



ACTIVITY - Open Water Swimming

MINIMUM INSTRUCTOR QUALIFICATION - SESA

PERFORMED BY
DATE

Hannah Barrow
10/01/19

INSTRUCTOR : PARTICIPANT RATIO - 1:25

Risk	Measures to Minimise Risk
Drowning	<ul style="list-style-type: none"> Instructor(s) afloat as safety cover in kayaks or paddleboards. Participants briefed on how to summon assistance. Powerboat on standby, available to water and land-based safety cover. Full safety brief given prior to the start of their swim.
Water Quality	<ul style="list-style-type: none"> Regular monitoring of any deterioration by HLAC. Monthly water test to be carried out. Swimmer advised to rinse wetsuit after swim to stop cross contamination between lakes. Swimmers advised to shower and wash hands after each swim.
Exhaustion	<ul style="list-style-type: none"> Start and finish times in place for each session. Constant supervision by instructor(s) monitoring individual participants' performance.
Entrapment	<ul style="list-style-type: none"> Regular inspection of lake banks and swim areas. Marker buoys and anchor lines weighted to prevent loose, submerged ropes.
Straying from Course	<ul style="list-style-type: none"> Course set with large marker buoys. Constant supervision from instructors in safety craft.
Collision with other water users	<ul style="list-style-type: none"> Safety kayakers monitoring at all times. Instructors(s) on other session in control of their group. Clear separate areas of operation. Powerboat to be used only when necessary after being called by safety kayaker.
Wildlife	<ul style="list-style-type: none"> Safety brief given if high level of bird life, especially during breeding season or when a lot of young birds on site. Dog walkers to keep their dogs under control whilst in the beach area.



Entry/Exit point	<ul style="list-style-type: none">• Matting to be used by swimmers• Swimmers to be made aware of unseen underwater objects.• Regular checks of the beach to clear any large rocks or rubbish.
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