

These risk assessments are for guidance only.
 Risk assessments are regularly updated. If you require accurate updated risk assessments for our centre please contact us by email contact@adventure-centre.co.uk or phone us on 01624 814240

Risk assessment coasteering

Hazard	Who Might be harmed	Severity	Control measure	Likelihood	Further action required	Risk Factor
Slip off rock	All participants	M	Participants should be made to walk carefully over all rocks, and no running. Suggest participants use multiple points of contact when climbing over rocks (spider or crab)	3		M3
Drowning	All participants	H	Instructors must check participants swimming ability via group leaders/ medical forms. Participants must be made fully aware of the implications of the activity. Instructor must check tides, sea state and weather forecast before activity	4		H4
Jump and impact with underwater object	Participants	H	Only Use areas instructor has previous experience with.	4		H4
Low level impact with object , wave impact, stub toes, walk into rocks	All participants	m	Only Use areas instructor has previous experience with. Instructor to monitor areas before clients travel over them.			
Bang head	All participants	M	Helmets must be worn by all participants.	4		M4
Swell being dragged down rocks on exit areas	All participants	M	Wear appropriate PPE (wetsuits, pfd, helmet) Instructor to give direction and advice on exiting .		Consider hand line , suitable locations	
Entrapment	All participants	H	When wadding instructor should check area out first and use areas they are familiar with.	4		
Fishing equipment	All participants	M	Instructor should check for this	4		
Cut hands , feet knees on barnacles	All participants	L	Appropriate footwear must be worn. e.g. wetsuit, trainers, candidates should be shown safe access and egress areas to reduce the risk of cut hands.	3		L3
Cold water immersion	All participants	L	Participants should be aware of the temperature of the water before entering the water. This means climbing onto the water before jumping in. Wet suits should be worn.	1		L1
Jellyfish stings	All participants	L	All participants should wear a full wetsuit, , helmet and footwear. A visual check by the instructor. Remove using gloves, rinse with salt water	3		L2
Weaver fish	All participants	L	These bury in the sand and are usually only a consideration at low water on spring tides. Therefore instructors must ensure that at these times students wear strong foot wear.(bowl of hot water)	4		L3
Rip currents	All participants	L	Local Knowledge, avoidance	1		L1

The above operating procedures were constructed with the help of Mike Read
 Level of severity with current control measures

- H = High severity Risk of death
- M = Medium severity Risk of major injury (e.g. reportable under RIDDOR)
- L = Low severity Risk of minor injury (e.g. not reportable under RIDDOR)

Likelihood with current control measures

- 1 = Extremely likely
- 2 = Likely
- 3 = Unlikely
- 4 = Remote possibility

e.g. Risk factor H1 = extremely high risk of death, Risk factor L4 = remote possibility of minor injury.

Revision carried out by Simon Read, Lara Hedges, Robert Buist, Caroline McGeehan, Matthew Read