

Lihou - Beach Swimming - Risk Assessment

What is the risk	Who Might be Harmed and How	Level of Risk	Control Measures Implemented	Remaining Risk After Controls
Tidal Currents and Swell	All participating person	High	- Swimming only undertaken off the beaches immediately in front of the house on the south side of the island and not over the causeway area - Tide times closely observed - High water swimming only - Water side observer watching the open sea for erratic swell - Throw line immediately accessible to all	Low
Open water	All participating and supervising persons	Medium	- Boundaries pointed out and enforced - Clear visual and audible signals for use in the control of swimmers - Clear positioning of person in charge of session observing with no blind spots - Consideration should be given to the use of additional persons to help monitor swimmers - Throw lines immediately to hand	Low
Hidden underwater rocks	All participating and supervising persons	Medium	- No jumping permitted - No diving permitted - Swimming at high water only is recommended - Beaches monitored for new hazards regularly	Low
Cold water	All participating and supervising persons	Low	- Warm clothes on the beach adjacent to the water - Towel close to hand - Access to Lihou house for warming and hot drinks etc - First aiders aware of the signs of hypothermia and the subsequent treatment	Low
Injury caused by any of the above	All participating and supervising persons	Medium	- First aider present during activity and in known location/RV point - First aid kit situated in the house - Eye wash in the house - Defibrillator situated in the house - Emergency services trained and familiar with the house and island and familiar with both high and low water evacuation should it be required	Low
Marine Mammals	All participants	Low	Seals are reasonably common off the beaches of Lihou, swimmers should avoid swimming in areas obviously occupied by a seal	Very Low

- The risk assessment is a general risk assessment for Lihou Island. It is not exhaustive and should be used in conjunction with a risk assessment written by the user group, making note of any special needs or issues that are specific to that group.
- For further information or to comment, please contact the warden.