

## Risk Assessment - 'Release, Reset & Recharge' Women's Retreat 2025

### Accommodation

Item	Risk	Measures	In case of accident
Tiled Floors in studio apartments; Balconies; public walking spaces, stairs and poolside	Water spills from showering / pool / sinks / drink spillage making tiles slippery and hazardous. Could cause a person to slip and injure themselves	Guests to ensure any water spillage in ALL rooms including bathroom and the balcony, whether from the pool , post shower , sink or drink spillage is cleared up and dried immediately. Guests to dry off at poolside if been swimming before walking up to reception area; the stairs or into apartment	Contact the owner and retreat host
Tap water	Nauseous and sickness for some	Guests aware and will make an adult and informed choice as to whether drinking the hotel tap water. Instead, they can drink bottled water or water from the spring taps	Pharmacy on main road and contact retreat host
Pest Control - Mosquitos	Mosquito and other pests in the room. Unwanted bites	Guests informed of pests in the area and will keep mosquito nets / window covers down when windows are open. When using balcony, guests will ensure to close the balcony door over behind them to avoid any cheeky mosquitos flying in. Guests can also use mosquito plugs to have on in the room which makes pests drowsy and unable to bite. Insect repellent candles should only be used OUTDOORS and ensure that are blown out when finished. Dusk and Dawn are the main time of day that the mosquitos are out. If guests are out at this time, they can cover up skin or use an insect repellent (Natural if possible)	Pharmacy sells a variety of anti histamine and bite creams to help. Also sells repellants.  If bitten and bite becomes infected or very red, inform retreat host who will take you to the pharmacy and if need be, to the health centre.
Pest Control - Other	Other Pests - Bites / Stings	If guests see anything in their room other than a mosquito, particularly a large centipede (VERY LOW RISK AND LIKELY NOT TO HAPPEN) Please do not try to remove it yourself. If unsure, ask at reception. There are some nasty pests in Greece that can give a nasty bite or sting. Rest assured, your accommodation has the highest star rating in the area.	Report to reception
Pool and pool side	Drowning.  Wet tiles around pool can make area slippery	There is no life guard at your accommodation. Please stay within the depth of your swimming ability. Guests to walk carefully around pool area	Report to reception and to retreat host
Personal Valubles	Theft	VERY UNLIKELY. You have a safe in your apartment. Please store valuables and money away in the locked safe. Avoid leaving valuables unattended in reception or around the pool area.	Report to Reception
Grass Area	Bites / Stings	Guests are advised to wear shoes / flip flops if you are walking on the grassy area of your accommodation grounds	Report to reception and to retreat host

Steps and balconies	Falls and trips	Pay attention when walking up and down the steps, particularly to make sure you're not stepping onto wet ground making it slippery. No climbing on the balcony	Report to reception and to retreat host
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## Activities

Item	Risk	Measures	Incase of accident
Cold water swim	Cold water shock Hyperthermia (Highly unlikely) Rip tide (Highly unlikely) Drowning (Highly unlikely)	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to take full responsibility in choosing whether or not to participate. Participants to enter the water slowly. Participants to build up tolerance unless they are accustomed to regular cold water therapy. Participants to be in water with others. Participants on heart medication or who have a heart condition should check with their doctor first.  Participants to take towel and warm clothing and sox incase they need to warm up quickly.	Report to retreat host
Plunge	Cold Water shock Increase in heart rate Increase in blood pressure Breathlessness Hyperthermia	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to take full responsibility in choosing whether or not to participate. Participants to enter the water slowly. Participants to keep head above water. Participants to plunge for no longer than 30 seconds unless they are accustomed to regular cold water therapy. Participants to never cold plunge without a 'friend' with them.  Participants on heart medication or who have a heart condition should check with their doctor first.  Participants to take towel and warm clothing and sox incase they need to warm up quickly.	Report to retreat host
Breathe work	Dizziness Emotional response	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to ensure well hydrated. Coach to ensure levels and variations offered. Coach to coach individuals. Participants to rest and take water as and when needed	Report to retreat host
Exercise	Injury Overheating Over exertion	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to ensure well hydrated. Coach to ensure levels and variations offered. Coach to coach individuals. Participants to rest and take water as and when needed	Report to retreat host

Coaching	Emotional Response	Coach to explain exactly what the coaching process is and is not. Coach to work in the parameters and boundaries of the coaching model. Coach to ensure follow up support in place if needed.	Report to retreat host
Volunteering at MIAO	Dog bite / scratch Bug bite Trip hazard when walking Wild boar Snakes	Participants to take responsibility for themselves and their safety and use best judgement. Participants to ask questions to MIAO worker and maintain safety rules	Report to retreat host and MIAO worker
Fitness Session in Kardamilli	Injury Overheating Over exertion	Retreat host to inform coach of ParQ Coach will send retreat host lesson plan ahead of session. Coach to know of any meds / Inhalers. Participants to ensure well hydrated. Coach to ensure levels and variations offered. Coach to coach individuals. Participants to rest and take water as and when needed	Report to retreat host and coach
Play time	Injury Overheating Over exertion	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to ensure well hydrated. Coach to ensure levels and variations offered. Coach to coach individuals. Participants to rest and take water as and when needed.	Report to retreat host
Walk	Injury Overheating Over exertion Uneven terrain Snakes Bugs	Coach to do verbal / written ParQ Coach to know of any meds / Inhalers. Participants to ensure well hydrated. Participants to rest and take water as and when needed. Participants to take responsibility for health and safety and take precautions on terrain and stay clear of grassy areas. Participants to wear suitable footwear and clothing.	Report to retreat host

## **General**

Sun / Heat	Sunstroke Burns Dehydration Histamine response	Guests to take responsibility for their health and safety by: Applying appropriate Sun lotion frequently; staying out of direct sunlight during hottest time of day; wearing sun hat or head covering especially when out walking for long periods of time; ensure a minimum of 2L of water a day to stay hydrated.	Report to retreat host
Terrain Rocky / Uneven Steps / Unkept pavement	Slip and trip hazard, injury	Pay attention to the terrain	Report to retreat host
Grassy Areas	Wildlife / snakes / scorpions / Plant life / other - Bites and stings - Allergic reaction	Avoid walking on grassy areas, particularly long grass areas	Report to retreat host
Sunbeds	Back rest could slip causing injury	Pay attention when lifting or lowering the back of the sunbeds making sure the legs are firmly into the ridges	Report to retreat host
Sea water	Rocks in water could cause injury / cuts	Be careful. Sharp rocks may be buried in the sand.	Report to retreat host

Traffic / Road	Drive on the other side - Confusing From Kalogria to Stoupa some parts of the road no side walks	Participants to be aware that traffic drives on the opposite side that they are used too. Participants to stay aware of traffic when they are walking.	Report to retreat host
Walking home alone	Main road not lit. Abduction or unwanted attention	When walking home at night in the dark, if taking the main road, participants will walk with a buddy	Report to retreat host
Food / Drink	Restaurant food / water / ice cubes	Avoid drinking water unless you are sure it's bottled or spring water.	Report to retreat host
Local Feral Cats	Fleas; scratches / bites; infection	Avoid handling feral cats Keep any feral cats outside your accommodation	Report to retreat host
Local Stray Dogs	Fleas; scratches/ bites; infection	Avoid confronting stray dogs. Avoid handling stray dogs Stay calm	Report to retreat host

Alcohol consumption.	Injuries; illness; accidents; Dehydration; altered state decisions. Upset;	Guests will limit their alcohol intake to an amount that they know they can drink safely. Guests are aware that the retreat is not a drinking holiday.	Report to retreat host
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Alcohol Consumption with exercise and swimming activities.	Injuries; accidents; dehydration; death.	Guests will not be permitted to take part in such activities whilst under the influence of alcohol.	Report to retreat host.
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