



# COASTEERING

## Safety Guide

Outdoor Activity Provider

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## 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)
- ✓ Qualified leader with rescue skills
- ✓ Buoyancy aids worn by all participants
- ✓ Group size appropriate to conditions

**Cliff Jumping Injuries**

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

**Tides & Swell**

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

**Cold Water**

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

**Rock Scrambling**

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

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

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

**Conditions**

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

**Equipment**

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

**Group**

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



RISK ASSESSMENT  
WIZARD

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