

## RAID FREEDIVER - RISK ASSESSMENT

Date of Freediving session: 21/08/2018  
 Location of Freediving: Open Water - Vobster  
 Risk Assessment completed by: David Collom  
 Date of this Assessment: 20/08/2018

	DESCRIPTION OF HAZARD	PERSONS AT RISK	POTENTIAL RISK	MITIGATION	ACTION TAKEN IF OCCURS	SEVERITY X PROBABILITY			RISK RATING WITH CONTROL MEASURES IN PLACE
						S	P	TOTAL	
1	Adverse or changeable weather conditions	Students	Personal injury	If weather is extremely bad then keep dives close to shore.	If lightning then immediately exit water				LOW
2	Adverse Visibility	Students	Personal injury	Brief students on the use of dive lines and their purpose. Follow strict buddy procedures and keep strict watch on depths. Ensure lanyards are being used at all times. Try moving to a shallower site where the bottom can be seen.	Constantly re-evaluate the conditions. If it becomes too poor then abort the dives.				LOW
3	Slips and trip hazards	Students	Personal Injury and/or damage to property	Remind students to keep close eye on their gear. Warn them to be aware of Scuba diving equipment	Follow first aid procedures. Inform Vobster staff				LOW
4	Getting stuck under levels in confined water section or banging head on levels	Students	Personal injury	If the confined water section has to be used then remind students constantly of the issues. Instructor to remain under the water at the deep section during dives to prevent student banging head or going under the level. Keep buddy procedures as well. Ensure students look where they are going during the dynamic swims.	Follow first aid procedures.				LOW
5	Getting entangled with lanyard on a different dive line on the platform	Students	Personal injury	Remind students that the lines are not heavily weighted so they must keep correct orientation. Keep strict buddying procedures and instructor monitoring lines and dive from surface	Student, buddy or instructor (whichever quicker) removes lanyard from line and guides student to surface. Instructor removes all other students on the surface away from the lines and assists untangle and to prevent students coming up under the platform. Instructor to use line cutter as last resort.				LOW
6	Underwater structures and line	Students	Personal injury	Warn students of the dangers of encountering submerged structures. Ensure strict buddy procedure is adhered to, with line-of-sight measures added. Line cutter for instructor.	Let the buddy start the rescue. Assuming student is trapped, call for help to Vobster staff immediately. Follow buddy to assist whilst ensuring the other divers are all safe and above water. Follow BO procedures and first aid/cpr if needed.				LOW
7	Loading and unloading kit related injury	Students	Personal Injury and/or damage to property	Delegate kit handling to other instructors and more capable students. Explain precisely where you want kit to be placed.	Follow first aid procedures.				LOW
8	Entering and exiting the water.	Students	Personal injury	Get students to enter one at a time, using ladders or from seated on the edge of the water. Ensure the area is clear of submerged scuba divers. Exit using the ladders when in the water.	Follow first aid procedures.				LOW
9	Injury or panic through encountering marine organisms	Students	Personal injury	Explain what they may encounter, what to do during an encounter and how to behave. Address any fears before the dive begins.	Remove the diver from the water. If panic is the issue, not let it affect the other students. Follow first aid procedures.				LOW
10	Other water users acting dangerously or interfering	Students	Personal injury	Talk to the other users to inform them of your activities, explaining what you will be doing and what it will look like. Asking them to keep a sensible distance.	If they don't abide by your requests, move location.				LOW
11	Scuba divers on same lines as freedivers	Students	Personal injury	If the scuba divers are passing by, then wait for them to move on. If they are coming up the line then move.	Wait for them to move or move lines				LOW
12	Surfacing under the platform	Students	Personal injury	Only advanced freediving students or higher on the platform. Remind them of hazard. Strict buddying procedures. Keep instructor or buddy at surface to pull line away from the side of the platform or push divers out of the way	Prepare for the possibility of SWB. Check for injury and concussion.				LOW
13	Exposure	Students	Personal injury	Ensure all students are adequately protected from the heat and cold. In cold water environments make sure all wetsuits fit well and are thick enough. In warm environments ensure the wetsuits are not too thick, and that they can remove them during long periods out of the water. Inform students of the signs of both, and keep watch yourself.	Cool/warm the victim appropriately. Remove/add clothing. Administer cool fluids/warm fluids.				LOW
14	Hyperventilation	Students	Personal injury	Warn of the dangers of hyperventilation. Get buddy pairs to help each other avoid the process.	Follow the student through the breathing process on a few occasions to ensure they follow the guidelines.				LOW
15	SWB / LMC	Students	Personal injury	Explain the signs from both points of view. Tell them not to push their limits. Ensure buddy is capable to rescue at the divers maximum depth. O2 to be available. Strict buddy procedures.	Rescue from water and revive if necessary.				LOW
16	Lung squeeze	Students	Personal injury	Slowly increase the dive depths to promote blood shift. Explain the signs of lung squeeze. Ensure no-one hides the symptoms.	Stop the diver diving for the rest of the day. Seek medical attention.				LOW
17	Failure to equalize	Students	Personal injury	Ensure techniques are explained prior to open water sessions. Get them to dive slowly - possibly upright if needed until equalisation is achieved.	Get the diver to take a break for a while and to concentrate on shallow pleasure dives until they are more relaxed. Do not slow the class up too much by concentrating solely on one divers problems. Come back to the problem diver after a short while and approach the problem again.				LOW
18	Show-offs!	Students	Personal injury	Be aware of those who may want to display their prowess possibly at their own risk. Get them to help other students in achieving shallower depths, use them as buddies or buddies for the rescues rather than let them get bored.	Keep them occupied. Tell them off if they are being annoying!				LOW
19	Purposefully dangerous or obviously irresponsible behaviour from students	Students	Personal injury	Be wary of those who may try to bring attention to themselves through poor behaviour. Talk to students about the dangers they will face and how they must take everything you say seriously and to pay attention at all times.	Anyone causing undue disruption can and will be excluded from the process. Explain your reasons.				LOW
20	Equipment failure / wrong equipment	Students	Personal injury	Keep a backup of all items. Make sure at least 2 types of mask are available to the students.	Offer exercises which wont use that item of equipment. Share items between students.				LOW
21	Poor Buoyancy	Students	Personal injury	Make sure each student is weighted correctly. Each student to be assessed individually with a buoyancy check. If student is convinced they need more weight to get down, show them what you can do with no weight and with a proper duckdiving/finning technique.	Adjust weighting.				LOW
22	Equipment being used incorrectly	Students	Personal injury	Make sure each student has been briefed on the correct use of every item they will be using. They must also be taught how to use the items in open water.	Demonstrate correct technique again for all students.				LOW
23	Dehydration	Students	Personal injury	Warn of the dangers and signs of dehydration and sunstroke. Keep students well hydrated with a more than adequate supply of fluids.	Remove the affected diver from the course for the day, or until they have beyond all doubt recovered. Give them their own personal water supply, possibly enriched with hydration salts.				LOW
24	Sunburn	Students	Personal injury	Keep a supply of sunscreen to hand and ensure students are all using some.	Get burnt student in to the shade and supply with plenty of water and if possible, aftersun				LOW
25	Stress & Panic	Students	Personal injury	Ensure a relaxed and steady breathe-up. Don't push the students in to doing anything too advanced too quickly. Discuss any fears prior to the dive or breath hold.	Don't let one students fears transfer to others. Keep the others occupied whilst you deal with the situation. Talk to them about the precursor to their panic or stress and deal with it step by step. If possible start the exercises again.				LOW

Risk scoring - Multiply probability by severity to find residual risk S x P = R

<b>SEVERITY</b> 5 Fatality or disaster 4 Major injury 3 Reportable injury or occurrence 2 Minor injury, less than 3 days lost time 1 Minor injury, no lost time	<b>PROBABILITY</b> 5 Highly likely 4 Very likely 3 Likely 2 Unlikely 1 Very unlikely
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