

Kayaking / Canoeing

Risk Assessments

Generic kayaking Hazards	Who is at risk?	How the risk is controlled	Further control measures	Probability	Severity	Risk (P×S)	Action
Drowning/ entrapment	Paddlers	Buoyancy aids worn. Buoyancy aids appropriately sized and fitted. Suitably sized kayaks. Land based capsize drill with all novices. Coaches appropriately qualified and first aid trained. Coaches & competent paddler to position themselves to prevent entrapment in strainers. Check for large loops on trainers that might get caught on foot rests	Buoyancy aids float tested annually. Checks on condition of buoyancy aids every time issued. Brief paddlers of risk Staff awareness	1	7	7	None
Water-borne infections	All water users	Minor cuts covered. For more serious wounds paddling should be avoided. Advise all participants to wash their hands immediately after the paddling session and before eating. Advice given to shower as soon as possible after activity. Sanitising gel available prior to eating.		2	3	6	None
Slips and trips	Paddlers, Helpers Coaches,	Where possible potential trip hazards to be removed. Users to be made aware of hazards.		2	4	8	None

Hypothermia	Paddlers, Coaches	Advice given on correct clothing to wear No novice sessions where capsizing is likely in cold weather. Hot drinks and food taken on the river. Group shelters taken on the river. Spare clothing and hats taken on the river.	Coaches/Permit holders cover hypothermia on qualification courses. All qualified Coaches/Permit holders hold first aid certificate.	3	4	12	None
Manual handling	Paddlers, Helpers Coaches,	Appropriate instruction in boat carrying, access/egress techniques, boat emptying, rescues etc.	Coaches/Permit holders to advise paddlers on manual handling.	2	3	6	None
Asthma / medical conditions	Paddlers	Medical info' forms completed and shown to the coach. Inhalers available at all times during the paddling session, one with sufferer and spare with coach.	All qualified Coaches/Permit holders hold first aid certificate.	2	3	6	None
General injuries requiring first aid	Paddlers, Coaches,	First aid kit available at all sessions and carried in coach's boat.	All qualified Coaches/Permit holders hold first aid certificate.	3	2	6	None
Impact with equipment / paddles & river bed / bank	Paddlers. Coaches	Supervision during the session. Splashing with paddles to be discouraged. All games include rules to avoid impact. Kayakers to wear helmets.		5	2	10	None
Choking on sweets & gum		Sweets / gum not to be consumed whilst involved in activities	Coaches/Permit holders aware	2	4	8	None

Injury caused by incorrect use of throw-lines and knives	Paddlers, Coaches	Training in use of both to be given. Close supervision and appropriate conditions will apply.	Club knives not to be loaned to under-18's.	2	4	8	None
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Key to all risk assessments for kayaking, canoeing - severity x probability

Severity

1	2	3	4	5	6	7
Mild				Severe		

Probability

1	2	3	4	5	6	7
Unlikely			Very Likely			

Risk			
Low	1-12	Low	Acceptable
Medium	13-24	Medium	Acceptable with further control measures
High	25-49	High	Not acceptable