

Risk Assessment – Wild Swimming / Beach Dip



Reviewed Date	03/03/2026
Next Review Date	03/03/2027
Risk Assessment completed by	Owen Martin
Internally reviewed by	Alex Mortimer

General Information	This risk assessment concerns swimming as a formal activity. For example taking a group to the beach for an unstructured but managed swim in the sea.
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Instructor Competence	NVBLQ/ SLS GB Beach Lifeguard L&W Training Completion of <u>Team Skills</u> by instructor & manager as per activity cloud.
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Ratios & Remits	1:30 with 1 additional adult pastoral support
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Identified Hazards	Who is at risk?	Example Causes	Control Measures
Drowning	Staff & all participants	<ul style="list-style-type: none"> - Weak or non- swimmer entering deep water - Injury - Illness - Lifeguard not supervising 	<ul style="list-style-type: none"> - Briefing of participants to ensure distance from beach rules - Lifeguard to monitor swimming ability and give clear instructions if a weak/ non swimmer enters deep water. - The instructor must allocate a specific area

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		<p>effectively</p> <ul style="list-style-type: none"> - Unsafe games or dunking - Rips & currents - Boisterous play e.g. Dunking 	<p>for this activity to take place which allows all participants to be easily seen.</p> <ul style="list-style-type: none"> - Instructor to scan and observe the water and ensure no harm comes to people - Lifeguard to carry a throw line if on beach, but a rescue tube or rescue board if entering the water. - Lifeguard to manage behaviour and stop participants playing games which have a likelihood of personal injury - Lifeguard to monitor for rips and currents - Lifeguard to enforce rules. - An additional adult to be briefed on how to raise the alarm in the event of an emergency.
Personal Injury	Staff & all participants	<ul style="list-style-type: none"> - Unruly behaviour - Physical - Impact from other water users 	<ul style="list-style-type: none"> - Instructor to manage behaviour and stop participants playing games which have a likelihood of personal injury - A designated area away from other water users. - End the session if there is unsafe use of boats or PWCs in the area. - Footwear must be worn during the session.

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Hypothermia	Staff & all participants	<ul style="list-style-type: none"> - Extended time in the water - Cold weather - Unsuitable clothing - Cold water 	<ul style="list-style-type: none"> - Instructors to monitor participants for signs of hypothermia. - Use of wetsuits is preferred but not mandatory. However, instructors may have to enforce their use if the risk of hypothermia is high due to conditions. - Spare clothing and group shelter is available in the beach box.
Heat related illness & sun burn	Staff & all participants	<ul style="list-style-type: none"> - Sun exposure over a long period - Not wearing sun protection 	<ul style="list-style-type: none"> - Monitor time in the sun - Encourage hats - Check sun block usage - Seek shade - Ensure participants carry water
Injuries/ Illness whilst beachcombing	Staff & all participants	<ul style="list-style-type: none"> - Sharp objects - Unexploded ordnance - Dead wildlife - Contaminants 	<ul style="list-style-type: none"> - Instructors to make participants aware of hazards. - Not to move anything that may be dangerous. - Advise participants to wash hands before eating or drinking.

Emergency Action Plan

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Remember;

Self – Team – Casualty – Equipment

1. Make sure you are safe
2. Make sure the group are safe
3. Make sure the individual(s) concerned are safe
4. Rescue the individual(s)
5. Call/send for assistance (as required)
6. Remove all to a safe place
 - a. Where possible move the casualty and group up an exit route via the safest route to a safe place or vehicle.
 - b. Water Based rescue. If the casualty is unable to exit, call for a rescue. When the services arrive, follow their direction.
 - c. Land Based rescue. If the casualty cannot move, make them safe and await rescue services help. Where possible, move the group away from the venue to a safe place to allow an unhindered rescue to take place. If the assistant knows the exit, they may lead the group out at the lead instructor's discretion and make the group safe.
7. Diagnose the extent of the injury and effect first aid in line with your training.
8. Take further action as appropriate.
9. Inform Day Manager, ensuring all appropriate documentation is completed at the earliest possible opportunity.

If required, call the emergency services on 999. If no signal exists, move to a new location, perhaps on higher ground. Ensure you have discussed your plans with your colleague and also the additional risk you are being exposed to yourself.

Instructors are to have knowledge of the nearest hospital (A&E or small injuries unit to where they are operating).