

# Generic Swift Water Risk Assessment and Method Statement for Re-Think Development Ltd

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## **1. Risk - Slips and Trips**

Action required:

- Warn participants regarding the hazardous nature of the environment
- Participants to wear boots with good grip and ankle support on site

## **2. Risk - Drowning**

Action required:

- Participants required to wear a correctly fitting swiftwater rescue type buoyancy aid at all time when on site when they could fall into the water.
- Instructor shall ask if everyone can swim (minimum requirements are that participants can swim 50 metres)
- The instructor shall assess the site to ensure it ends in a calm pool or that they can provide a true rescue.
- The instructor shall carry a phone for use in emergencies

## **3. Risk - participant swept away**

Action required:

- The instructor shall ensure there is a safe catching pool at the end of the section of river.
- The instructor shall manage the group so that he/she can see all participants in the water at all times.
- The instructor shall ensure a progression so that he/she can assess ability and students know that they can swim to safety.
- The instructor shall swim the course first to check river speed.
- The instructor shall cancel the training or move to another venue if he/she feels that the water is too fast.

#### **4. High Water**

Action required:

- The instructor will manage on site being aware of the following hazards associated with high water conditions:
- (specific dangers) debris in the water , water colouration making it hard to spot dangers, water speed, strainers.
- The instructor will cancel the training or move to another venue if they feel that the dangers are too great, risk assessed dynamically.

#### **5. Risk – Foot Entrapment**

Action required:

- Participants will be warned of the dangers of foot entrapment and showed both the aggressive and defensive swimming positions.
- Participants will be instructed to keep their feet at the surface at all times when swimming unless they have hold of a rock or are in a safe eddy

#### **6. Risk – Strainer/entrapment hazards**

Action required:

- The instructor will walk the site to check for hazards
- The site will be inspected at low water
- The instructor will carry tin snips and a folding saw

#### **7. Risk - Medical**

Action required:

- The instructor will establish any pre-existing medical conditions before training commences.

## **8. Risk - Bruising**

Action required:

- Participants briefed that they will receive bruising
- Minimise danger by safe swimming techniques

## **9. Risk – Unstable Rocks**

Action required:

- Wear helmets on site
- Instructor to be aware of the dangers of overhead rocks

## **10. Risk – Objects in the water carried in the stream**

Action required:

- The instructor shall be vigilant at all times

## **11. Risk – fixed objects in the water**

Action required:

- The instructor shall be vigilant at all times

## **12. Risk – Hypothermia**

Action required:

- Drysuits to be worn by all participants
- Kisser carried at all times
- Adequate clothing to be worn by participants
- The instructor shall be aware of the signs and symptoms of hypothermia

### **13. Risk – Steep cliffs**

Action required:

- Warning to participants of specific dangers

### **14. Risk – water borne disease**

Action required:

- Warn participants of the danger of water borne disease and that they must see a doctor if falling ill after the training.
- Use antiseptic hand gel before eating and drinking
- Avoid eating and drinking with wet hands
- Try to eat and drink before getting on the water

### **15. Risk – hydraulic entrapment**

Action required:

- The instructor to assess dangers from hydraulics on site
- Only use hydraulics when 100% confident and with a rescue plan
- The instructor will enter the hydraulic first to risk assess

### **16. Risk – Driving to site**

Action required:

- Drive with due care observing road signage

### **17. Risk – road side traffic hazard**

Action required:

- Park off road if possible
- Warn participants if close to the road

# Method Statement for Swiftwater Rescue Training

## **PPE to be worn on site:**

- Boots with good grip and ankle support
- Drysuits
- Helmets
- Swiftwater buoyancy aids
- Throwlines
- Gloves (in winter)
- Thermal insulation

## **Minimum qualification for the instructor for Bankside training:**

Rescue 3 technician award (or equivalent ) and to have attended a training day.

## **Equipment to have on site:**

- First aid kit
- Mobile phone
- GPS
- Saw
- Tin Snips
- Kisser
- 25 metres of floating rope
- Prussic loops, karabiners (3) and sling
- Spare clothes

## **Operations:**

- The instructor shall carry out a dynamic risk assessment on arrival on site to assess river level, strainer hazards, danger of being swept away and specific site hazards.
- If the river is deemed too high the training will be cancelled or another venue used.
- PPE will be worn on site by all participants
- Participants will be briefed on the dangers particularly to the danger of bruising.
- Participants will be briefed to the specific hazards on site particularly steep drops and cliffs
- Participants shall be warned about foot entrapments and instructed in safe swimming positions and not putting down feet in rapids

- The instructor will swim the site first to assess the speed of water and for specific hazards
- At the end of the session the instructor will warn participants about the dangers of water borne disease particularly wils disease. If people feel unwell for a period of one month after the training they must see a doctor and advise that they have attended open water training and they may have been exposed to wils disease.