

ACTIVITY - Open Water Swimming

MINIMUM INSTRUCTOR QUALIFICATION - SESA

PERFORMED BY

Hannah Barrow

DATE

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.



HORSESHOE LAKE WATERSPORTS

Entry/Exit point

- 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.