

GENERAL HEALTH & SAFETY RISK ASSESSMENT FOR: Cold water dipping

PART 1 : ADMINISTRATIVE DETAILS

Section/Establishment Name: Lea Green Centre

Date of Assessment	05/09/2024	Date of Issue	
Assessment carried out by:	Jenny Clarke		

Reviews				
Review Date	Reviewed by	Date	Changes Made	
			Y	N
Dec 2025	Jenny Clarke	18/12/25		N

Affected persons: Young People/Clients ☒ Staff ☒ Visitors ☒ Contractor ☐ Others (specify)

Name of Manager confirming and agreeing Assessment:	
Signature:	

The following sections should be completed by all staff who need to be made aware of and abide by the findings of the Risk Assessment. NB: If, as a result of a review, changes are made to the Risk Assessment the relevant box on the attached page should be completed as appropriate by the staff concerned.

RISK ASSESSMENT

What are the hazards?	Generic Control Measures implemented	✓ X	Person to implement	Additional Control measures needed to reduce risk to an acceptable level	Person to implement	Date to be actioned
Falling/slipping. Injury. Objects from above, dislodged rocks	<ul style="list-style-type: none"> Briefing of group. Ability of group taken into account, appropriate footwear worn. Awareness and dynamic risk assessment of entry/ exit point and approach. Check for submerged hazards before entry. Instructor must hold a current first aid certificate. First aid kit must be carried. Group size and ratios suitable for conditions and abilities. Group briefing. Group management. Monitoring of specific sites. 		Instructor leading the session			

<p>Extremes of temperature, Cold water.</p>	<ul style="list-style-type: none"> • Weather forecast obtained and previous conditions taken into account. • Appropriate duration of activity that do not expose participants to risk of hypothermia • All participants are provided instruction of how to use relaxed breathing exercises and maintain warmth • Participants are briefed on recognising signs of hypothermia and cold water shock 			<p>After very heavy rain, check the level of the water before the session. Encourage participants to only stay in for a short time if they feel as though it is too cold for them</p> <p>Encourage participants to enter water slowly and acclimatise.</p> <p>Participants briefed to bring their own extra warm clothing</p> <p>Instructor monitoring individuals</p>		
<p>Current and volume of water.</p>	<ul style="list-style-type: none"> • Group monitored for weather related injuries • Activity adapted where appropriate. • Ongoing risk assessment at start and during activity – weather and water conditions continually monitored. • Individual’s kit checked before departure to ensure adequate protective clothing. • Suitable emergency equipment carried. • Weather forecast obtained and conditions monitored throughout the session 			<p>In high winds consider cancelling the session</p>		
<p>Water related infections/Weil’s disease.</p>	<ul style="list-style-type: none"> • All group to be made aware of the signs and symptoms of Weil’s disease and action to be taken in the event of symptoms occurring. 					

Illness.	<ul style="list-style-type: none">• Group briefed to wash/shower on return.• Information about existing medical conditions known by staff.			Individuals to have access to own inhalers, Adrenalin auto injector or appropriate medication.		
Inappropriate behaviour.	<ul style="list-style-type: none">• Group briefing and management.• Use of 'Sin Bin' facility or suspension of activity.					
Safeguarding.	<ul style="list-style-type: none">• Group briefing and management.• Staff vigilance.					
Additional potential hazards associated with a person's disability.	<ul style="list-style-type: none">• Additional measures may need to be taken to enable visitors with a disability to access the area and engage with the activity.			<p>A discussion with the participant along with visiting staff/carers should be had to decide on the most appropriate way to access the site. Or whether a more accessible location is used.</p> <p>Additional staff may be required.</p> <p>Additional time may need to be factored into the session.</p> <p>Handling belts may be used to assist less ambulant users</p> <p>Less mobile visitors may be more sensitive to environmental conditions and need closer supervision</p>		