

## **WATER SPORTS RISK ASSESSMENT**

### Benefit statement

These activities include kayaking, canoeing, white water rafting, motor boating, sailing, raft building and windsurfing. They provide the opportunity to undertake personal challenge and also work in teams. The majority of these activities require learning new skills and push comfort zones as well as offering a sense of achievement.

### Introductory statement

Currently water sports are only provided via third party suppliers. OutdoorLads ensure that suppliers have valid insurance covering them for the activity to be delivered. The OutdoorLads Organiser of the activity, is merely there as a liaison between the delivering organisation and OutdoorLads participants.

All participants are asked to share relevant previous & existing medical issues prior to being able to register for the activity. Leader to group ratio amended as required by the delivering organisation. All accidents and incidents are recorded and appropriate action undertaken as required.

| <b><u>CANOEING / KAYAKING / WHITE WATER RAFTING / PADDLE SPORTS / WINDSURFING</u></b>  |   |   |
|--|---|---|
| <b>Hazards arising from activity</b>   | <b>Control measure(s) in place to reduce risk from each hazard</b>  | <b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b> |
| <p>GENERAL</p> <p>Head / back injury</p> <p>Impact with person, object or other vessel (including river / sea bed / submerged objects)</p> <p>Loss of group member / becoming split up</p> <p>Swimmers / other water users</p> <p>Exposure to no landing zones</p> | <p>Helmets will be worn for sessions if the session includes moving water or if the nature of the session dictates. First aid kit carried by third party provider.</p> <p>Provider to choose a suitable venue for group and conditions away from hazards. Check area is deep enough and free from hazards (including underwater objects) before beginning capsize or activities with a high risk of falling in.</p> <p>Set a clearly defined area for the session to take place in.</p> <p>Always be ready to perform a rescue on the river.</p> <p>Ensure groups are capable of paddling to the next landing zone. Keep the group a suitable distance from cliff faces. Brief group so they know what to do in incidents occurring in areas with no landing zones.</p> <p>Only use reputable providers for sessions.</p> |   |
| KIT  | Equipment failure   | Only use kit from reputable providers.  |



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|---------|--|---|--|
|         | <p>Injury from bad paddle use</p> <p>Injury from bad lifting of boat / equipment</p> <p>Entrapment</p>   | <p>Ensure providers give clear instructions and that all members of the group understand the instruction given.</p> <p>Ensure providers have given clear instruction to participants about how to escape from the craft they are using.</p>   |  |
| WATER   | <p>Drowning</p> <p>Waves and surge onto rocks / other objects</p> <p>Tides / Moving water</p> <p>Water borne diseases</p> <p>Getting stranded in a remote location</p> <p>Weirs, holes, drop offs, rapids waterfalls</p> | <p>Participants' water confidence is known and confidence in water is made explicit before the participant registers for the activity.</p> <p>Ensure the group is suitably experienced for the venue and conditions in which the activity is to be delivered. Ensure providers have given clear instruction to the group.</p> <p>Only use reputable providers with good knowledge of local water systems. Also ensure that all participants wash hands and shower after the session.</p> <p>Ensure the group is suitably experienced for the venue and conditions in which the activity is to be delivered.</p> <p>Only use reputable providers with good knowledge of local water systems.</p> |  |
| WEATHER | <p>Sudden spate conditions</p> <p>Sunburn / Heat exhaustion / Heat stroke</p> <p>Hypothermia / Hyperthermia</p> <p>Strong winds</p>  | <p>Weather forecasts interpreted, current, past, and future conditions considered.</p> <p>Remind participants about sun protection.</p> <p>All wear water / windproof clothes appropriate to conditions. Extra clothing carried by Organiser.</p> <p>Assess weather conditions. Be aware of the potential problems of off shore winds.</p>  |  |

| <b>CANOEING / KAYAKING (POOL)</b>  |   |   |
|--|---|---|
| <b>Hazards arising from activity</b>   | <b>Control measure(s) in place to reduce risk from each hazard</b>  | <b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b> |
| <p>GENERAL</p> <p>Head / back injury</p> <p>Impact with person, object or other vessel</p> <p>Pool side slips and falls</p> <p>Cuts</p>    | <p>Helmets will be worn for sessions if the session includes moving water or if the nature of the session dictates. First aid kit carried by third party provider.</p> <p>Check area is deep enough and free from hazards (including underwater objects) before beginning capsizes or activities with a high risk of falling in.</p> <p>Pool rules explained at the start of the session. Members reminded of the need to take care and walk on poolside.</p> <p>No glass to be taken to poolside area.</p> <p>Only use reputable providers for sessions.</p> |   |
| <p>KIT</p> <p>Equipment failure</p> <p>Injury from bad paddle use</p> <p>Injury from bad lifting of boat / equipment</p> <p>Entrapment</p> | <p>Only use kit from reputable providers.</p> <p>Ensure providers give clear instructions and that all members of the group understand the instruction given.</p> <p>Ensure providers have given clear instruction to participants about how to escape from the craft they are using.</p>   |   |
| <p>WATER</p> <p>Drowning</p>   | <p>Participants' water confidence is known and confidence in water is made explicit before the participant registers for the activity.</p>  |   |
| <p>WEATHER</p> <p>Sunburn / Heat exhaustion / Heat stroke</p> <p>Hypothermia / Hyperthermia</p>  | <p>Remind participants about sun protection.</p> <p>All wear water / windproof clothes appropriate to conditions. Extra clothing carried by Organiser.</p>  |   |

| <b>MOTOR BOATING</b>                 |  |  |   |
|--------------------------------------|--|--|---|
| <b>Hazards arising from activity</b> |  | <b>Control measure(s) in place to reduce risk from each hazard</b>   | <b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b> |
| GENERAL                              | <p>Injury / cuts</p> <p>Impact with person, object or other vessel</p> <p>Boat flooding</p> <p>Grounding out</p> <p>Fire</p> | <p>First aid kit carried by organiser.</p> <p>Check area is deep enough and free from hazards (including underwater objects). Cut the engine when picking up man overboard. Keep the driver of the boat between the prop and the person. Be aware.</p> <p>Ensure trunk is in the correct position. Ensure sponsons are adequately inflated. Check there is a bucket for bailing. Ensure boat is loaded and driven correctly for the conditions.</p> <p>Check depth and tide. Trim engine, secure and load boat accordingly. Know the location of potential underwater hazards within the area of operation. Be aware.</p> <p>Have a fire extinguisher on board. No smoking or naked flames. Take care.</p> <p>Only use reputable providers for sessions.</p> |   |
| KIT                                  | <p>Equipment failure</p> <p>Prop entanglement</p>  | <p>Only use kit from reputable providers.</p> <p>As far as possible avoid having the engine in gear in close proximity to potential sources of entanglement. Be aware. Good house keeping. Avoid using bow ropes which will reach to the prop.</p> <p>Ensure providers have given clear instruction to participants about how to escape from the craft they are using.</p>   |   |
| WATER                                | Drowning   | Participants' water confidence is known and confidence in water is made explicit before the participant registers for the activity.  |   |
| WEATHER                              | <p>Sunburn / Heat exhaustion / Heat stroke</p> <p>Hypothermia / Hyperthermia</p>   | <p>Remind participants about sun protection.</p> <p>All wear water / windproof clothes appropriate to conditions. Extra</p>  |   |



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|--|--|--------------------------------|--|
|  |  | clothing carried by Organiser. |  |
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| <b>RAFT BUILDING</b>                 |   |   |   |
|--------------------------------------|---|---|---|
| <b>Hazards arising from activity</b> |   | <b>Control measure(s) in place to reduce risk from each hazard</b>  | <b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b> |
| GENERAL                              | <p>Injury / cuts / trapped fingers</p> <p>Impact with person, object or other vessel</p> <p>Raft flooding</p> | <p>First aid kit carried by organiser. All participants to wear suitable buoyancy aids supplied by reputable provider.</p> <p>Check area is deep enough and free from hazards (including underwater objects).</p> <p>Check there is a bucket for bailing.</p> <p>Only use reputable providers for sessions.</p>                                       |   |
| KIT                                  | <p>Injury due to damaged kit.</p> <p>Raft falling apart</p> <p>Entanglement</p>                               | <p>Only use kit from reputable providers.</p> <p>Ensure providers have given clear instruction to participants about how to escape from the craft they are using and that participants have been alerted to the risk of the craft falling apart.</p> <p>Ensure provider has a suitable policy (knife carried) that allows participants to escape.</p> |   |
| WATER                                | Drowning  | Participants' water confidence is known and confidence in water is made explicit before the participant registers for the activity.   |   |
| WEATHER                              | <p>Sunburn / Heat exhaustion / Heat stroke</p> <p>Hypothermia / Hyperthermia</p>                              | <p>Remind participants about sun protection.</p> <p>All wear water / windproof clothes appropriate to conditions. Extra clothing carried by Organiser.</p>  |   |

| <b>SAILING</b>                       |  |   |   |
|--------------------------------------|--|---|---|
| <b>Hazards arising from activity</b> |  | <b>Control measure(s) in place to reduce risk from each hazard</b>  | <b>Arrangements to ensure the control measure(s) continue to be effectively implemented</b> |
| GENERAL                              | Injury / cuts  | First aid kit carried by organiser.   |   |
|                                      | Impact with person, object or other vessel (including sea bed) | Check area is deep enough and free from hazards (including underwater objects). Be aware.   |   |
|                                      | Boat flooding  | Check there is a bucket for bailing. Ensure boat is loaded and sailed correctly for the conditions.   |   |
|                                      | Grounding out  | Check depth and tide. Know the location of potential underwater hazards within the area of operation. Be aware.   |   |
|                                      | Loss of group member   | Set a clearly defined area.<br><br>Only use reputable providers for sessions.   |   |
| KIT                                  | Equipment failure  | Only use kit from reputable providers.  |   |
|                                      | Struck by boom   | Awareness of changing weather conditions. Awareness of course steered. Consider reefing. In dinghies with booms wear helmets until proven competent to remove them.                     |   |
|                                      | Entrapment   | Ensure providers have given clear instruction to participants about how to escape from the craft they are using. Consider mast head floats when appropriate to prevent total inversion. |   |
|                                      | Entanglement   | Be aware. Good house keeping.   |   |
| WATER                                | Drowning   | Participants' water confidence is known and confidence in water is made explicit before the participant registers for the activity.   |   |
|                                      | Lee shores   | Be aware of the potential problems of lee shores and manage the group accordingly. Assess the weather conditions.   |   |
| WEATHER                              | Sunburn / Heat exhaustion / Heat                               | Remind participants about sun protection.   |   |



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|--|-------------------------------|--|--|
|  | stroke                        |  |  |
|  | Hypothermia /<br>Hyperthermia | All wear water / windproof clothes<br>appropriate to conditions. Extra<br>clothing carried by Organiser. |  |