

Adventurous activities have great benefits but entail some inherent risk of injury. Participation indicates acceptance that accidents and injuries can happen even after reasonable and practicable steps have been taken to ensure that significant and likely risks are managed and reduced by The Walrus Cruise Leadership Team... without any contributory negligence on their part.

Keelboat sailing	Risk	Benefit	Analysis (risk mitigating factors)
	<p>Hazards generic to activity</p> <ul style="list-style-type: none"> • Drowning • Major injury (including concussion) • Minor injury such as cuts and bruises • Entrapment • Lifting heavy items • Fire • Hypo/hyperthermia • Extreme weather • Getting on/off a boat when alongside <p>Hazards specific to the Norfolk Broads</p> <ul style="list-style-type: none"> • Other craft, especially motor cruisers hired by inexperienced people • Narrow rivers and moored craft • Shallow water • Erratic wind around trees/buildings • Bridges and lowering the mast • Quanting • Southern Comfort (large tour boat in the Horning to Ranworth area) 	<ul style="list-style-type: none"> • Great fun! • Learning new skills • Building confidence • Positive mental attitude • Health and wellbeing • Physical development • Teamwork and cooperation • Social and communication skills • Situational/environmental awareness • Understanding hazards • Dealing with adversity • Perseverance • Responsibility • Leadership • Expanding recreational horizons • Real-world experience • Discovering the natural world 	<p>Leaders (volunteers)</p> <ul style="list-style-type: none"> • Each yacht is skippered by a Leader with an RYA qualification (preferably Keelboat Instructor or similar) and sailing experience relevant to the Norfolk Broads (i.e. lowering the mast, quanting and manoeuvring around Southern Comfort and other craft) • New Leaders are carefully vetted, and references are taken up. They undergo a DBS Enhanced Disclosure and are required to gain an RYA Safe and Fun certificate. • RYA instruction is undertaken with guidance from a Keelboat Senior Instructor • The maximum Leader to Crew ratio is 1:5, and is often nearer 1:2 • Leaders meet daily for a review/briefing and at the start/end of each Cruise • Further reviews and training take place in the annual Leaders' Meeting • A suitably qualified Leader is the Leader i/c Health and can issue basic medications <p>Crew</p> <ul style="list-style-type: none"> • Parent/Crew sign a statement to say they will obey the instructions of the Leaders • Activities are tailored to the ages and abilities of the Crew on each yacht • Tiered responsibilities are assigned and explained: midshipman, bosun, QM + Bilge 'boy' • All Crew are encouraged to share the management of risks • Daily inspections (Once-Overs) are carried out to ensure safe readiness to sail • Evening sessions go through RYA theory, which is built upon whilst sailing <p>Equipment</p> <ul style="list-style-type: none"> • Crew are provided with an appropriate clothing list prior to their arrival • The boatyard provides size appropriate life jackets (or buoyancy aids) • Loose sandals (such as flip-flops) and wellingtons are not permitted when on the water • A limited number of spare waterproofs, gloves and hats are provided as needed • Each boat is provided with a Boat Handbook which describes the 'operational procedures' • This includes H&S individual forms to be taken to hospital in case of a serious injury • The SCCSC has created safety guidance (best practice) from their accumulated experience on the Norfolk Broads, which is issued to all Leaders and included in the Boat Handbooks • Each boat is provided with an appropriate First Aid kit • The boatyard provides information on boat equipment such as the engine, filters and gas • The Boat Handbook contains a list of items to check before leaving the boatyard <p>Sailing area</p> <ul style="list-style-type: none"> • West: Wroxham Bridge; North: Stalham; East: Horsey Staithe; South: Acle Bridge • Daily briefing to decide activities and moorings according to weather forecast and tide

Remember:

- All participants must take responsibility for their own safety and that of those around them to the best of their knowledge and ability (whilst complying with the safety regulations provided) and should ensure that they have an adequate level of fitness.
- Life jackets must be worn when under way and done up, including the crotch strap.
- Help and guidance at all levels are best delivered in small doses... the KISS principle (Keep It Short and Simple).

	Risk	Benefit	Analysis (risk mitigating factors)
Dinghy sailing	<ul style="list-style-type: none"> Drowning Injury (including concussion) Entrapment Capsize/swamping Exposure to extreme weather 	<ul style="list-style-type: none"> Many of the benefits of keelboat sailing Learning new skills Single sail (lugsail) and centreboard Responsiveness/manoeuvrability Can be rowed Independence Testing sailing skills 	<ul style="list-style-type: none"> Crew must ask permission of their Leader A Leader on watch and wearing a life jacket Designated rescue boat either with the dinghy or ready to go at a moment's notice Minimum of 2 Crew members or a Crew member and a Leader Agreed area boundary Oars provided in case sailing proves ineffective Agreed signals to return or needing assistance
Living on board	<ul style="list-style-type: none"> Abuse Suffocation Fire Minor injury such as cuts Illness including food poisoning Weil's (Leptospirosis) and other diseases Getting on/off a boat when alongside Loss of/damage to personal belongings 	<ul style="list-style-type: none"> Health and wellbeing Teamwork and cooperation Social and communication skills Understanding hazards Responsibility Learning to cook Developing life skills Real-world experience Expanding recreational horizons 	<ul style="list-style-type: none"> All Leaders are carefully vetted, and references are taken up. They undergo a DBS Enhanced Disclosure and are required to gain an RYA Safe and Fun certificate. Careful attention to personal hygiene (inc any government regulations in force) Land-based and cruiser toilets used whenever possible with Leader informed if walking far Hand wipes and anti-bacterial gel provided to clean hands, Waterproof plasters for all cuts, however small A suitably qualified Leader is assigned as the Leader i/c Health and can issue basic medications such as paracetamol and ibuprofen All Crew are encouraged to share the management of risks, and responsibilities assigned The gas is switched off at the bottle overnight and ventilation is maintained The boats are either moored with the cockpit against the shore or stern on Crew mobile phones switched off most of the time on board and stored in a sealed box
Field games	<ul style="list-style-type: none"> Abuse/abduction Injury (including concussion) Over enthusiastic competitiveness 	<ul style="list-style-type: none"> Health, wellbeing and fitness Teamwork and cooperation Social and communication skills Variety of experience Expanding recreational horizons 	<ul style="list-style-type: none"> Leader defined recreational area and timing Crew must ask permission of their Leader if the area is away from the fleet mooring and there should be at least 2 Crew members together Leader led activities are tailored to the ages and abilities of the Crew involved Involvement of anyone interested to be encouraged
Walk to the sea	<ul style="list-style-type: none"> Being run over by a vehicle Getting lost Drowning Hypo/hyperthermia 	<ul style="list-style-type: none"> Health, wellbeing and fitness Social and communication skills Variety of experience Relaxation Expanding recreational horizons Opportunities for chats and whole Cruise interaction 	<ul style="list-style-type: none"> Walk together as a group, pausing for stragglers as needed Leaders at the front, back and in the middle of the group Use paths, avoiding the road as much as possible (single file if not) Take a first aid box, sun screen and drinking water Sea 'splash' NOT swim, no-one allowed to be out of their depth and a strong swimmer Leader on watch, preferably with a lifeguarding qualification
Driving	<ul style="list-style-type: none"> Collision Leaving the road Major injury (including whiplash) Entrapment Fire 	<ul style="list-style-type: none"> Flexibility to moor in different places even if a cruiser can't get access (such as through Potter Bridge) Collection/delivery of crew from/to railway station 	<ul style="list-style-type: none"> Leader (driver) must be 21+, have a 'clean' full licence and be insured to carry passengers Crew (at least 2) must be in 3-point seatbelts (or better) Leaders are reminded to drive cautiously and according to the Highway Code Vehicles used must be in good working order with an up-to-date MOT Doors are to be left unlocked when carrying passengers