



APNEA SURVIVAL – SURF APNEA COURSE - RISK ASSESSMENT

Requirements

Use this form to record any risk assessment undertaken prior to conducting any APNEA SURVIVAL – SURF APNEA training course. If utilising the same training location for multiple activities on a single day only one assessment is required unless there is a change in environmental conditions, equipment, personnel, or there is a break in the activity.

If there is a change in environmental conditions, equipment, personnel, or there is a break in the activity a subsequent risk assessment must be performed.

1. Identify the hazards

ENVIRONMENT			
Water conditions	Weather	Other	
Water temperature	Wind	Other pool users	
Pool depth	Rain		
	Sun exposure	Pool entry / exits	
	Storm /cloud cover		
	Lightening		
	Rain / hail / snow/ fog		
	Temperature		
EQUIPMENT			
APNEA SURVIVAL	Participants		
Witches’ hats (cones) – used to mark out distances on the bottom of the pool	Googles		
	Wetsuit		
COURSE ACTIVITIES			
Swimming (max 100M)	Dynamic breath holds with high O2 and CO2 (30 sec max)	Warm up - static breath holds high O2 and CO2 (max 60 - 120 secs)	
Other:			



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2. Assess risk

Consider the hazards identified in Step 1 and use the risk assessment matrix below to assess the level of risk.

Likelihood	Consequences				
	Insignificant	Minor	Moderate	Major	Critical
Almost certain	Medium	Medium	High	Extreme	Extreme
Likely	Low	Medium	High	High	Extreme
Possible	Low	Medium	High	High	High
Unlikely	Low	Low	Medium	Medium	High
Rare	Low	Low	Low	Low	Medium


Likelihood		Consequence	
Description		Description	
Almost certain to occur within the foreseeable future	Almost certain	Loss of life, permanent disability or multiple serious injuries	Critical
Likely to occur within the foreseeable future	Likely	Serious injury requiring specialist medical treatment or hospitalisation	Major
May occur within the foreseeable future	Possible	Injury requiring medical treatment or lost time	Moderate
Not likely to occur within the foreseeable future	Unlikely	Minor injury requiring first aid treatment (eg minor cuts, bruises, bumps)	Minor
Will only occur in exceptional circumstances	Rare	No Treatment required	Insignificant

3. Control the risk

Use the table below to:

- List the hazards/risks identified in Step 1
- Rate the risk level utilising the table in Step 2
- Detail the control measures to be implemented in order to eliminate or minimise the risk.

Note: Control measures should be implemented in accordance with the preferred hierarchy of control. If lower level controls such as Administration or Personal Protective Equipment are to be implemented without higher level controls it is important that the reasons for this action are explained and recorded

Hierarchy of control	
<p>Most effective (high level)</p>  <p>Least effective (Low level)</p>	Elimination: remove the hazard completely from the range (e.g. remove the drainage grate, tree, garden bed)
	Substitution: use different training range (e.g. different location)
	Redesign: re-design the range layout to make the manoeuvre safer
	Isolation: separate people from the hazard (e.g. safety barrier)
	Administration: putting rules, signage or training in place to make a workplace safer (e.g. induction training, highlighting hazards)
	Personal Protective Equipment (PPE): Protective clothing and equipment (e.g. gloves, helmets, enclosed shoes, Hi visibility vests)

Hazard / Risk Control Measures

Description of Hazard / Risk	Risk level	Control Measures
Water Conditions Weather Other Apnea Survival Participants	Low	Safety Briefing
Sunburn / hyperthermia	Low	Wetsuits, rash shirts, hats, sunscreen, regular breaks in shaded areas
Cold / Hypothermia	Low	Wetsuits, regular breaks
Course activities	Low	Safety briefing, short duration activities, long recovery and rest periods
Loss of motor control	Low	<ol style="list-style-type: none"> 1. All breath holds are of durations that do not present any opportunity of cerebral hypoxia. 2. All breath holds are performed with high levels CO₂ in the body ensuring the urge to breathe is present prior to any risk of cerebral hypoxia.



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		<ol style="list-style-type: none"> 3. All participants complete a freediving medical / pre-screen check list prior to participating in the course. 4. All participants are provided a safety briefing in relation to Black out and Loss of Motor control. 5. All participants are provided instruction of how to use a buddy safety system and rescue a person who has suffered a black out and loss of motor control. 6. Participants use the buddy safety systems throughout the course. 7. All activities are supervised by a certified Freediving and/or Apnea Survival instructor
Black out	Low	<ol style="list-style-type: none"> 1. All breath holds are of durations that do not present any opportunity of cerebral hypoxia. 2. All breath holds are performed with high levels CO₂ in the body ensuring the urge to breathe is present prior to any risk of cerebral hypoxia. 3. All participants complete a freediving medical screen and check list prior to participating in the course. 4. All participants are provided a safety briefing in relation to Black out and Loss of Motor control 5. All participants are provided instruction of how to use a buddy safety system and rescue a person who has suffered a black out and loss of motor control. 6. Participants use the buddy safety systems throughout the course. 7. All activities are supervised by a certified Freediving and Apnea Survival instructor
Other:		



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Completed Risk Assessment			
The Apnea Survival – Surf Apnea course and program will be delivered in accordance with this risk assessment, implementing the control measures outlined in Step 3. Changes will be made, if required, to manage any emerging risks to ensure safety.			
Location of Operation:			
Contact Person:		Date:	
List all persons involved in the preparation of this risk assessment			
Name	Email	Phone	

4. Monitor and review Controls

Complete during and / or after operation		
	Yes	No
Will the planned control measures sufficiently and effectively minimise the risk level?	X	
Have there been any changes to the planned control measures?		X
Are further control measures required in future?		X
Other:		
Reviewed by:		Date
Signature of reviewer		