

ACTIVITY - Open Water Swimming

Performed by: Laurence James

MINIMUM INSTRUCTOR QUALIFICATION - SESA, HLAC in house training, or canoe lifeguards

Date: 24/03/2025

INSTRUCTOR : PARTICIPANT RATIO - 1:25

Risk	Who Might Be Harmed	Measures to Minimise Risk
Drowning	Participants Staff	<ul style="list-style-type: none"> • Safety staff to be afloat at all times while swimmers are in the water. • All participants briefed on how to call for assistance prior to getting in the water. • Powerboat on standby at all times. • Member of staff on land with an RYA Powerboat Level 2 qualification at all times. • Member of staff with first aid qualification on land at all times. • First aid kit and AED available in the beach hut at all times. • Staff to be sufficiently rescue trained. • Staff should only assist a casualty if it is safe for themselves to do so.
Illness due to poor water quality	Participants	<ul style="list-style-type: none"> • Regular water testing to be carried out, and action taken where necessary. • Swimmers advised to rinse wetsuits after swimming. • Swimmers advised to shower and wash hands after swimming.
Exhaustion	Participants Staff	<ul style="list-style-type: none"> • Designated start and finish times in place for each session. • Constant supervision of all participants by all safety staff throughout session. • When the water temperature is above 24 degrees c, a wetsuit ban is put in place, except for individuals with special circumstances. • Staff to remain hydrated and wear correct clothing in hot weather. • Swim leader designated for each session.
Entrapment	Participants	<ul style="list-style-type: none"> • Regular inspection of lake banks and swim course carried out.

		<ul style="list-style-type: none"> • Marker buoys and anchor lines weighted to prevent loose, submerged ropes. • Safety staff to have a knife in their buoyancy aid
Straying from course	Participants	<ul style="list-style-type: none"> • Course set with large brightly coloured buoys. • Constant supervision from safety staff throughout sessions. • Safety staff to escort swimmers back on course where necessary.
Collision with other water users	Participants	<ul style="list-style-type: none"> • Safety Staff to monitor swim course at all times, and be aware of their positioning. • Instructors on other sessions to maintain control of their group at all times, continuous dynamic risk assessment on participant abilities in other sessions to be taken. • Clear, separate operating areas set out prior to start of sessions. • Only staff with RYA Powerboat level 2 are to drive powerboats.
Safety staff unable to perform a rescue.	Participants Staff	<ul style="list-style-type: none"> • Designated Swim Leader for every session is assigned. • Safety staff to have full HLAC swim safety training, or a SESA qualification. • Safety staff to keep in regular communication with the Swim Lead and reception. • Safety staff to make Swim Leader aware of any reasons they would not be able to complete a rescue. • When the Met office issues a yellow weather warning, and wind conditions make rescues difficult to perform, the session is cancelled.
Entering and exiting the water	Participants	<ul style="list-style-type: none"> • Matting available to be used by swimmers. • Participants to be made aware of any underwater objects • Regular checks of the beach carried out and any large rocks or rubbish is cleared.
Injury caused by panicking swimmer	Participants Staff	<ul style="list-style-type: none"> • Staff to be SESA or HLAC in house trained, and know the correct techniques to deal with panicking swimmers • Staff only to assist a swimmer if safe for them to do so, and should create space between themselves and the swimmer until they calm down. • Staff to attempt intervene before swimmer gets into a state of panic • Staff to ensure other swimmers stay clear of panicking participant • Staff to wear buoyance aids on the water.
Cold water Urticaria (Hives)	Participants	<ul style="list-style-type: none"> • Staff to be away of what SIPE is. • Any participant we believe to be suffering from SIPE emergence services to be called in sever cases.

Swimming-induced Pulmonary Edema	Participants	<ul style="list-style-type: none"> • Staff to be away of what SIPE is. • Any participant we believe to be suffering from SIPE emergence services to be called.
Children Swimming	Participants	<ul style="list-style-type: none"> • No Children under 8 years of age • All Children must wear a tow float. • All children must be able to swim a minimum of 50m • 16 year old can swim with an adult spotting from the bank. • Children to stay on the 200m and 400m course • During Night swims any child under 18 years of age will be accompanied by an adult over 18 years of age