

High Adventure Watersports Risk Assessment

Last Review of this risk assessment: 23/07/2023

| Minimum Leader qualification: | Flat Water (has one or more of the following) 1. Site Specific training 2. UKCC Paddlesport Instructor or equivalent AND site specific training. | | | | |
|---|---|--------------------------------------|------------|---|---------------------|
| | Moving water UKCC Moderate water leader or equivalent | | | | |
| | Sheltered coastal venues (has one or more of the following) 1. UKCC Paddlesport Instructor or equivalent AND site specific training. 2. UKCC Moderate water leader or equivalent | | | | |
| Max group size with Leader: | 12 for all paddlesports. Bodyboarding 12 with assistant or 8 without. | | | | |
| All Instructors should be making dynamic risk assessments on the day taking into account the weather conditions, the group's ability & any other factors that may change. | | | | | |
| Essential equipment | | | | | |
| Personal: Helmet, buoyancy aid. Appropriate warm clothing, windproof top and appropriate footwear. Change of clothes & towel | | | | | |
| Group: canoes, paddles, barrels, ropes, poles, kayaks. | | | | | |
| Instructor: Phone, throw-line, tow system, first aid kit, group shelter, hot drink, emergency food, knife, spare emergency clothing for group (cannot supply for full group, must have a some basics, EG: hats, gloves, etc..) | | | | | |
| Activity/ Process/ Operation | What are the Hazards to Health and Safety | What Risks do they pose and to whom? | Risk Level | What precautions have been taken to reduce the risk? | Risk Level Achieved |
| | | | H/M/L | | H/M/L |
| Setting up for activity | Injuries while carrying equipment | All staff & participants | M | All staff aware of correct methods of carrying equipment | L |
| | | | | Safe lifting to be explained & demonstrated. Supervision at all times. All equipment carried according to NOPs | |
| | Loading / unloading trailer | HA staff | M | All staff briefed on lifting procedures and not to work alone. Staff only to lift boats on / off the trailer. (older groups may assist under direct supervision) | L |
| | Assessing Venue | All staff & participants | M | Dynamically risk assess and approach in the most appropriate and safe way. | L |
| | | | | All sessions run by qualified staff | |

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| During the activity | Drowning | All staff & participants | H | Group to be issued with safety equipment and briefed on what to do should they fall in | L |
| | Hypothermia | All staff & participants | M | Groups clothing to be checked prior to session, weather conditions to be checked | L |
| | | | | All participants to be monitored for signs of hypothermia | |
| | Injury due to equipment failure | All staff and participants. | M | All equipment and structure regularly inspected according to policies. | L |
| | | | | Staff trained in inspections and procedures. | |
| | Inability to control craft direction appropriately. | Participants | M | Thorough briefing on the equipment and basic techniques | L |
| | | | | Practice of basic skills and set area to use. Keep group under close control and check wind direction. | |
| | Injury from falling off craft | All staff & participants | M | NOPs and training to include helmet use. | L |
| Staff training and close supervision of group particularly in shallower water, near banks and near other craft/obstacles. | | | | | |
| Foot injury | All staff & participants | M | NOPs and training to include wearing suitable footwear (closed toes, fastenable, not wellies) | L | |
| Entrapment | All staff & participants | H | Staff Training | M | |
| | | | Group Briefing on what to do. | | |

The following Risk Assessments are site specific. All site specific Risk Assessments only have addition information specific to the site. The Risk assessment above still applies to these site the following is additional information.

Pondon Reservoir

| Activity/ Process/ Operation | What are the Hazards to Health and Safety | What Risks do they pose and to whom? | Risk Level | What precautions have been taken to reduce the risk? | Risk Level Achieved |
|------------------------------------|---|--------------------------------------|------------|--|---------------------|
| | | | H/M/L | | H/M/L |

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| During the Activity. | Being blown across reservoir | All staff and participants | M | Stay in the wind shadow and make an assessment of your groups paddling ability before heading out into the wind. | L |
| | | | | If necessary, launch group from a different location on the bank to avoid the wind. | |
| | Contact with blue-green algae | All staff and participants | M | If algal blooms are present: avoid that area, limit contact with water and avoid jumping in. Encourage all participant to at least wash and preferably shower as soon as possible after session. | L |

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