

# Adventure Sunderland

## Activity Risk Assessment



### Water Jumps

**Location: Sunderland Marina and Harbor, Tidal River Wear**  
Any areas outside of this need a site specific risk assessment and management approval

Hazard	Potential harm	To Whom	Control Measures
Jumping from Height	Personal injury / drowning	Staff and participants	Instructors discretion on how many participants can jump in at a time, this is determined by weather, the group's ability and location. Participants can jump together but must be at least be an arm's length away, participants must NOT hold onto each other while jumping. Weaker swimmers/ jumpers are advised to start off at lower heights and build their way up. Instructor MUST always bring a throw line and participants informed on the use. Instructors discretion on whether they should take a paddle or sling to assist swimmers in the water. Participants must NOT jump until the instructor states it's safe to do so.
Fall from Height	Personal injury	Staff and participants	When not participating in the jumping activity all must keep 2m from the take off edge or be behind a physical barrier.
Poor landing / Encountering bankside	Personal injury / drowning	Staff and participants	Staff to ensure participants clear the takeoff area with spotting / guiding of the jumper if needed.
Front Flips / Diving	Personal injury	Staff and participants	Staff discretion to the group's ability. Should the instructor allow the group to do flips it will only be front flips, backflips are not advised. The highest point the participants can flip from is the head height of the individual jumping.

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			<p>Diving is permitted from &lt;1m (the height of the wave brake)</p> <p>Participants with recent previous injury are advised not to flip or dive</p> <p>Instructor to make sure the area is clear of debris/ other participants in the water.</p>
Bottoming Out	Personal injury / drowning	Staff and participants	<p>Staff to ensure the landing area is of sufficient depth for the height of jump and size of group.</p>
Entanglement	Personal injury / drowning	Staff and participants	<p>Staff to ensure the landing area and surroundings are free from underwater obstructions and debris.</p> <ul style="list-style-type: none"> <li>• Instructor to always carry a knife.</li> </ul>
Cold Water Shock	Drowning	Staff and participants	<p>In very low temperature conditions (water temp less than approx. 10C) ensure participants are acclimatised by partial immersion before jumping.</p> <p>In cold conditions staff to brief participants to breath out / shout etc on landing.</p>
Slips, trips, falls	Personal injury, hypothermia, drowning	Staff and participants	<p>Be extra careful on the marina walkways following periods of rain or if there has been an overnight frost.</p> <p>Ensure that none of the participants run on the walkways or jumping area.</p> <p>Staff to brief participants on potential hazards such as glass, seaweed and discarded rope and strategies to avoid hazards.</p>
Water	Hypothermia, drowning	Staff and participants	<p>Staff to control numbers of participants in the water at any one time such that all participants can be accounted for at all times.</p> <p>Non swimmers to be identified and closely monitored at all times.</p> <p>No gum/food to be consumed when jumping.</p> <p>Correctly fitted BA's and helmets to be worn at all times.</p> <ul style="list-style-type: none"> <li>• Staff to carry throwline at all times.</li> </ul>
Effects of weather	Hypothermia, Hyperthermia, Sunburn	Staff and participants	<p>Weather forecast obtained before activity, weather forecast posted on notice board in office.</p> <p>Visual inspection of weather conditions before the activity commences.</p> <p>Abandon if weather deteriorates.</p> <p>Ensure adequate warm and protective clothing for the prevailing weather.</p> <p>Advice all involved to use sun cream during sunny weather.</p>

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			<p>Take rest breaks in hot weather.</p> <p>Use activity to keep participants warm in cold weather.</p> <p>Use group shelter to provide a temporary respite.</p>
Person under the influence of drugs / alcohol	Personal injury	Staff and participants	<p>Staff to exclude anyone who is apparently under the influence of alcohol or drugs.</p> <p>Tests or physical proof is not required, the instructors decision is final.</p>
Water quality	Disease, illness	Staff and participants	<p>A pre-session visual check of the area, along with data from Northumbria water / SSRS app will assist the Lead Instructor in making an informed decision on the activity/location.</p> <p>Ensure all staff and participants wash their hands before either drinking or eating.</p> <p>Emphasize good personal hygiene.</p> <p>Cover all cuts and grazes with waterproof dressings.</p> <p>If the area of operation is particularly heavily contaminated with oil or debris then staff member should consider modifying the session or relocating.</p>
Stings and cuts	Personal injury	Staff and participants	<p>Instructor to ensure that all participants are wearing robust footwear and arms legs are covered in periods of weather conditions where jelly fish may be encountered.</p>

Risk assessments are to be reviewed on an annual basis unless an incident occurs, which then dictates immediate review of the risk assessment.

This Review completed by: Mike Clapham

Signed: *Mike Clapham*

Date: 07/01/2026

This version checked by: Mike Clapham

Signed: *Mike Clapham*

Date: 07/01/2026

To be completed by Centre Manager:

I consider this risk assessment to be suitable to control the risks to the health and safety of both employees undertaking the tasks involved and any other person who may be affected by the activities.

Name: Mike Clapham

Signed: *Mike Clapham*

Date of next review: 07/01/2027