Reviewed By:

Activity: Beach Swimming

Updated: April 2025

**Location**: Ohope Beach **Date**: May 31-June 2<sup>nd</sup> 2025

Depart @ Return @

No. of Students: Up to 50 Year Level: 11-13 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 <u>Activity Instructor(s):</u>	Their <u>Outdoor Instructor Qualifications</u> :	Their Outdoor Training / Instructor Experience:		

## **Site Specific Risk Management:**

Rangatahi Noho Marae

What could go wrong?	What would cause it to go wrong?	How could we prevent it from going wrong?
(Incidents; injuries; emotional	(Identify the common hazards)	(for each hazard you have identified:
damage; other forms of loss)		List simple ways to control hazards before and during the activity
		- avoid unacceptable risks; reduce manageable risks; accept insignificant risks).

Drowning	Unsuitable conditions -Inadequate supervision	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
	-Panic due to inability to swim	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.
Emotional Trauma		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
Injury	-Injury from poor ability or	Leaders will monitor student swimming activity from both on shore and in the water and prevent any
1	dangerous behaviour	dangerous behaviour
Hypothermia, Fatigue	-Too long a period in the water/wind	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.
Sunburn	-Prolonged exposure to the sun	Ensure campers wear sunblock
Sunbuin	-Froidinged exposure to the sun	Elisure campers wear sumblock
Persons being lost/separated	Strong winds, currents/tides	Set clear boundaries as listed above
l crooms being recordanted	Calong Willas, Salisine, adds	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 <u>LAWA</u> for water quality updates.

## **Emergency Procedure**

What will you do when it does go wrong?

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.