



GENERAL MATRIX RISK ASSESSMENT

LOCATION	Woolacombe SLSC Nipper Training
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ASSESSMENT REVIEWED BY: -

NAME	SIGNATURE
Charles Easy	
DESIGNATION	DATE
Safety Officer	21/04/2017

AREA/ ITEM	HAZARD	WHO IS AT RISK	Probability	Risk Rating	REMEDIAL ACTION REQUIRED	REDUCED RATING NO.	DATE CLEARED
			Severity				REVIEW DATE
Surf Swim	Other water users, swimmers, body-boarders, surfers	Public, WSLSC member, coaches, safety cover	4	8	Designate a safe area away from public if possible, use red and yellow flags (during lifeguard patrols) to avoid collision with craft, inform lifeguards of training session (if on duty)	4	
			2				
Surf Swim	Exhaustion, hypothermia	WSLSC member, coaches, safety cover	3	9	Environmental/weather assessed prior to training. All members to wear suitable clothing/wetsuit encourage members to get warm and dry after training session. Suitable warm up prior to session. Inform lifeguards of training session (if on duty)	6	
			3				

Surf Swim	Muscle pulls, cramp, cuts, bruises	WSLSC member, coaches, safety cover	2	6	Suitable warm up prior to session, ensure training area is free from impediments, first aid kit available. Inform lifeguards of training session (if on duty)	4	
			3				
Surf Swim	Drowning	WSLSC member, coaches, safety cover	2	10	Ensure members training are at a suitable competence level, Follow SLSGB guidelines for coach to participant ratios, and WSLSC Normal Operating Procedures (NOP). Inform lifeguards of training session (if on duty)	5	
			5				
Board paddling	Other water users, swimmers, body-boarders, surfers	Public, WSLSC member, coaches, safety cover	4	12	Designate a safe area away from public if possible, use black and white flags (during lifeguard patrols) to avoid collision with swimmers. Inform lifeguards of training session (if on duty)	9	
			3				
Board paddling	Exhaustion, hypothermia	WSLSC member, coaches, safety cover	3	9	Environmental/weather assessed prior to training. All members to wear suitable clothing/wetsuit, encourage members to get warm and dry after training session. Suitable warm up prior to session. Inform lifeguards of training session (if on duty)	6	
			3				
Board paddling	Muscle pulls, cramp, cuts, bruises, skeletal injuries	WSLSC member, coaches, safety cover	2	6	Suitable warm up prior to session, ensure training area is free from impediments, first aid kit available. Inform lifeguards of training session (if on duty)	4	
			3				

Board paddling	Drowning	WSLSC member, coaches, safety cover	2	10	Ensure members training are at a suitable competence level. Follow SLSCGB guidelines for coach to participant ratios, and WSLSC Normal Operating Procedures (NOP). Inform lifeguards of training session (if on duty).	5	
			5				
Beach running/flags	Collision public, or vehicle/trailer	WSLSC member, coaches, safety cover	3	9	Train with suitably un-crowded designated area, area to avoid vehicle service tracks, reduce training on spring high tides. . Inform lifeguards (if on duty) and Parkin estate of training session or could interfere with vehicle movements.	3	
			3				
Beach running/flags	Exhaustion, hypothermia	WSLSC member, coaches, safety cover	3	9	Environmental/weather assessed prior to training. All members to wear suitable clothing/wetsuit, encourage members to get warm and dry after training session. Suitable warm up prior to session. Inform lifeguards of training session (if on duty)		
			3				
Beach running/flags	Sunburn/heat stroke	WSLSC member, coaches, safety cover	3	9	Environmental/weather assessed prior to training. All members to wear suitable clothing/sun protection. Inform lifeguards of training session (if on duty)	6	
			3				
Beach running/flags	Muscle pulls, cramp, cuts, bruises, skeletal injuries	WSLSC member, coaches, safety cover	2	6	Suitable warm up prior to session, ensure training area is free from impediments, first aid kit available. Inform lifeguards of	4	

					training session (if on duty)		
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