

# HEALTH AND SAFETY RISK ASSESSMENT

|             |                |
|-------------|----------------|
| Activity    | Beach Swimming |
| Assessed by | Campialba      |
| Date        | 12/12/2019     |

## Step 1 – Identify the Hazards

Water activities always bring the risk of injury and/or drowning.

## Step 2 – Assess the Level of Risk

| Likelihood     | Consequence   |        |          |         |          |
|----------------|---------------|--------|----------|---------|----------|
|                | Insignificant | Minor  | Moderate | Major   | Critical |
| Almost Certain | Medium        | Medium | High     | Extreme | Extreme  |
| Likely         | Low           | Medium | High     | High    | Extreme  |
| Possible       | Low           | Medium | High     | High    | High     |
| Unlikely       | Low           | Low    | Medium   | Medium  | High     |
| Rare           | Low           | Low    | Low      | Low     | Medium   |

| Risk Level | Description   | Actions  |
|------------|---|--|
| Low        | Little likelihood of injury or adverse consequence                        | No further controls required                             |
| Medium     | Some chance of first aid required if incident occurred.                   | Additional controls may be needed                        |
| High       | If an incident occurred, it is likely medical attention would be required | Controls needed before activity takes place.             |
| Extreme    | If an incident occurred, severe injury or death would occur.              | Consider alternatives or implement significant controls. |

### Step 3 – Control the Risk

| Hazard/Risk  | Risk Level without further controls | Control measures   |
|--|-------------------------------------|--|
| Sun Exposure   | High                                | All participants will be required to wear sun screen applied to exposed skin. In addition to this they will be encouraged to wear a swimming shirt. Sun Screen will be provided by Campialba.  |
| Minor injuries such as twisted ankle, stubbing foot, etc | High                                | Coordinators of activity will take a first aid kit for treatment of minor injuries. Whilst the activity is within walking distance of the Campsite, we will ensure at least one vehicle is taken to the activity in case a person needs to be taken for medical assistance.                      |
| Emergency of any kind                                    | Medium                              | At least one adult will be present with a charged mobile phone in case emergency services (Ambulance) needs to be called at any stage.   |
| Campers unable to swim                                   | Medium                              | For the purposes of beach swimming, we will presume the swimmers are 'incompetent' on the Water Survival Challenge Proficiency Criteria used by their parents to assess survival competence. For this reason, when swimming at the beach, we will not enter the water any deeper than the waist. |
| Adverse Water Conditions                                 | Low                                 | If the weather conditions are not favourable for swimming or the water quality is not suitable, we will simply cancel or postpone the activity.  |
| Children unaccounted for during activity                 | Medium                              | Specified leaders will stand at the boundary corners of the swimming area during the activity and swimmers will not be permitted to swim outside this boundary.<br><br>Before and after the activity, there will be a roll call of all campers.  |
| Children injured by careless or dangerous play           | Medium                              | Campers will be given the rules of play before the swim commences. Only swimmers playing by these guidelines will be permitted to swim.  |
| Insufficient Supervision                                 | Low                                 | We will ensure there is one adult per 10 swimmers actually in the water with the swimmers. These adults will need to be able to verify that they are 'competent' according to the Water Survival Challenge Proficiency Criteria form.  |
| Dehydration  | Medium                              | Water will be taken to the beach so that students have access to suitable drinking water at all times.   |
| Injury whilst walking to and from the beach              | Medium                              | Leaders will go in front of and behind the group all the way. Leaders in suitable high visibility clothing will control all street crossings.  |
| Injury by sea creatures                                  | Low                                 | If there is any foreseeable likelihood at any stage that swimmers could be injured by anything in the water, the activity will be suspended until the risk is removed.   |

## Procedure for running beach swimming

### Before Leaving Campialba

1. Ensure all campers who plan to swim have permission of their parents.
2. Ensure leaders know and understand their role during the activity, including ensuring somebody is taking a vehicle and charged mobile phone.
3. Ensure all campers have a hat, swimming gear, a water bottle and are wearing sun screen.
4. Roll Call taken. (Cabin leaders check all campers)

### Walking to/from the beach

1. Campers are led at the front by designated leaders in high vis vests and also tailed at the back of the group by people wearing these vests.
2. All street crossings are controlled by the leaders wearing high visibility vests.
3. A roll call is taken upon arrival (Cabin leaders check their campers by physically sighting them).

### Swimming

1. Campers are informed of the following rules
  - a. Nobody in over their waist
  - b. No rough or dangerous play.
  - c. Always stay inside the area bounded by the designated leaders who will be stationed at the corners of the swimming area.
  - d. Always ask for help if required.
  - e. Don't forget to drink water regularly.
  - f. Demonstrate respect at all times for all swimmers.
  - g. Exit the water immediately when asked.
2. When swimming is done, another roll call must be done before returning to Campialba.