

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

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| 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. | <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 leading the session | | | |
| Injury. | <ul style="list-style-type: none"> Instructor must hold a current first aid certificate. First aid kit must be carried. Group size and ratios suitable for conditions and abilities. | | | | | |
| Objects from above, dislodged rocks | <ul style="list-style-type: none"> Group briefing. Group management. Monitoring of specific sites. | | | | | |

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| Extremes of temperature, Cold water. | <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.</p> <p>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> | |
| Current and volume of water. | <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> | |
| Water related infections/Weil's disease. | <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. | | | |

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| Illness. | <ul style="list-style-type: none"> • Group briefed to wash/shower on return. • Information about existing medical conditions known by staff. | | <p>Individuals to have access to own inhalers, Adrenalin auto injector or appropriate medication.</p> | |
| 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> | |