

Risk assessment and Management 2026	Coasteering
-------------------------------------	-------------

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.

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](#))

Coasteering is delivered as part of a Schools residential experience (we don't offer one-off coasteering sessions to individuals/public) and as such the group will be slightly known to us and will include a group staff member (typically a teacher) that will know the group well.

It is a possible option as part of an overall programme and will only be an option if weather and sea state are favourable and if it appears to be an appropriate option given the groups performance on activity so far.

Appropriate Footwear, Wetsuits, Buoyancy Aids and Helmets to be worn.

Benefits. Adventure Activities provide a range of benefits (see [Education and Learning policy](#))

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
Impact Slips and Trips	Instructors & All Participants/Group Leaders	Clear brief about rocks / seaweed / slips etc. Engage and develop group in decision making about where to walk and how to travel over wet rock.
Impact Cuts / grazes etc (Barnacles / sharp rocks)	Instructors & All Participants/Group Leaders	Teach group how to avoid / travel over rock Swim past problem areas Choose appropriate access/egress

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027
An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.	

Impact 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.
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.
Entrapment	Instructors & All Participants/Group Leaders	No underwater 'squeezes'. Loose items of clothing tucked away (laces etc)
Environmental 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.
Environmental Cold Water Shock The unexpected 'panicker'	All	1 st entry into water isn't a jump. Slow managed entry. Wetsuits worn (see jumps assessment below)

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027
An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.	

Environmental Cold / Hypothermia	Instructors & All Participants/Group Leaders	Wetsuits worn. Venues chosen with multiple access/egress to allow egress as required. (see appendix below) Weather, group size age, session duration all part of ongoing dynamic risk assessment.
Group Management / knowledge of group / medical backgrounds	Participants	Groups have a group leader with them (typically the teacher) who knows the group (behaviour and medical history)
Instructor Incapacitated	Instructor (with impact on group)	

Jumps

As part of a coasteering session participants may 'jump' into the water. The decision to do this will be informed by a dynamic risk assessment by the instructor after the instructor has seen the group moving on rock, in the water and swimming. Factors that will be considered will include: Group capability, sea state, access/egress, general weather conditions.

- 1st access to the water will be a walk / traverse in to acclimatise group to water temperature and to allow the instructor to judge groups water confidence.
- Small jumps, akin to jumping into a swimming pool, where the take off point and the water are similar heights will be attempted 1st to allow the participants to experience submersion and then getting out of the water.
- Small jumps (under head height) used to develop good 'step off / take off' 'flight with good body position and arm positioning' 'landing' – technique to be coached and numerous examples seen before progression to larger jumps.
- Larger jumps will only be considered (progressive in size) if the instructor is fully satisfied with the groups capability so far.

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

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.

Specific assessments

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

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: <i>Bryn Beach</i>	Review Date: February 2027
An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.	

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 hand 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.

Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027
An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.	

Operating Procedures

Before

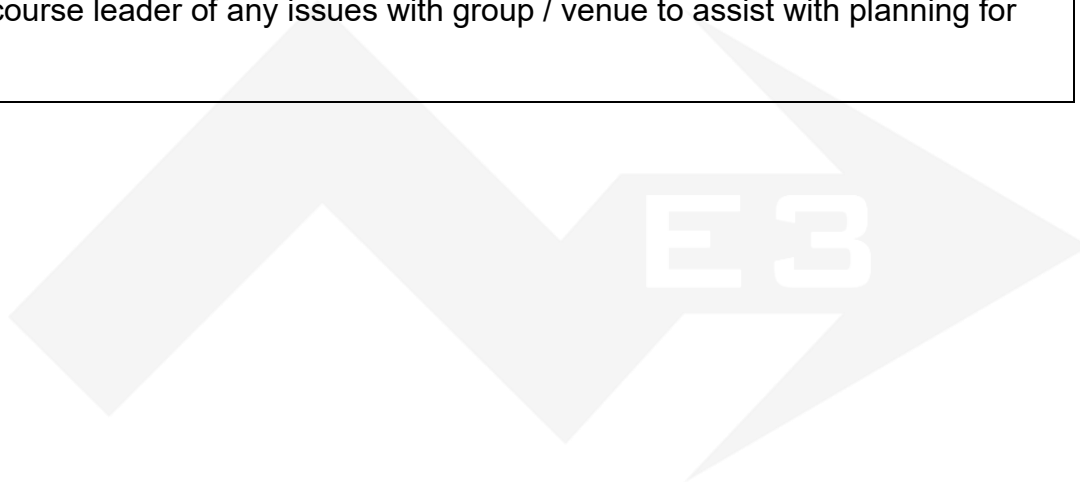
- Check medical / consent forms with the group leader.
- Discuss group capability (Age / competence etc) with group leader.
- Instructor to be familiar with E3Adventures activity RA – specifically any site specific notes.
- Check the weather forecast / sea / tide state – does your plan still work.
- 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.
- Ensure group know access/egress – know where they are.

During

- Clear briefing to describe the activity, highlight the 'opt in' nature of the activity, the planned route and duration. Highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role – ensure staff know what to do if instructor incapacitated. Know access/egress points.
- Session delivered within instructors NGB remit / inhouse training / experience and accounting for the weather / group ability.

After

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



Risk assessment conducted by: E3Adventures Ltd	Date Conducted: 2/2/2026
Signed: Bryn Beach	Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

Instructor Incapacitated

Critical Incident Plan

Ensure that the teacher/visiting staff knows where your copy of the 'Instructor Incapacitated' and 'Critical Incident Plan' are.

E3ADVENTURES.COM

INSTRUCTOR INCAPACITATED

In the case of an incident / accident the E3Adventures staff will follow the 'critical incident plan' (see over). However in the situation where they are incapacitated this crib sheet will help you manage the situation until help arrives.

Group Safety

- Look after yourself, do not put yourself in danger.
- Look after the group, make sure they are out of danger. In this scenario the group may be worried, you might need to tell them where to go/sit and not move so they do not put themselves in danger.
- If necessary move the casualty out of any further danger.

First Aid

- Perform first aid (do what you can)
 - If it is bleeding - stop it bleeding (direct pressure)
 - If it is broken - don't move it
 - If they are unconscious - put them in the safe airway position (below)
 - If they are not breathing and you feel you can start CPR



Call for Help

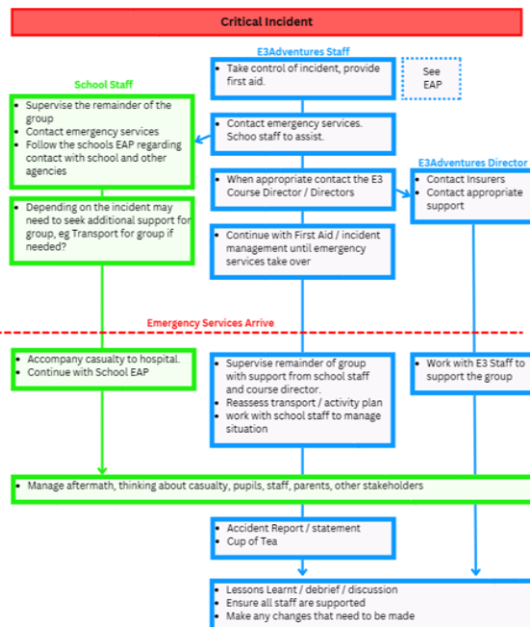
- You can Phone 999 /112 using your phone or the instructors phone
- If there are other groups near by you can shout for help
- You can contact other staff via the WhatsApp group



- Location
 - What Happened / Who is hurt / what has been done
 - The group
- 

CRITICAL INCIDENT PLAN

The below 'Critical Incident' plan gives useful process to follow in the case of a critical incident. However any incident is likely to have its own unique features and it will be up to the E3Adventures staff with the support of the Group staff to manage an incident in the way that produces the best outcomes.



Risk assessment conducted by: E3Adventures Ltd

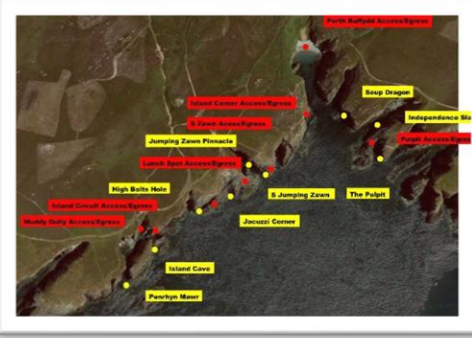
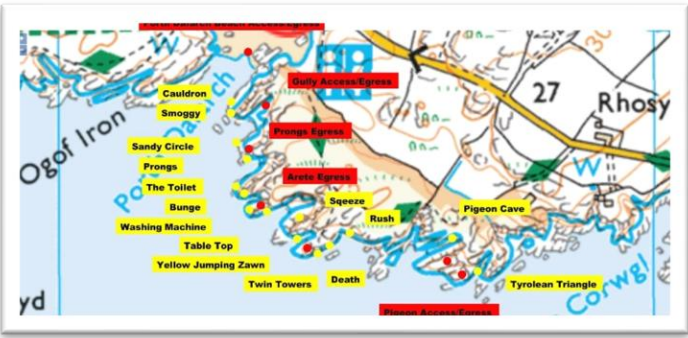
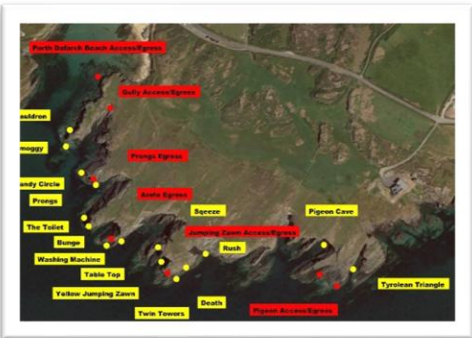
Date Conducted: 2/2/2026

Signed: Bryn Beach

Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

Appendix



Risk assessment conducted by: E3Adventures Ltd

Date Conducted: 2/2/2026

Signed: Bryn Beach

Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.