

Leeds University Union

Risk Assessment

Name of Group	Leeds Surf Club	Date of Assessment	06/07/2010
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Hazards?	Who might be harmed and how?	What are you doing already?	What further action is necessary?			
			Action required	By whom	When	Done
Drowning (high risk)	All members	Briefing on sea safety before lessons, swimming between the black and white chequered flags.	Reminders before each trip/session. Giving people the number for the coastguard	Committee and instructors	Before each lesson or trip	
Exposure to extreme temperatures (medium/low risk)	All members	Careful planning of trips, advise on appropriate clothing, hiring of adequate clothing.	Advise on how to stay warm when getting out of the water and to bring dry clothes	Committee	Before each trip	
Lifting heavy items (low risk)	All members	Briefing on safe carriage of boards.	Ensure that there is an even distribution of people carrying items	Committee	During board storage	
Jewellery (low risk)	All members	Ensuring that people remove jewellery	Remind people before trips and in lessons	Committee and instructors	Before each lesson or	

Slipping (medium risk)	All members	Advise on appropriate footwear	Remind people to be aware of their surroundings	Committee	trip				
Dehydration (low risk)	All members	Reminding members to bring water to the beach	Ensure members have brought water with them	Committee	Before each session				
Getting swept out on a rip tide (high risk)	All members	Briefing on how to get out of the sea safely	Reminding of safety rules before each trip/lesson	Committee and instructors	Before each trip or lesson				
Caught on rocks (high risk)	All members	Briefing on safety before trips	Advise people to have a buddy to look out for them in the sea	Committee	Before each trip				
Hitting head (medium/low risk)	All members	Reminding members that they must sit out if they feel unwell	Advise people to tell their buddy if they hit their head	Committee	Before each trip				
Surfers myelopathy (low risk)	All members	Proper extension on how to avoid hyperextension of the back	Remind members of the risk of hyperextension	Instructors	Before lessons				
Surfers ear (low risk)	All members	Careful planning of trips (not in cold)	Advise members not to go in on extremely	Committee	Before each trip				

	temperatures)	cold or windy conditions or invest in a neoprene cap		
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Carried out by **Jessica Barrett**

Review Date 14th July 2010

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