Safety briefing will outline the risks and individual’s preferences/ability taken into consideration. Bright hats and tow floats required, with regular spot checks by coach (spotter) and participants. | Checked |  | L | During the session |
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Completed by Kate Gillwood

Reviewed 20/01/2021