

Kayaking and Canoeing activities Risk Assessment

Hazards arising from activity	Control measure(s) in place to reduce risk from each hazard during activity	Arrangements to ensure the control measure(s) are effective
Drowning (inc. dry drowning)	<p>All participants to wear correctly fitted CE approved buoyancy aids, which are visually checked when issued.</p> <p>Appropriate supervision given and suitable venue chosen that is appropriate to conditions.</p> <p>Parent/Guardian briefed as well as on-call if suspected water entered the lungs (dry drowning) to seek further med assistance.</p> <p>Route choice and hazards identified for route. Routes to be reviewed prior to departure with reference to weather & water conditions on the day. The safety of the individuals is paramount and ambitious routes should be adjusted to reflect conditions and abilities.</p> <p>Key route difficulties are identified and appropriate rescue cover and/or portage is in place for the groups arrival or e.g. rapids, route blockage, weirs.</p>	<p>Lead instruction by experienced and qualified (Level 1/Level 2 Coach/British Canoeing Moderate/Advanced Water Leader) staff. Or instructor to have been in-house assessed to deliver the activity by BC coach/leader.</p> <p>Instructors to have in-date and appropriate first aid qualification.</p> <p>Annual checks of in-date CE/UKCA approved safety equipment ensuring suitability for use as well as visual check prior to activity .</p>
Hypothermia, Sun Stroke, Dehydration	<p>All wear clothing & equipment appropriate to conditions. Group shelter and spare clothes to be carried by staff</p>	<p>Activity planned and appropriate to weather conditions / group ability. Instructor training that emphasises spotting signs and early intervention.</p>
Head Injury & other injuries.	<p>CE approved helmets to be worn for canoeing / Kayaking activity if the nature of the session dictates.</p> <p>Participants to wear appropriate footwear.</p> <p>First aid kit carried by instructors and participants.</p> <p>Rescue techniques covered in the briefing and water sports training demos/capsize drill.</p>	<p>Annual checks of in-date CE/UKCA approved safety equipment ensuring suitability for use as well as visual check prior to activity.</p> <p>Training of staff on safe handling of kayaks / canoes.</p>
Back Injury.	<p>Clear briefing and guidance from Instructor on manual handling of kayaks/canoes. At least two participants per kayak/canoe.</p>	

<p>Incident on sea (E.g. Seasickness, shoulder injury, kayak damage)</p>	<p>Suitable towline, VHF radio, Flares, suitable repair kit to effect repair of damaged kayak in addition to normal equipment carried.</p> <p>Plan journey / session to suit client’s ability, up to date knowledge of forecast and tidal flow (if any).</p> <p>Carry appropriate First Aid kit and be current in rescue techniques.</p>	<p>Staff to have suitable qualifications & experience to match conditions on the day.</p> <p>Ensure staff are familiar with obtaining and interpreting forecast, are trained in effecting suitable repairs and summoning assistance if needed (VHF/Mobile Phone)</p> <p>Suitable training for instructing team in applying ‘On-call’ procedures</p>
<p>Late back/incident</p>	<p>Use Emergency Procedures/ on call form to notify base.</p> <p>On Call to contact Police Control Centre/ Coast Guard if Lead does not report in by 21.00 or 4 hours after the planned return.</p>	

Please use in conjunction with (but not limited to):

- **Water Sports Operating Procedure**
- **Remote Supervision – Water Risk Assessment**

