

Activity Specific Risk Assessment: Instructor Led Activities

'In house' kayaking, canoeing, raft building and SUP taster sessions or coaching on both the flat water and AWWC

Risk assessment completed by: Niamh Shannon

Date: 11th January 2023

| Hazard | Possible injury | Who might be harmed? | How is the risk controlled? | Remedial Actions |
|--|-----------------|----------------------|--|---|
| See all specific Risk Assessments: Flat water, White water, Water Quality | | | | |
| Entrapment | Drowning | Users | <ul style="list-style-type: none">• Only deploy suitably qualified and competent staff to supervise• Clear briefing on how to exit craft• Instructors to ensure equipment has no entrapment hazards (e.g., ill-fitting footrests, missing nuts) before use• Correctly fitted and sized spray decks• Knife carried by all instructors• Group management and forward planning – System such as 'CLAP' (Communication, Line of Sight, Avoidance, Position of maximum usefulness) is applied• All ropes/equipment to follow clean principals• Assess physical ability compatible with craft, fixtures, and position | <ul style="list-style-type: none">• Suitable and practiced procedure for recovery available |

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| Capsize | Drowning | Staff and Users | <ul style="list-style-type: none">• Only deploy suitably qualified and competent staff to supervise• Wearing of correctly fitted buoyancy aid• Clear briefing on how to exit craft• All participants to be briefed on required actions• Immediate head count• Carrying capacity of vessel not to be exceeded• Sufficient buoyancy fitted to support waterlogged hull and crew (raft building max 1½ people per barrel), kayaks flat water min 2 rear air bags, kayaks WW front and rear air bags) | Self-rescue Assisted rescues (e.g., Deep water, Hand of God) |

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| | Head Injuries | Staff and Users | <ul style="list-style-type: none">• appropriate helmets (correctly fitted) to be always worn at the discretion of the instructor and on the AWWC and during raft building• Helmet fitting to be checked | <ul style="list-style-type: none">• Self-rescue• If injured person has ended up in the basin – Activate E stop. Rescue of injured participant from basin either by using SUP (rescue sledge would be preferable) as spinal board if required, injured person moved to bottom of one of the courses (injured person to be moved to solid surface if CPR required) or use of long throwline on a swimming rescuer or a throwline rescue.• If injured person ends up in an eddy on the course – Activate the E stop, stabilise and move out the water, apply first aid/contact emergency services as required.• First aid as required Contact Emergency services as required |
| Adverse weather conditions | Hypothermia/ Hyperthermia | Staff & Users | <ul style="list-style-type: none">• Staff to advise participants of suitable clothing and supply if necessary• Staff to monitor during session | 1 st aid as required |

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| Cold Water Shock | Inability to breath for a brief time leading to loss of muscle control and ability to swim/self-rescue | Staff & Users | <ul style="list-style-type: none">• Only deploy suitably qualified and competent staff to supervise• Staff being familiar with effects of cold-water shock• Staff to advise participants of suitable clothing and supply if necessary• Wearing of correctly fitted buoyancy aid | Self-rescue Assisted rescue (may include use of rescue SUP/Sledge and swimming rescue on throwline) 1 st aid as required |
| Users slipping, tripping, or falling on decking/pontoon. | Muscular skeletal injuries | Users | <ul style="list-style-type: none">• Only deploy suitably qualified and competent staff to supervise activities.• Clear briefing on where to be and how to move over hazardous terrain.• Instructors to ensure areas have no entrapment hazards before use• Group management and forward planning – System such as 'CLAP' (Communication, Line of Sight, Avoidance, Position of maximum usefulness) is applied• Assess physical ability compatible with craft, fixtures, and position | <ul style="list-style-type: none">• Suitable and practiced procedure for recovery available• Remove and administer 1st aid as required |

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