

**Activity Specific Risk Assessment:** Instructor Led Activities (Land)

*'In house' Land based activities such as bushcraft, team building, team games etc. on both the Pinkston Watersports site and Island*

Risk assessment completed by: Grant Dolier

Date: 4<sup>th</sup> December 2021

| Hazard   | Possible injury            | Who might be harmed? | How is the risk controlled?  | Remedial Actions   |
|--|----------------------------|----------------------|--|--|
| <b>See all specific Risk Assessments: Flat water, White water, Water Quality</b> |                            |                      |  |  |
| Users slipping, tripping, or falling on loose and/or broken ground.              | Muscular skeletal injuries | Users                | <ul style="list-style-type: none"><li>• Only deploy suitably qualified and competent staff to supervise activities.</li><li>• Clear briefing on where to be and how to move over hazardous terrain.</li><li>• Instructors to ensure areas have no entrapment hazards before use</li><li>• Group management and forward planning – System such as 'CLAP' (Communication, Line of Sight, Avoidance, Position of maximum usefulness) is applied</li><li>• Assess physical ability compatible with craft, fixtures, and position</li></ul> | <ul style="list-style-type: none"><li>• Suitable and practiced procedure for recovery available</li><li>• Remove and administer 1<sup>st</sup> aid as required</li></ul> |

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|---|---|---------------------------------------|---|--|
| Users (member of the public, parent) falling into the basin | Impact injuries<br>Knocked unconscious<br>Neck or spinal injury<br>Drowning | Users (member of the public, parents) | <ul style="list-style-type: none"><li>• Signage surrounding edge of the basin.</li><li>• Buoyancy aid or a correctly fitted and automatically activated life jacket to be worn when on the pontoons or working near the basin edge</li><li>• Walkways to be kept clear where possible</li></ul>   | <ul style="list-style-type: none"><li>• Self-rescue</li><li>• Rescue of injured participant from basin either by using SUP (<b>rescue sledge would be preferable</b>) as spinal board if required, injured person moved to bottom of one of the courses (injured person to be moved to solid surface if CPR required) or use of long throwline on a swimming rescuer or a throwline rescue.</li><li>• First aid as required</li><li>• Contact Emergency services as required</li></ul> |
| Users being dropped during team building tasks              | Head Injuries<br>Muscular skeletal injuries                                 | Staff and Users                       | <ul style="list-style-type: none"><li>• Clients should never be lifted above hip height</li><li>• Clients should be encouraged to move through obstacles feet first</li><li>• Instructors should correctly brief clients on how to handle people before participating in more dynamic tasks</li><li>• Helmet (if used) should be fitting correctly and checked</li><li>• Highly dynamic tasks should take place on softer ground.</li></ul> | Remove and give 1 <sup>st</sup> aid as required  |

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|-----------------|------------------------|-----------------------------|---|---|
| Adverse Weather | Hypothermia            | Staff and users             | <ul style="list-style-type: none"><li>• Use of clothing appropriate to individual, forecast, and prevailing conditions</li><li>• Consider likely risk and duration of immersion and water temperature</li></ul> | <ul style="list-style-type: none"><li>• Remove from basin and 1st aid as required</li></ul> |
|                 | Heatstroke and sunburn | Staff and users             | <ul style="list-style-type: none"><li>• Use appropriate clothing – cover up if necessary</li><li>• Use sunscreen and hats</li><li>• Ensure adequate fluids available and consumed</li></ul>                     | <ul style="list-style-type: none"><li>• Remove from basin and 1st aid as required</li></ul> |

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| People burning themselves on the fire, marshmallows, or hot drinks | Burns minor & majors | Staff, users & members of the public | <ul style="list-style-type: none"><li>• Fire must never be left alight without supervision from Pinkston Watersports Team</li><li>• Good group supervision should be used around the fire, good distance should be kept from fire</li><li>• When cooking marshmallows, no more than 4 people should be roasting on one fire.</li><li>• Thicker camping cups should be used when making hot drinks</li><li>• Users should remain seated when drinking</li><li>• Pinkston Watersports Steam should be the only people pouring boiling water out of the kettles</li></ul> | <ul style="list-style-type: none"><li>• Water taken to the bush craft area to douse fire when needed</li><li>• First aid kits taken to the area</li><li>• Remove and administer 1<sup>st</sup> aid as required</li></ul> |