



GENERAL MATRIX RISK ASSESSMENT

LOCATION	Woolacombe SLSC Limpet 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	All limpets to be accompanied by parent or designated adult. 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	4	
			3				

					training session (if on duty)		
Board paddling	Drowning	WSLSC member, coaches, safety cover	2	10	All limpets to be accompanied by parent or other designated adult. 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 training session (if on duty)	4	
			3				