

Rangatahi Noho Marae

Location: Ohope Beach

No. of Students: Up to 50

Activity: Beach Swimming

Date: May 31-June 2nd 2025

Year Level: 11-13

Reviewed By:

Updated: April 2025

Depart @

Return @

No. of other adults (in addition to Instructors):

ChildSafe Requirements for Activity + 'Outdoor Activities – Guidelines for Leaders'		
Instructor competency: Lifeguard qualification or Equivalent experience	Scope: Swimming within 20m of the shore depending on the conditions. Swimming will only take place if wave height is less than 0.5m, there is an area clear of rips , the weather is favourable.	
Name of Activity Instructor(s):	Their Outdoor Instructor Qualifications:	Their Outdoor Training / Instructor Experience:

Site Specific Risk Management:

What could go wrong? (Incidents; injuries; emotional damage; other forms of loss)	What would cause it to go wrong? (Identify the common hazards)	How could we prevent it from going wrong? (for each hazard you have identified: List simple ways to control hazards before and during the activity - avoid unacceptable risks; reduce manageable risks; accept insignificant risks).
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Drowning	Unsuitable conditions -Inadequate supervision -Panic due to inability to swim	Assess conditions prior to swimming. Swimming will only take place if wave height is less than 0.5m, there is an area clear of rips, the weather is favourable Students will be briefed on swimming safety and asked to indicate their swimming ability prior to heading to the beach. Only students who are competent swimmers will be allowed to swim. If a student or leader is in trouble in the water they are to raise their hand and get the attention of other leaders Educate students on identifying rips and the "3Rs" Rip Survival Plan: Relax, Raise, Ride. A minimum adult to student ratio of 1:8 will be in place at all times, this ratio will be lessened depending on the conditions Implement a "buddy system" where students swim in pairs and are responsible for each other. Two leaders will be stationed in the water to mark out a "no go" line both laterally and out to sea which will be determined by the conditions Leaders will monitor student swimming activity from both on shore and in the water and prevent any dangerous behaviour Swimming will only take place for a defined period of time dependant on the weather conditions Make sure adequate clothing is worn. Have a pre-arranged signal for everyone to come off the water - e.g. flag/bell/airhorn. Ensure campers wear sunblock
Emotional Trauma		
Injury	-Injury from poor ability or dangerous behaviour	
Hypothermia, Fatigue	-Too long a period in the water/wind	
Sunburn	-Prolonged exposure to the sun	
Persons being lost/separated	Strong winds, currents/tides	Set clear boundaries as listed above Have a designated area on the beach which students cannot leave unless they are accompanied by another leader and the directors are informed.
Water Quality	Contamination post-rainfall	Avoid swimming 2–3 days after heavy rain. Check LAWA for water quality updates.
Emergency Procedure <i>What will you do when it does go wrong?</i> Assess severity of injury → If required seek medical attention. → Report incidents(Maritime NZ if water related) → Medical attention if required. If someone needs assistance in the water, deploy lifeguard with floatation to get the person out of the water. Signal other swimmers to come to the shore – air horn, whistle. Assist any injured participants and administer first aid. Call 111 or seek further medical assistance if required. Nearest Medical Facility: Whakatāne Hospital, Stewart Street, Whakatāne.		