

ISAF NTP - Appendix 2E – Sample Risk Assessment Form – V3 19.09.2014

Training Venue

Risk Assessment form

Discipline: Dinghy Sailing

Date: DD/MM/YYYY

- A. Identified hazards.
- B. Associated risks
- C. List all the user groups who are at risk, *Participant – Coach – Other.*
- D. Ways in which the risk is to be managed to an acceptable level

Completed By:

Updated: DD/MM/YYYY

A Identified Hazards	B Risk Identified	C Who may be affected	D Safety Management and Controls put in place.
General			
Falling / Jumping out of the boat.	Not being able to get back in.	Participants	Participants discouraged from standing whilst sailing. All Coaches trained to recover a participant from the water.
Public impacting on session.	Disturbance, complaints, violence	All participants and Coaches	Lead Coach to avoid very busy locations.
Participant leaving operating area	Lost Participant	All Participants	Participants to be briefed on risks of wandering off and lead coaches to be observant.
Drowning	Death	All participants	Water confidence checked prior to going afloat. Buoyancy Aids provided. Safety boats on water.
To long or intensive practical sessions	Members of the group getting tired.	Group members	Coaches set an activity as appropriate to the capabilities of the group prior to the session and weather dependent. Pace set to the group's ability.
Medical			
Sharp objects on the group / seabed.	Injured feet	Coaches / Participants	Appropriate footwear advised at all times for participants
Participant accident while shore side.	Personal Injury	Coaches / Participants / 3 rd Party	Participants briefed, observation & coaches supervision if necessary.
Moving equipment	Injury caused by lifting and carrying equipment	All participants and coaches	Participants and coaches briefed on correct techniques.
Collisions	Resulting in trapped fingers	All participants and members of the public. Coaches.	Clear briefing given warning of hazards.
Member of the group having a medical problem / emergency.	Requiring medical assistance / Death	All participants	Coaches are aware of any medical conditions within the group. Coaches are 1 st aid trained and carry first aid kits. VHF is to be used for communication with shore base and channel 16. Flares to be carried.
Rough sea state	Sea sickness	Some participants	Casualty to be returned to the shore as soon as possible.

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Sailing-specific			
Strong winds	Strong winds leading to multiple capsize	Participants	All coaches understand coaches and Venue Manage aware of forecast for the day, and any influencing local effects. Reef early, or return to nearest shore.
Boom	Head injury	Participants / Coaches	Participants to be briefed on appropriate technique to avoid boom. Consider using helmets if available. In the event of an unconscious victim VHF is used to call for assistance. 1 st aid kits, and flares carried in safety boats.
Trapeze hook getting caught in rigging.	Entrapped participant	Participants	Make sure that buoyancy aid is worn over the top of everything. Windproof is worn under the trapeze harness. Hooks are checked regularly to make sure they are clear. A briefing is giving to users, to make sure they can undo the hook quickly.
Inversion	Inversion leading to entrapment.	Participants	Masthead buoyancy to be made available to all catamaran and two person dinghies. All boats to be righted ASAP under ISAF recommendations.
Fleet star burst	High Performance Dinghies and Catamarans being faster than most boats can cover a larger area in a short time. Therefore the risk of not getting to an incident is quickly is increased.	Participants	A strict briefing on sailing area and limits or enforced. Fleet provided with a specific safety boat / coach boat.
Being hit by another participants boat or equipment.	Personal injury	Participants	Provide participants with enough space between craft to avoid injury.

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Environment			
Shallow Water	Grounding / personal injury if jumping from boat.	All Participants	Be aware of tide times, and chose sailing area appropriately. Explain how to enter the water safely from the water
Cold / Poor weather	Hypothermia	All participants	Coach in charge to ensure participants wear appropriate clothing and that the activity is kept to a suitable length for the conditions.
Currents	Swept from sailing area	All Participants	Always check tidal direction before launching. Head against tidal flow.
Animal sting / bite	Poisoning or Allergic reaction leading to a life threatening medical emergency	Coaches and Participants	Coaches being aware of wildlife in local habitat, footwear worn to avoid stings to feet. If creatures are spotted which present a risk move participants ashore or to an alternative sailing area.

SAMPLE