



SURF SPORTS TRAINING SAFETY CHECKLIST

Date: _____ Time of Day: _____ Name of Organiser: _____

Location of Training: _____

Weather Conditions: Storm / Rain / Overcast / Sunny / Hot / Cold / Mild _____ Risk: Low/ Mod/High

Surf Plunging / Spilling / Surging Waves / small swell / mod swell / large swell Risk: Low/Mod/ High

Harbour: Floaties / dogs / ships / sharks / bacto/

Water Quality: Clear/murky/Very Turbid Risk: Low/Mod/High

Recent Rain: Slight / Localised / Regional Risk: Low/Mod/High

Water Safety Numbers: Low 1:10 / High 1:5 Risk: Low/Mod/High

Competency of participants: Varied / low skill / mod skill/good skill Risk: Low/Mod/High

Hazards: Rips/Sharks/rocks/Beach Closed/stingers/weed/people/craft Risk: Low/Mod/High

Other Hazards: _____ Risk: Low/Mod/High

Total Score: _____ / / / /

Controls: _____

Low = 1

Mod = 2

High = 3

Scores over 16 indicate a high level of Risk ----- Can you put controls in to reduce the risk.