

Reviewed – 29.04.2019



## Wild Swimming – Low Force

### Risks:

1. Drowning
2. Injury due to falling and slipping
3. Hypothermia
4. Head injuries
5. participants operating independently of instructors.

Risk	Risk Management
all	a. Instructors and assistants will be trained and assessed before leading Wild Swimming sessions. Only those instructors authorised by the Centre Manager may lead sessions.
all	b. Instructor to participant ratio will not exceed 1:8.
all	c. Safety procedures will be included in the safety briefing.
1	d. The instructor is to ensure that he/she is aware of any non swimmers taking part in the activity.
1,4	e. All participants will wear buoyancy aids and helmets, properly fitted and of a suitable size.
5	f. The instructors are to remain aware of the location of every group member at all times.
2,4	g. Participants should always jump off falls feet first. Somersaults or dives must not be allowed under any circumstances.
2	h. Only those jumps and swims which have been shown to the instructor and approved by the Centre Manager may be used.
all	i. If there is any doubt as to the suitability of a river because of weather or water level concerns the instructor is to check with the Centre Proprietor before commencing the session.

- 1 j. All participants will be shown correct swimming techniques for navigating white water
- 1 k. Instructors must have a reach pole and throw line and other appropriate safety equipment on session and be trained in their use at the venue.

