

Water Body Risk Assessment Tool

I confirm I have investigated the following. (tick relevant section once you've completed the checklist)

Name:		Fresh Water			Salt Water	
Signature:						
Date:		Pool	Dam	River	Beach	Lagoon
Activities that will / can be performed						
Identify + mitigate Risks						
Emergency Plan						

Purpose

the **Purpose** of this checklist is to identify prevalent risks, mitigate risks and have an emergency plan available.

Method

Only complete the applicable section (i.e pool, dam, river, beach etc)

Water Activity Safety Criteria

Water Activities background info	Identify which water activities will be performed (i.e. rowing, paddling, swimming, surfing, fishing)
Identified Risks	Identify and mitigate the main risks at the location that can cause injury / death
Emergency Plan	Do you have an emergency plan?

Water Activity checklist

Background Info	1	I have identified which water activities will/ can be done at the location.	
	2	I have briefed all staff: they are aware of the water activities and importance of supervising the students.	
	3	I have briefed all students before they enter the water of the rules and consequences of non-compliance (injury/ death).	
	4	I have a list of students, have done a pre-event roll call and I have provided the location manager with a list of students and assigned supervisory roles to teachers.	
	5	I will do a post event roll call when leaving the venue.	

Risks Identification and Mitigation

Pool	6	I have checked if each student can swim. (remembering that being able to swim means something different to each student).	
	7	I have checked that lifeguards are present or organised our own lifeguards.	
	8	There is a shallow end with safe entry into the pool (i.e steps / ramp?).	
	9	Deep water is clearly marked.	
	10	There are lifesaving equipment at the pool and I know where it is and how to use it.	
	11	Entrance and exit to the pool is controlled and students cannot leave without permission.	
	12	I have met location management and the lifeguard squad leader and I know who to call in an emergency	
	13	Teachers will be wearing high visibility vests / clothing and constantly supervising the students.	
14	I have identified which teachers are strong swimmers and which are CPR trained		

Pool	15	I have checked if each students can swim. (remembering that being able to swim means something different to each student).	
	16	I have checked that lifeguards are present or organised our own lifeguards.	
	17	There is a shallow area with safe entry (i.e steps/ ramp?).	

18	Dams , Lakes & Rivers	Deep water is clearly marked.	
19		There is a lifesaving device at the Dam, Lake, River and I know where it is and how to use it.	
20		Entrance and exit to the water is controlled and students cannot leave without permission.	
21		Students are wearing lifejackets if on any type of vessel / floating structure and it has been correctly tied.	
22		There is no flowing current in the river or dam and teachers / students have identified any dangerous currents.	
23		I have checked that there is no debris flowing downstream that could injure students.	
24		Animals in the area have been identified and pose no threat to students.	
25		I have identified which teachers are strong swimmers and which are CPR trained	
Emergency plan			
26	Beach	I have identified lifeguards and informed the squad leader of my group of students	
27		Students have been briefed on how to identify a lifeguard, when and how to call for their assistance and instructed to listen to the lifeguards	
28		Students have been informed that they must swim between the flags and why flags are present	
29		I am aware of the weather, tides and sea conditions on the day and how that places my students at risk.	
30		I have planned which teachers will supervise students to ensure nobody wanders off or swims in an unsafe area.	
31		I understand heat exhaustion and I know who to contact in an emergency.	
32		I have identified which teachers are strong swimmers and which are CPR trained	
Emergency plan			
33	I.C.E (in case of emergency)	I can identify the different types of emergencies that could happen at this location.	
34		I have assigned roles to teachers which they will do in an emergency (i.e.Call for help, perform CPR, standby during CPR, keep students safe, crowd control)	
35		I am aware of which students have allergies and medical conditions, what those are and who to call in an emergency.	
36		I know the emergency number 112 and if on the beach which NSRI number to call (the station closest to that beach or NSRI Emergency Operations Centre 087 094 9774)	

What to do in an emergency

1. Assess the emergency
2. Call for help (Lifeguard & 112) and keep everyone calm
3. Use Trethrog to rescue someone in trouble.
Talk to the victim and ensure he/ she remains calm
REach for the victim with a long stick and pull him/her to safety.
THRow something that floats to the victim to hold onto to stay afloat.
GO into the water only if you can swim well and you have floatation (last resort) to rescue the victim
4. Once the victim is out of the water immediately check for Hazards then **check (look listen feel) for a pulse and breathing.**
If no breathing immediately start HandsOnly CPR - 30 compressions p/cycle and do not stop compressions until ambulance arrives or the victim starts to breathe.

Push Hard & Fast In The Centre of The Chest:

- Move clothes out of the way. Place your hand in the middle of the chest on the nipple line between the nipples.
- Place the heel of one hand in the middle of the chest between the nipples. Put the heel of your other hand on top of the first hand (fingers of the top hand entangled with the bottom hand that stays flat with the palm facing downwards). It is important to keep arms straight and elbows locked.
- After each push, let the chest come back up to its normal position.
Keep pushing until the person starts to breathe or move, or someone with more advanced training takes over.

