

Risk assessment for coasteering at Abereiddy

| Hazard | Control to minimise risk |
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| Weather / sea conditions | Instructors must operate within their own capabilities and stipulations of the centre's technical advisor. If the Blue Lagoon is too rough then the activity should be abandoned and an alternative sought. Return to the centre or phone in. |
| Rips and currents | Instructor awareness of their position and strength. |
| Hypothermia / water temperature | Ensure the group is adequately warmed up and observed for signs of cold. The kit bag must be taken in cold weather along with a sleeping bag (kept in the van). |
| Wind chill | Wearing of cagoules where necessary and appropriate route choice. |
| Falling from rocks | Appropriate route choice and spotting. |
| Being washed onto rocks | Instructors need to read the water before and during swimming activity, fully brief and spot clients. |
| Falling rocks | Avoid the base of the east cliff in the Blue lagoon. |
| Drowning | Well fitted buoyancy aids (BAs') and avoiding excessively rough aerated water. |
| Metal quarry spikes | Good spotting and instructor awareness. |
| Loose cliff edges | Awareness of potential risks particularly on the man made cliffs by the jump site. |
| Jumping related injuries | Progressive jumping training in techniques and spotting of the jumper off the jump site. No jumping above the height of 30 feet. |
| Hitting rocks when jumping | If more than one large step is needed to clear the rocks, then the jump should not be done. |
| Landing on submerged rocks | Instructors to check any jumps first and be aware that safe landing areas can change in rough weather. |
| Fast flow of water out of the lagoon | If there is fast flowing water then the instructor must be placed in an area to help stop clients being washed out of the lagoon. |
| Headland cave | At low tide, with minimal swell the cave can be entered. Otherwise tidal and swell related currents and side passages can make it hazardous. |
| Areas of turbulent water | Only send clients in after careful observation. |