

SITE SPECIFIC RISK ASSESSMENTS FOR COASTEERING

1. Abereiddy (Including Blue Lagoon)
2. St Nons Bay
3. Aberbach
4. Porth Clais to Porth Lyskey

Abereiddy

Physical Hazards

Loose cliff at the back of the lagoon do not use the wall for any activity
The top jump in the lagoon (higher surface tension as flat water) should not be used.

Environmental Hazards

Wind:

Wind chill can be significant and should be considered, especially if it is westerly or northerly. Wind chop will also be considerable when wind is from this direction.

Sea:

Sea conditions and tide height all affect this venue so check the forecast before going out. Large swell can cause a significant current flowing out of the lagoon.

Rip current at the north end of the beach – Visual check

The worm hole half way out to the headland - do not use under any circumstances

Large cave to the north of the lagoon entrance is shallow and bouldery, not to be used if the waves are breaking at the entrance

Seals:

Seals often pup in the lagoon on the jumping platforms and the beach at the back as well as on the main beach and in the large cave. Use your judgement as to whether your group noise and your proximity are going to cause a disturbance and if in doubt avoid that particular area or use a different venue completely.

Access Issues/Constraints

Park considerately in the car park making sure you are not parked on the grassy area. Be discreet when changing.

Telephone:

Reception is patchy but possible at this location. Emergency phone located in car park.

St Nons Bay

(Any sections between 'Initiation Slabs' and Porth Clais)

Physical Hazards

The path at the stream entry exit point is steep and can be slippery. Make sure it is spotted on the bend and at the bottom.

At Porth y Fynnon jumps the third step is the maximum height and should only be used by people who have proved themselves capable through the session. It is difficult to anticipate conditions from the car parking area so don't be afraid to change your mind once you get to sea level!

There is an undercut in the base of the slot in the toilet therefore clients may only jump into the slot from the back ledge as the water is rising.

Environmental Hazards

Wind:

Wind chill can be significant and should be considered, especially if it is southerly. Wind chop will also be considerable when wind is from this direction.

Sea:

Sea conditions and tide height all affect this venue so check the forecast before going out

The toilet feature is best used on spring low tides with a small groundswell. The Instructor should be placed at the back to protect clients from ending up on the ledge. It is ok to use it on bigger swells as long as you stay well clear of the back ledge.

The whole bay becomes significantly hazardous when swells exceed 6 feet

Access Issues/Constraints

Park considerably in the car park. It is not a public car park but used by agreement from the retreat. Please make sure changing is done discretely and behind the minibus out of view as much as possible. An alternative is to park at Porth Clais and coasteer left from there however do not use the ladder at the back of Porth – y – Fynnon bay to exit.

Telephone:

Mobile reception patchy at Porth Clais end and better at St Nons. Emergency Phone at Porth Clais. Payphone in St Davids. In emergency use phone at Retreat.

Aberbach

Physical Hazards

Watch out for twisted ankles on bouldery beach, especially on return journey. Cave jump into through cave should only be done if there is little or no swell. Instructor to assess whether there is enough water under the jump but not too high to swim through cave onto beach at back.

Through cave to be done by instructor first and last therefore ensuring there is someone each end of the channel. Not to be used if sumping.

Exit path steep and with significant drop off to right hand side at times. This should be spotted and group briefed on hazard.

Jumps outside the final cave are fine but the cave entrance must not be traversed to reach greater height.

Environmental Hazards

Wind:

Wind chill can be significant and should be considered, especially if it is westerly or northerly. Wind chop will also be considerable when wind is from this direction.

Sea:

Sea conditions and tide height all affect this venue so check the forecast before going out, particularly challenging venue with moderate to big swell. Exit from caves and channel between island and cave can be impassable in moderate to big swell. Not a venue to use if there is significant surf on the beach.

Access Issues/Constraints

Access road very narrow and no car park so please park considerately as far to the side as possible and not blocking turning area.

Access is a five minute walk along a footpath

Telephone:

No mobile reception at this venue.

Porth Clais to Porth Lyskey

Physical Hazards

Cave and inlets and jumps are scattered throughout the route. All cave and inlets and jumps are to be test by instructors first. Watch out for twisted ankles on bouldery beach. All access and egress points are to be spotted by staff.

Environmental Hazards

Tide: Exposed headland can be affected by the lateral movement of the tide. It is advisable to avoid these unless suitable trained or experienced.

Wind:

Wind chill can be significant and should be considered, especially if it is southerly. Wind chop will also be considerable when wind is from this direction.

Sea:

Sea conditions and tide height all affect this venue so check the forecast before going out.

The whole bay becomes significantly hazardous when swells exceed 6 feet

Access Issues/Constraints

Park at Porth Clais and coasteer right from there.

Telephone:

Mobile reception patchy at Porth Clais end and better at St Nons. Emergency Phone at Porth Clais. Payphone in St Davids. In emergency use phone at Retreat.