

Shetland Islands Council
Outdoor Education Generic Risk Assessments

Land Activities: Sea Level Traversing/ Coasteering		Risk to: Instructors/ Group Members
Hazard	Risk	Control measures
1. Climbing Activity	Approach to venue Falls from crag Falling objects Rope burns Entanglement	<p>Instructors are trained to NGB or SIC standards in group management and instructional techniques appropriate to the level of the activity</p> <p>Instructors choose a suitable venue taking account of the nature of the activity, the ability level of the group, weather conditions and the equipment available.</p> <p>Group members are briefed on hazards specific to the area being used and are instructed in the skills and techniques needed to avoid them/deal with them.</p> <p>At or on the crag group members wear a safety helmet, which meets the appropriate specifications.</p> <p>The instructor and the group carry safety equipment appropriate for the specific activity and venue.</p>
2. Water Activity	Immersion Entrapment Collisions Water level/state	<p>Instructors are trained to NGB or SIC standards in group management and instructional techniques appropriate to the level of the activity.</p> <p>Instructors choose a suitable venue taking account of the nature of the activity, the ability level of the group, water and weather conditions and the equipment available.</p> <p>Group members wear or carry clothing appropriate for the specific activity and venue.</p> <p>Group members wear a buoyancy aid, which meets the appropriate specifications.</p> <p>Helmets meeting the appropriate specifications will be worn depending on the location and nature of the activity.</p> <p>The instructor and the group carry safety and rescue equipment appropriate to the specific activity and venue.</p> <p>Group members are instructed in correct technique to jump into water from height.</p>

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<p>3. Cliff Jumps (maximum 25 feet 8 metres) Maximum height may be increased to 10 metres for very experienced jumpers at the discretion of the individual instructor</p>	<p>Winding or injury due to poor landing in water</p> <p>Injury due to hitting rock</p> <p>Injury though contact or collision with other people</p>	<p>All participants are taught jumping techniques suitable for the size of jump. No coasteering route will have jumps that are compulsory. All jumping techniques are demonstrated by the Instructor, with small jumps being used to begin with before larger heights are attempted. The Instructor is nearby at all times. Participants must show that they are capable of jumping effectively and able to land well. Weaker jumpers are encouraged at lower levels with staff next to them to help or pull them back if they slip.</p> <p>Through in house training and observing conditions on the day instructors will be able to say whether it is safe to jump. Jumps will be chosen where an awkward take off or slip will not lead to injury.</p> <p>Participates that wish to jump at the same time, as others must be well apart. Instructors will dictate how far this is. For jumps of more than 3 metres no one may jump holding hands.</p>
<p>4. Seaweed covered or slippery rocks and walking on loose boulders</p>	<p>Slips and injuries – grazes, bruising, sprains and fractures.</p>	<p>All participants are told to proceed with care and are guided over the best available routes to avoid large amounts of seaweed etc. Each person is told to use hands as well as feet for support to aid balance and safe movement across the rocks. Walking on areas of barnacled rocks is encouraged for maximum grip. When walking on seaweed look for pools or indentations that hold water as these will provide more stable footing. The Instructor leads the group, encouraging them to help each other and fore-warning them of obstacles such as wet and slippery rocks.</p>

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5. Strong sea well and large waves	Unintentional swim due to being washed off or falling in	Participants are briefed on prevailing conditions and told what to expect, how to react and what to do in the event of unintentional swim occurring. Instructor verbally and visually warns participants of incoming waves. Where exposed to large waves/ swell the group will be kept in a safe area until asked to move. A throw line will be at hand at all times.
6. Barnacles and sharp rock	Cuts and grazes	Participants are shown how to place hands and feet. Also shown the best way to get out of the water and what to do when they are being washed around or near to rocks. Demonstration and/ or practice to help learn good technique.
7. Equipment	Unsuitability Failure Damaged Wrongly fitted	All equipment meets current specifications and/or accepted standards where applicable and is suitable for its intended use. Equipment is regularly maintained, serviced and where required tested to current specifications. Instructors visually check equipment at time of issue. If group members are using their own equipment the Instructor will ensure it is suitable for the expected conditions and nature of the activity.
8. Weather/Water conditions/ Sea state	Possible increased risk level Cold Hypothermia Wind Sunburn	Instructors obtain information on weather, sea state, tides and other relevant factors and make an assessment of local condition prior to any activity taking place Instructors will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity Instructors will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Instructors will ensure that each member of the group is appropriately clothed, carries sufficient food and that additional food, clothing and equipment is available to suit the expected conditions and nature of the activity. Instructors are First Aid trained to the level required by the NGB for the activity.

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