

BOWMOOR SAILING CLUB – ACTIVITY SELF RISK ASSESSMENT

	Risk Score	+20 points	+15 points	+10 points	+5 points	Score
Risk Area	Water Temp	Less than 5°C	Less than 10°C	Less than 15°C	Less than 20°C	
	Air Temp	Less than 5°C	Less than 10°C	Less than 15°C	Less than 20°C	
	Wind Speed	30-40mph	20-30mph	10-20mph	Less than 10mph	
	Supervision Level	Solo	With a buddy	In a group	Club organised activity with safety cover	
	Ability (Sailing, Windsurfing, Swimming, SUP)	Beginner – new to activity	Occasional participant – consolidating ability	Regular participant – growing confidence	Regular participant, multiple years experience	
						Under 16, ADD 10 points
						Swimming below 5°C, ADD 10 points
						Swimming without a wetsuit, ADD 10 points
						Total Score

Risk Assessment

Your Total Score	Recommendation
85-100 points	Do not complete your activity
60-85 points	Take care – ensure adequate supervision
40-60 points	Proceed but keep in mind the higher risk areas
Less than 40 points	Proceed with your activity