RISK ASSESSMENT WIZARD



COASTEERING

Safety Guide

Outdoor Activity Provider

4	20	15
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Adrenaline & Adventure

Thrilling combination of jumping, swimming, and exploring.

Confidence Building

Overcoming challenges in a dynamic environment.

Marine Environment

Unique access to coastal wildlife and geology.

Physical Fitness

Full-body workout combining swimming and climbing.

KEY HAZARDS & CONTROL MEASURES

Drowning

- ✔ Swimming competency verified (50m+ in open water)
- ✔ Buoyancy aids worn by all participants
- ✔ Qualified leader with rescue skills
- ✔ Group size appropriate to conditions

Cliff Jumping Injuries

- ✔ All jumps checked by leader before use
- ✔ Water depth verified at current tide
- ✔ Proper jumping technique taught
- ✔ Progressive jump heights

Tides & Swell

- ✔ Tide times and heights calculated
- ✔ Swell forecast checked
- ✔ Route planned for tidal state
- ✔ Escape routes identified

Cold Water

- ✔ Wetsuits worn (5mm+ recommended)
- ✔ Session duration limited
- ✔ Monitor participants for cold signs
- ✔ Warm kit available post-session

Rock Scrambling

- ✔ Helmets worn at all times
- ✔ Appropriate footwear (wetsuit boots)
- ✔ Leader selects appropriate routes
- ✔ Group assisted at difficult sections

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Conditions

- [ ] Tide times checked
- [ ] Swell forecast reviewed
- [ ] Weather suitable
- [ ] Water temperature noted

Equipment

- [ ] Wetsuits fitted
- [ ] Helmets provided
- [ ] Buoyancy aids worn
- [ ] First aid kit available

Group

- [ ] Swimming ability confirmed
- [ ] Safety brief completed
- [ ] Medical conditions known
- [ ] Signals understood

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390+

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