

# SAFETY ACTION PLAN

ACTIVITY: SWIMMING HOLE  
LOCATION: RIVERSIDE

## GROUP LEADER...

## PARTICIPANTS...

## INSTRUCTOR...

## RESTRICTIONS

- Group leader to run after being trained by TS Instructor
- Disclose relevant medical conditions
- Fulfil responsibilities in SAP below
- Responsible for overall group management
- Be a competent swimmer

- Togs or suitable attire for getting wet.
- Towel + warm clothes for afterwards
- Must wear a buoyancy aid if not a confident swimmer

- Pass internal training and assessment program
- Current first aid certificate

Not recommended for under 5yrs  
Non swimmers

RATIOS (not including instructor)

1 adult : 5 students

What could go wrong? 'The potential harm'	What would cause it to go wrong? 'The hazard'	How could we prevent it from going wrong? 'The mitigation'	Responsibility of?	When will it be done?	Emergency Plan
Death/Serious Injury (Drowning)	<ul style="list-style-type: none"> <li>- Poor supervision</li> <li>- Failure to follow instruction re: procedures and boundaries</li> <li>- Participants unable to swim</li> <li>- Flooded river</li> </ul>	<ul style="list-style-type: none"> <li>- Clear instructions are given</li> <li>- Listen attentively and follow instructions</li> <li>- Unconfident swimmers shouldn't enter the water without a buoyancy aid</li> <li>- Swimmers under 14 must be supervised by an adult (who can competently swim)</li> <li>Activity must not take place while river is in flood</li> </ul>	<ul style="list-style-type: none"> <li>Participants + Group leaders</li> <li>Participants + Group leaders</li> </ul>	<ul style="list-style-type: none"> <li>Before &amp; During</li> <li>During</li> </ul>	<ul style="list-style-type: none"> <li>Suspected major injury</li> <li>- All to vacate area</li> <li>- Group leader to coordinate first aid</li> <li>- Group leader to arrange for ambulance or extra assistance</li> <li>- Inform host of incident immediately and fill out appropriate forms</li> <li>- Assess if activity can continue</li> </ul>
Impact Injury (Water, surface, river bed, or other person)	<ul style="list-style-type: none"> <li>- Submerged object</li> <li>- Shallow water</li> <li>- Inappropriate entry to water</li> <li>- Failure to apply instructions given</li> <li>- Slipping off the bank</li> </ul>	<ul style="list-style-type: none"> <li>- Pre-check river for hazards and correct depth</li> <li>- Safe jumping technique</li> <li>- Listen attentively and follow instructions</li> <li>- Clients to use caution when observing from the bank, waiting to get into the stream</li> </ul>	<ul style="list-style-type: none"> <li>Participants + Group leaders</li> <li>Participants</li> <li>Participants</li> </ul>	<ul style="list-style-type: none"> <li>Before</li> <li>During</li> <li>During</li> </ul>	<ul style="list-style-type: none"> <li>- Inform host of incident immediately and fill out appropriate forms</li> <li>- Assess if activity can continue</li> </ul>
Entrapment	<ul style="list-style-type: none"> <li>- Foreign objects in water</li> <li>- Swimming in or around trees</li> </ul>	<ul style="list-style-type: none"> <li>- Check for foreign objects before jumping it the water.</li> <li>- Avoid trees and other foreign objects whilst swimming</li> </ul>	<ul style="list-style-type: none"> <li>Participants + Group leaders</li> </ul>	<ul style="list-style-type: none"> <li>Before &amp; During</li> </ul>	<ul style="list-style-type: none"> <li>- Group leader to pull participant out of river</li> </ul>
Exposure to Elements (sun, wind, temperature)	<ul style="list-style-type: none"> <li>- Long periods out in the sun or wind and rain without correct clothes</li> </ul>	<ul style="list-style-type: none"> <li>- Move to an indoor Activity during "bad weather"</li> <li>- Ensure the group has adequate clothing</li> </ul>	<ul style="list-style-type: none"> <li>TS instructor</li> </ul>	<ul style="list-style-type: none"> <li>Before</li> <li>Before &amp; During</li> </ul>	<ul style="list-style-type: none"> <li>Other/ Minor Injury</li> </ul>

Please note: The Instructor may cancel this activity at any time if conditions outlined in this SAP are not able to be achieved or maintained. **Serious Hazards are highlighted**

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			Participants + Group leaders		- Group leader to administer first aid
Psychological Harm	- Being bullied or forced to participate	- Challenge by choice - Group encouragement	TS instructor Participants + GL	During	

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