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**Activity Risk Assessment – Instructor Led White-Water Activities (AWWC)**

**Risk vs Benefit Statement.**

‘We believe in the positive aspects of undertaking challenges in a wide range of activities and experiences in the outdoors.

One of the key foundations of the Outdoor Learning approach is the intentional acceptance of both the benefits of undertaking activities in the outdoors and the potential risks of doing so. Challenges might be physical and/or psychological and may include real and/or perceived risk for the participants where real and often immediate consequences can lead to powerful and highly memorable learning experiences.’ (Institute of Outdoor Learning)

At Pinkston Watersports we share the ethos of the IOL, we strongly believe that the range of activities we offer bring great benefits to all our clients and users allowing them the chance to build confidence, strength, independence, and social network, allowing them to realise their full potential.

**Review period.**

All documents to be reviewed annually by Pinkston Watersports Management Team. All those who require the risk assessment to carry out their work will also have an opportunity to input into the review process.

| **Hazard** | **Possible injury** | **Who might be harmed?** | **How is the risk controlled?** | **Remedial Action** |
| --- | --- | --- | --- | --- |
| **All Relevant Hazards Highlighted in Flat Water Activities**   * **See ‘Flat Water Activities’** | | | | |
| Non paddling users (member of the public, coaches, parents) falling into the course when it is running | Impact injuries  Knocked unconscious  Neck or spinal injury  Drowning | Non paddling users (member of the public, coaches, parents) | * Signage and barriers surrounding outside of the courses. * Buoyancy aid or a correctly fitted and automatically activated life jacket to be worn when on the island or within the barrier | * Self-rescue * If injured person has ended up in the basin – Activate E stop. Rescue of injured participant from basin either by using SUP or rescue sledge (found in the pump house) 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 |
| Entrapment | Drowning | users | * Only deploy suitable qualified and competent staff to supervise white water sessions. * Clear briefing on how to exit craft (wet exit or roll must be performed when wearing spray deck) * Maintenance checks to ensure equipment has no entrapment hazards (e.g., ill-fitting footrests, missing nuts) as per gearlog schedule. * 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 principles. * Assess physical ability of participant is compatible with craft, fixtures and position. * All Pyranha Burns (white water kayaks) have a secured footrest. | * Self rescue * Assisted rescues (deep water, hand of god). * Operate E-stop * First aid if required |
| Swimmer hitting Rapid Blocs | Impact injuries  Knocked unconscious.  Neck or spinal injury  Drowning | Staff & Users | * Ensure the course is clear before starting the pumps * Torque check of bolts and condition of blocks as per maintenance schedule * Any Redesigns to ensure excessively shallow areas or undercuts are not present. * Buoyancy aid and helmet must be worn. * Instructor must explain and demonstrate safe swimming principles. | * 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 (found in the pump house) 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 |
| Capsized kayaker hitting rapid blocks | Impact injuries  Knocked unconscious  Neck or spinal injury  Drowning  Head injury | Staff and users | * Ensure the course is clear before starting the pumps * Torque check of bolts and condition of blocks as per maintenance schedule. * Any Redesigns to ensure excessively shallow areas or undercuts are not present. * Buoyancy aid and helmet must be worn. * Instructor must explain and demonstrate safe swimming principles. | * 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 (found in the pump house) 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. |
| Swimmer ending up in Pump outflow | Recirculation unable to escape.  Drowning | Staff & Users | * Signage advising paddlers to stay clear. * Buoyancy aid and helmet must be worn. | * Operate E stop |
| Collision with another paddler | Impact injuries | Staff & Users | * Restrict capacity of course to maximum 30 pax | * Remove from course and first aid as required |
| Slip/trip in launch area | Musculoskeletal injuries | Staff &Users | * Launch and recovery areas to be regularly inspected as per maintenance schedule and scrubbed if becoming slippery | * Remove from course and first aid as required |
| Paddler or swimmer being pulled onto the pump inlet grille | Drowning  Musculoskeletal injuries | Staff & Users | * Paddlers made aware of risks and how to avoid area (signage) * Use of Emergency Stop buttons by site operators to be covered. * Signage advising paddlers/swimmers to stay clear | * Self-rescue * First aid as required. * If injured person has ended up in the basin – Activate E stop. Rescue of injured participant from basin either by using SUP rescue sledge (found in the pump house) 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. |
| Pumps activated while there are people within the watercourse or next to pump inlet | Drowning  Collision's injuries | Staff & Users members of the public | * Only trained site operators to have control of pumps. * Visual check of the course before starting the pumps * Lockout procedure to be used when anyone working on the course. * Buoyancy aid to be worn at all times when working in the course. | * 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 (found in the pump house) 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. |
| Rope, throw line or similar being sucked into the pumps while attached to a swimmer | Drowning  Impact injury | Staff & Users | * Throwlines should not be used in or around the inlet area when the pumps are running. * Use or carrying of throw lines or similar by customers to be restricted to rescue courses only. * Staff or coaches may be authorized to carry throw lines. * Use of Emergency Stop buttons by site operators to be covered | * Activate E stop, cut rope and recover as required. * First aid as required. |
| Cold Water Shock | Inability to breath for brief time leading to loss of muscle control and in ability to swim/self-rescue | Staff & Users | * Staff being familiar with effects of cold-water shock. * Staff to advise participants of suitable clothing. * Wearing correctly fitted buoyancy aid. | * Self-rescue * Assisted rescue (may include use of rescue SUP/Sledge and swimming rescue on throwline) * First aid as required |