

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Coasteering

Minimum Instructor Competence:
SPA + ML or LCL L2, Canoeing Safety Test,
plus Approval of Technical Expert.

Completed by: Clive Richley
Competence: Summer M.L./Canoe Safety
Is the activity acceptably safe if managed as
below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Drowning
- 2) Impact of objects to head/head onto objects
- 3) Abrasion injuries to body and limbs
- 4) Twisting injuries to feet/ankle
- 5) Hypothermia
- 6) Exhaustion
- 7) Pollution-related infections
- 8) Falling
- 9) Getting washed away from cliffs
- 10) Sunburn

How to manage/control/reduce these risks safely (corresponding numbers):

Staff will hold relevant governing body qualifications and a first aid certificate. The matrix is approved by our technical expert.

- 1) Use individually fitted buoyancy aids
- 2) Use a correctly fitted helmet
- 3) Use individually fitted wet suit and cagoule if necessary
- 4) Wear suitable footwear
- 5) Wear fibre pile clothing when cold
- 6) Choose routes in line with the client's capabilities
- 7) Choose locations that are environmentally clean
- 8) Use appropriate rope work and safety techniques when required
- 9) The instructor takes the tidal flow into account and also carries a throw line
- 10) Waterproof sun cream

Activity instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call out person is appointed before the activity takes place. This person is contacted on completion of the activity. If not contacted, they will take appropriate action.

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ACTIVITY: Coasteering

MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Individually fitted buoyancy aid, helmet, wet suit and cagoule
- 2) Sturdy footwear
- 3) Fibre pile jumper in cold weather
- 4) Underwear, T-shirt, socks etc. for use during the activity
- 5) Dry clothing to wear after the activity
- 6) Towel

Participants to report all equipment defects to the activity instructor immediately.

Instructor:

- 1) Company first aid kit
- 2) Bivvy bag or survival shelter
- 3) Emergency food and drink when required
- 4) Throw line
- 5) Fibre pile suit or sleeping bag in a dry bag to be carried by bank support or participating staff
- 6) Safety equipment/rope/carabiniers to suit location
- 7) Sun block and after sun cream

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.