

BSC Training Risk Assessment Matrix

Risk Analysis

Risk Area	+20 points	+15 points	+10 points	+5 points	Score
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	With a group	Full dedicated safety cover provided	
Activity level (Sailing, windsurfing, swimming, SUP, kayak)	Beginner	Occasional participant with some experience	Regular participant with growing confidence	Current high level of experience	
				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

See other side for Risk Mitigations

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Risk Mitigations

Strong winds

- Issue helmets to all students, especially young sailors
- Reef the mainsail
- Remove Optibat sprit
- Fit a smaller sail on ILCA/Laser
- Use of masthead floats
- Wear spray tops
- Reassess against experience levels
- Have additional safety cover afloat

Low Air Temperature/Water Temperature

- Ensure clothing is appropriate (winterweight wetsuit/drysuit/boots)
- Wear spray tops
- Wear warm headgear
- Wear sailing gloves
- Reduce on-water session lengths
- Conduct land sessions indoors where possible

High Air Temperature and Warm Water Temperature

- Ensure clothing is appropriate
- Wear a hat
- Use of sunscreen and reapply for each session
- Have regular hydration breaks
- Conduct land sessions in shade when possible