


SPORT SPECIFIC RISK ASSESSMENT 1 – CANOEING & KAYAKING



SSRA 1 – CANOEING / KAYAKING		
Applicable to all canoeing & kayaking activities for CHMAS. See instructor skills matrix for staff / client ratios. Venue details to be left with a nominated person prior to activity.	Date Compiled	1 February 2020
	Compiled By	Chris Hughes
	Date of Next Review	01/02/2023
		Is the activity acceptably safe if managed as below (YES/NO): YES Signed: 

SPORT SPECIFIC RISK ASSESSMENT 1 - CANOEING & KAYAKING		
Benefit Statement	<i>Watersports activities provide the opportunity to undertake personal challenges and work in teams. You will learn new skills such as paddle strokes to propel your craft either solo or in small groups. Participants will be able to extend their comfort zones, create a sense of achievement and to take responsibility for others.</i>	
Hazards	Risk	Control Measures
General	Various injuries	Use suitably qualified and experienced staff with an in date valid first aid qualification and first aid kit to be carried by the instructor. All staff to hold the appropriate NGB award (see CHMAS instructor matrix for qualifications required to run activity sessions). All accidents, near misses and incidents are recorded and appropriate action undertaken as required.
Extreme Weather	Sunburn Hypothermia Heat Exhaustion / Heat Stoke	Weather forecast to be obtained and impact on venue to be considered. If conditions, make activity unsuitable consider alternative activity. Remind participants about sun protection and participants to have suitable & adequate clothing plus access to warm (or cold) drinks.
For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session.		

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Hazards	Risk	Control Measures
Participants	Various injuries	Instructor to check / recheck medical history (discretely) before commencing activity. Instructors to also check with group leaders about any behavioural issues.
Equipment failure	Various injuries / drowning	All equipment to be checked prior to use along with regular 6 monthly checks of equipment. Personal protective equipment to be checked for correct fitting & monitored throughout the activity by the instructor.
Manual handling	Back / crush injury	Clear briefing and guidance from instructor on how to move boats, group encouraged to carry in pairs for canoes.
Misunderstood communication	Various injuries	Identify key commands during briefing before paddling. Use question and answer to check understanding.
General public / other water users	Various injuries	Appropriate venue choice and brief participants accordingly.
Access / egress from banks	Various injuries	Instructor to brief and supervise group appropriately with any significant issues to be reported.
Deep water	Drowning	Correctly fitted buoyancy aids to be worn throughout the activity and monitored by the instructor.
Water hazards (rocks and other submerged objects)	Various injuries	Appropriate venue choice, appropriate footwear to be worn and helmets to be worn at the instructor's discretion.
Water borne diseases / contamination	Illness	Consider cleanliness of venue and cuts to be covered. Advise participants to wash hands before eating.
Blue green algae	Illness	Monitor activity locations after long periods of hot still water and if necessary, use an alternative site.
Kayaking	Entrapment	Instructor to provide safety briefing to participants (how to exit the kayak and how to release the spraydeck if worn. Kayak to be fitted correctly (foot plates etc).
Canoe – improvised rafts & sailing	Trapped fingers, swamped boats, raft falling apart and	If forecast suggests strong winds carefully consider venue choice as rafted canoes might not be the best option. Participants to be briefed accordingly on how to

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Hazards	Risk	Control Measures
	entanglement	construct the raft and 'shake test' to be carried before launching and sails to be collapsible.
Open Water	Stranded in remote location / swamping	Participants to be briefed and instructor to be supervise appropriately. Monitor weather conditions throughout the activity and plan accordingly. Bailers to be considered to remove excess water.
Moving water (rapids, trees, weirs etc)	Head injury / drowning	Use suitably qualified instructor for the grade of water being paddled. Clear briefing to participants (line / signals etc). Water levels monitored throughout activity and prior inspection of rapids to be considered by instructor (if in doubt portage). Helmets to be worn on white water always and clients to be briefed on capsized drill and defensive swimming.