

Coquet Canoe Club Risk Assessment - Sea Kayaking



NOTE: Before completing a risk assessment please read the guidance notes document.

Date:	25.02.24
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Assessor's Name:	Linda	Review Date:	02.25
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Description of Assessment:	Sea Kayak Trip
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Location Details:	Amble Shorebase or other launch point
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What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Drowning	Participants	<p>Ensure participants are water confident</p> <p>Wear correctly fitting B.A.s</p> <p>Teach capsize drill and rescue techniques in conditions suited to the group</p> <p>Check wind and sea conditions, assess on the day and ensure all participants are capable of coping with them</p> <p>Good group control. In the event of an incident the group stays together in a safe area until it is safe to move on.</p> <p>Availability of emergency communication systems: radio; mobile phone; personal locator beacon</p>	Monitor the group while on the water	Coach or Leader who is leading the group	Ongoing	
Hypothermia	Participants	<p>Dress appropriately for conditions</p> <p>Avoid unnecessary swims</p> <p>Educate in hypothermia awareness</p>	Coaches and Leaders to carry spare clothes and group shelter in their kit in case they are needed	Leaders and coaches in the group	Ongoing	

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		<p>Perform efficient rescues</p> <p>Carry hot drinks</p>				
Waterborne diseases	Participants	<p>Observe water conditions and sewage alerts</p> <p>Make all aware of Leptospirosis</p> <p>Avoid ingesting water</p> <p>Wash hands or use hand gel before eating.</p>	<p>Remind coaches and group members about Leptospirosis and other waterborne diseases. Leaders to carry hand gel to share</p>	Leaders and Coaches	Ongoing	
Falling injuries	Participants	<p>Make people aware of slippery rocks, mud, slipway etc.</p> <p>Wear appropriate footwear</p>	<p>When the group are on rocky ground (for a lunch break etc) land in as safe a place as is possible. Warn group members of the risks.</p> <p>Give assistance to anyone who is not steady on their feet</p>	Leaders and coaches	Ongoing	
Manual Handling Injuries	Leaders and participants	<p>Teach and use correct lifting techniques</p> <p>Ask for assistance where necessary</p> <p>Take care not to hit anyone close when carrying or using paddles</p> <p>Helmets to be worn unless there is a specific reason not to.</p>	<p>New members to be taught correct lifting and carrying techniques. Reminders for members if poor techniques are observed.</p> <p>Offer assistance where necessary.</p>	Leaders and participants	Ongoing	
Entrapment	Participants	<p>Teach a safe capsize drill to new members. Practice the capsize drill in a safe environment</p> <p>Check footrests cannot trap feet</p> <p>Check footwear for loose laces etc</p>	<p>Leaders and coaches to monitor and check group members to confirm correct footwear and footrest position before going on the water.</p>	Leaders and coaches	Ongoing	
Breakage	Leaders and participants	<p>Inspect Equipment before use</p>	<p>Any damaged equipment to be stored in the workshop to be inspected and fixed</p>	All group members	Ongoing	
Hypothermia	Leaders and participants	<p>Dress appropriately for conditions</p>	<p>Leaders and coaches to carry spare hot drinks and food.</p>	Participants and Leaders	Ongoing	

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		Carry a hot drink and food	Check with group members before going on the water to make sure they have a hot drink and food with them.			
Sunburn and Hyperthermia	Leaders and participants	Ensure students wear hat, shirt, sunscreen Avoid prolonged periods in direct sun Carry plenty of fluids	Leaders and Coaches to monitor suitable clothing of group members before they go on the water. Advise as necessary.	Participants and Leaders	Ongoing	
Collision	Leaders and participants	Be aware of other craft especially in harbour to avoid moored craft and moving boats At Amble cross the main channel and exit via the wave basin if possible When surfing Leaders give advice to participants about surfing etiquette. No two sea kayaks to surf the same wave. Keep a big distance apart from each other	Leaders and Coaches to give advice when paddling in a harbour/practising surfing .	Participants and Leaders to be aware of their surroundings	Ongoing	
Lightning Strike	Leaders, participants	Do not get on the water if thunder and lightning are forecast and especially not if they are audible or visible. If lightning strikes unexpectedly while on the water, go to the nearest landing opportunity and stay there until the storm passes.	Keep group together and give instructions as appropriate at the time.	Leaders and Coaches	Ongoing	

Office use only (to be completed by a risk assessment checker if selected for sampling)

Checked by:	Position:	Date:	
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