

Risk assessment and Management 2024	Coasteering
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<p>Description. Coasteering is a physical activity that encompasses movement along the intertidal zone of a rocky coastline on foot or by swimming, without the aid of boats, surf boards or other craft.</p>		
<p>Managing Risk Statement. Supervisors will hold the appropriate qualification for this activity (see Minimum Qualifications document). The quality and safety of sessions will be regularly reviewed with any outcomes being fed into the RA and policies. Inherent within this activity is the possibility of getting wet, tired and exposed to ambient weather conditions(see Weather policy)</p>		
<p>Benefits. Adventure Activities provide a range of benefits (see Education and Learning policy)</p>		
The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
Falls	Instructors & All Participants/Group Leaders	Climbing - Progressive in nature to challenge participants. Anything challenging needs to be Non consequential (Deep water landing or top rope). Group management skills to be appropriate for group / weather / terrain.
Slippery rock	Instructors & All Participants/Group Leaders	Clear brief about rocks / seaweed / slips etc
Drowning	Instructors & All Participants/Group Leaders	BAs to be worn and checked before approach to water. Instructor to remain vigilant and be aware that cold / fatigue will affect ability. Weak swimmers identified.

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 1/2/2024
Signed: <i>Bryn Beach</i>	Review Date: Jan 2025
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Jumps – poor position in air	Instructors & All Participants/Group Leaders	Instructor to manage launch platform. Progressive jumps to teach correct procedure and body position / water entry.
Jumps - Poor landing	Instructors & All Participants/Group Leaders	All jumps to be tested and landing checked by instructor. Landing zone identified. Must be large enough that an error doesn't result in an unsafe landing. No skill needed. Jumps must be appropriate for the group. Nothing higher than 10m No acrobatics.
Entrapment	Instructors & All Participants/Group Leaders	No underwater 'squeezes'. Loose items of clothing tucked away (laces etc)
Jellyfish stings	Instructors & All Participants/Group Leaders	Generally avoid swarms Teach participants to keep hands out of water if they find themselves in a swarm – long wetsuits will protect most of the body in the water.

Specific assessments

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General weather guidelines

Wind Speed, Wind Direction, Sea State and Swell, Tide Times need to be checked. In general coasteering session would be late April – late October. Wind of force 3-4 is top end for Adult/old Teenagers, force 2-3 top end for year 7-9, full on session coasteering probably not appropriate for primary school groups. Sea state of Slight is probably top end for year 7-9, Moderate is top for Adults, Rough or Force 6 is a write off! Remember law of twelfths, hours 1 and 6 between HW and LW are fairly calm, hours 3 and 4 water is moving the most.

Porth Ruffydd

Faces South and can feel slightly more sheltered than Porth Dafarch with a Westerly, very sheltered with Northerly or Easterly, big swell sets can be a problem with South Westerly or Southerly. Penrhyn Mawr tidal race will be moving very quickly Neaps or Spring tides for 3 hours, 1 hour after LW from South-North, best to stay well away and not be Coasteering beyond Island Circuit. This venue is good at any time of tide. On a spring LW the top of the 'S' jump is massive 8m+! Also a LW spring there are plenty of ledges medium/heavy people (65kg+) will bottom out on by the Octopus cave (Left had side of Bay).

Porth Dafarch

Dafarch Left faces West is fairly committing as there are only 2 get outs before you pass the 'points', Dafarch right, faces SW and is also committing as there are really no get outs unless ropes and harnesses are taken till you are back at the beach. There is more swimming at this venue than Ruffydd. This venue is certainly more fun at HW as there are more jumps available, many seaweed islands about at LW make for more breaks from swimming but less jumps.

Rhoscolyn

Faces South and South Westerly, has a very sheltered feel about it, the bay, islands and the beacon allow for swell to be less of an impact. If the sea is Moderate, you can quite often escape with a very accessible coasteering session. Access and Egress is very good with many options. With the cliff being quite short, at HW the jumps aren't so big, ideal for younger participants, not so good for adults, but would work well if sea was so big the other venues were not an option.

Cable Bay

Has a mini sea cliff experience about it, ideal for primary groups, a mixture of staying dry, sometimes short tyroleans as well as clip lines, plenty of spotting and moving together as well as a few jumps, left and right of the bay, at HW much of the cliffs will disappear.

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Operating Procedures

Before

- Check medical / consent forms.
- Instructor to be familiar with E3Adventures activity RA – specifically any site specific notes.
- Check the weather forecast – does your plan still work.
- Check if there any venue restrictions (bird ban / road closures / rockfall)
- Instructor to ensure correct kit is available for the venue / group.
- Instructor to inspect all kit to ensure it is usable.
- If residential course ensure the group know where to go / park etc.

During

- Clear briefing to highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role.
- Session delivered within instructors NGB remit / inhouse training / experience and accounting for the weather / group ability.

After

- Return kit.
- Inform E3 of any damages or loss.
- Inform course leader of any issues with group / venue to assist with planning for future.

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