



RISK ASSESSMENT – COLD WATER IMMERSION WORKSHOP

Requirements

Use this form as a template to record any risk assessment undertaken prior to conducting any APNEA SURVIVAL – COLD WATER IMMERSION WORKSHOPS. Only one assessment is required unless there is a change in environmental conditions, equipment, or procedure.

1. Identify the hazards

ENVIRONMENT				
Water conditions		Weather		Other
Water temperature		Wind		Deck surface condition
Water depth		Rain		
		Sun exposure		Deck entry / exits
		Storm /cloud cover		
		Lightening		
		Rain / hail / snow/ fog		
		Temperature		
EQUIPMENT				
APNEA SURVIVAL		Participants		
Witches' hats (cones) – used to mark cordon area used for CWI		Swimmers		
		Towels		
		Warm clothing		
COURSE ACTIVITIES				
Breathing exercises		Cold Water Immersions (1min in 1min out) x 5		Cold Water Immersions 3.30min from time of relaxed breathing
Other:				

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 Ice and cold water CWI Participants	Low	Safety Briefing
Sunburn / hyperthermia	Low	Wetsuits, rash shirts, hats, sunscreen, regular breaks in shaded areas
Cold / Hypothermia	Moderate	Safety briefing, behavioural controls, warm clothing, regular breaks
Course activities	Low	Safety briefing, short duration activities, long recovery and rest periods, buddy system / spotter. Rates of exertion are kept to 70% of maximum.



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Loss of motor control	Low	<ol style="list-style-type: none"> 1. CWI durations that do not expose participants to any risk of hypothermia 2.All CWI performed with relaxed breathing and terminated with loss of breath control 3.All CWI pax complete medical / pre-screen check list prior to participating in CWI 4.All participants are provided a safety briefing in relation to hypothermia and stress control 5.All participants are provided instruction of how to use relaxed breathing exercises and maintain warmth 6. Participants supervised by instructor during CWI 7. All activities are supervised by a certified Apnea Survival CWI instructor 8. All instructors are first aid and CPR qualified.
<p>Other: All Instructors have complete CWI instructor certifications and first aid training.</p>		



APNEA SURVIVAL

Completed Risk Assessment			
The Apnea Survival – Surf Survival and Freedive trainings and programs 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:	Tweed Shire Council - South Tweed indoor, Murwillumbah and Kingscliff aquatic centres		
Contact Person:	Jason Rice	Date:	11/08/2022
List all persons involved in the preparation of this risk assessment			
Name	Email	Phone	
Jason Rice	jason@apneasurvival.com.au	0407787822	

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		