



ACTIVITY - Water-based Activities

MINIMUM INSTRUCTOR QUALIFICATION - Various

PERFORMED BY

Laurence James

INSTRUCTOR : PARTICIPANT RATIO - Various

09/01/19

Hazard	Who might be harmed?	Measures to Minimise Risk	Amendments for next review?
Drowning	Students, Instructors, Other water users, General Public	<ul style="list-style-type: none"> Buoyancy Aids issued to all water users, checked and fitted by HLAC instructors. Suitable 'wet' kit to be worn, i.e. not clothing which is likely to hold water such as thick jumpers, jogging bottoms and jeans. Participants must declare 'confidence in deep water wearing personal buoyancy' on Personal Info Form prior to going afloat. All water users to be made aware of water depth. Signs at the centre show that members of the general public are not allowed to enter the lake 	
Separation from group	Students, Instructors	<ul style="list-style-type: none"> Instructors are trained in effective methods of group control. In the event of an emergency, each instructor carries a 2-way radio and is in constant contact with other instructors and manager on duty. Students are taught the international distress signal and basic self-rescue technique at the earliest opportunity. 	
Submerged objects	All water users	<ul style="list-style-type: none"> Constant monitoring of lake bed by instructional team. All participants to be made aware of marker buoy lines. 	
Hypothermia, Hyperthermia, Heatstroke, Sunburn	Students, Instructors, Other water users	<ul style="list-style-type: none"> All HLAC Instructors hold current First Aid certificates and are trained in 'early warning signs'. Regular breaks are taken allowing participants to regulate their temperature. Hot / Cold drinks available in the building, along with hot showers / cool shaded areas and foil blankets. Wetsuits offered to all water users. For participants susceptible to cold, neoprene jackets or the option of 'double wetsuit' (one piece & shorty) are available. 	



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Medical emergency/accidents while afloat	Students, Instructors, Other water users	<ul style="list-style-type: none"> All participants engaged in activities at HLAC must complete a Personal Info Form prior to going afloat (in the case of minors (under 18), a parent/guardian will submit this form on their behalf). Both the manager on duty and the lead instructor of the session must read the forms and be aware of any potential issues. A safety briefing will be given before every session goes afloat. Appropriate personal protective equipment for each session will be provided and fitted correctly prior to getting on the water. 	
Participant not sufficiently fit enough to take part.	Participant	<ul style="list-style-type: none"> Every participant to fill in a Personal Information Form prior to engaging in any activity. 	
Water borne contamination / disease (such as Weil's)	All water users	<ul style="list-style-type: none"> Showers available and recommended to all water users after session. Wash hands before eating. Cover all cuts / open wounds before going afloat and clean thoroughly immediately after session. 	
Extreme Weather	Students, Instructors, Other water users	<ul style="list-style-type: none"> Instructors to check forecast daily, and perform dynamic risk assessments throughout session. In the event of conditions (such as wind strength or temperature) becoming unsuitable and potentially dangerous for the participant(s), the instructor may use their discretion to temporarily suspend the session until such time that it's deemed safe to continue by the Senior Instructor or Manager on duty. Instructors & Participants to be aware of the danger of sun exposure and to apply sun protection whenever necessary. All Centre users must be aware of the need to stay hydrated. Tap water is freely available in the building. 	



Blue-Green Algae	All water users	<ul style="list-style-type: none"> • Constant monitoring of water by instructional team, particularly during warm spells and/or periods of little rainfall. • Monthly water test to be carried out during the season. 	
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Collision	All water users	<ul style="list-style-type: none"> • Instructional team to arrange and discuss areas of operation prior to going afloat, and brief groups / students accordingly. • Ensure casual hire water users are made aware of appropriate areas for their particular craft, as well as supervised groups and individuals. • Participants to be briefed regarding importance of avoiding collisions (including danger of static objects such as metal cages for barley straw and island). • Swimming is not allowed in the lake, except during times when open water swimming sessions are running, so collisions between water craft and swimmers is minimal. Signs around the lake state that swimming is not permitted by the general public. Members of the general public are advised by centre staff, should they wish to swim, that they may if they come during the open water swimming sessions, register and are deemed fit enough to participate by the swimming staff. 	