


Company Name	LOCH INSH	 LOCH INSH OUTDOOR CENTRE
Address of Premises	KINCRAIG INVERNESS - SHIRE PH21 1NU TEL: 01540 651272	

Task	Sailing	Risk Assessment No.	RAB 016
Name of Assessor	J Freshwater	Signature	J.Fresh
Assessment Date	11-09-2025	Review Date	11-09-2026

What are the significant hazards?	Who might be harmed and how	What are you already doing?	Do you need to do anything else to control the risk?	Action by Who	Action by Date	Completion Date
Falling into Deep water	Staff and visitors at risk of cold water shock and drowning	Buoyancy Aid worn at all times. Non swimmer(s) identified and watched carefully. Issue of Life jackets if necessary.	Make sure Buoyancy aid/ life jacket is fitted correctly	Group leader/ Instructor	immediate	
Injury while sailing	Staff and visitors at risk of injury from moving rigging	Brief whole crew on the various tasks necessary for rigging and assist them to carry them out as appropriate, e.g. dropping keel. Warn crew about possible injury from Boom when raising the mainsail.	The Instructor to consider casting off / picking up in strong winds.	Instructor	immediate	
Injured while	Staff and visitors	Two people hold boats together one forward	Senior instructor	Senior instructor	Immediate	

transferring to and from boats on water		and one aft to keep boats together One person to transfer between boats at a time No transfer if too wavey, more than 50cm of boat movement too much. Fill far side of boats seats first, leave room to board. Where disabilities hinder movement, sailing boats can be brought to jetty for boarding	makes call before a session whether it is safe to run or not, they have final say	on day		
Minor injury when rigging other boats ashore, Fusions, Oppies, Stratos', Pico's, and Cats	Staff and visitors at risk of injury from moving rigging	Demonstrate how to rig if first time sailing, then supervise rigging the remaining boats. Brief how to move boats on and off the beach	Assist moving boats where appropriate, young people, lifting boats, etc.	Instructor	immediate	
Immersion in cold water, when launching, retrieving and sailing.	Staff and visitors at risk of falling into cold water,	Brief launching and recovery showing that knee deep is adequate in most cases. Explain on shore winds and the issues. Explain why to stay with the boat in the event of accidental capsize	Consider carrying additional clothing in colder weather. Safety boat on standby Instructor to carry a radio	instructor	immediate	
Capsize and immersion	Staff and visitors at risk of cold water shock	Brief the pupils on what to do and the instructor role prior to going sailing. Staff trained in recovery of all boats. Pick up sailors then attend to the boats Wetsuits to be worn on boats where immersion is inevitable.	Make sure everyone is dressed appropriately for the conditions Additional Safety boat on standby. Evacuate any cold casualties off the water and immediately warm	instructor	immediate and ongoing	

			up			
Health issue restricting ability	Staff and visitors at risk from underlying health issues	Check medical declarations prior to departing Discuss activity with client to ensure they understand what they are undertaking Ensure any required medication is with client and they understand how to apply it.	Call Beach if required Instructor carries radio in dry bag	instructor	immediate	
Entrapment	Staff and visitors at risk of entrapment when the boat capsizes.	Mast floats to be used where fitted/ available. All sails appropriately fitted and checked. Right the boat immediately as a priority. Harnesses if used must have quick release hooks.	Safety boat to assist any turtled vessel	Instructor and beach team	immediate and ongoing	