



## Risk Assessment: Outdoor Public Come & Try Sessions

### Introduction

This is a **Specific Risk Assessment** for a Club Outdoor Come & Try Club paddling activity on a loch or sea where members of the public can turn up to try the sport. This may be part of a larger community activity such as a watersports activity.

The Risk Assessment supplements the Club's Generic Risk Assessment. A site specific Risk Assessment should have been completed for the area being used. assessment

Supporting documents

- Generic Risk
- Site Specific Risk Assessment

### Risk Assessment

The Key injuries to individuals are:

- Personal Injury
- Drowning

Hazards	People who are at risk	Risk	Control Measure(s)
<b>Entrapment</b>  Unable to get out of kayak	All participants	Personal Injury (eg drowning)	<ul style="list-style-type: none"> <li>▪ Participant briefed on how to get out of a kayak.</li> <li>▪ Spraydecks not to be worn by beginners.</li> <li>▪ Suitable footwear to be worn (no boots, shoelaces tied)</li> <li>▪ Coach/Leader to Participant ratio ideally 1:4 but not to exceed 1:8</li> </ul>
<b>Weather - Wind</b>	All Participants	Personal Injury (eg Drowning)	<ul style="list-style-type: none"> <li>▪ Activities restricted to ideally to very Sheltered Water</li> </ul>



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Hazards	People who are at risk	Risk	Control Measure(s)
Offshore wind and individual unable to return to shore			but must not exceed Sheltered Water Conditions <ul style="list-style-type: none"> <li>▪ Clear boundaries to be set taking into consideration wind strength and direction.</li> <li>▪ Coach/Leader to Participant ratio ideally 1:4 but not to exceed 1:8.</li> <li>▪ Experienced kayaker to be on the water to tow individuals back to shore.</li> <li>▪ Land based "spotter" to watch for any individual(s) drifting away from shore or in difficulty.</li> <li>▪ Radio communication between shore and safety kayak</li> <li>▪ Record of individuals going afloat and coming off the water to be kept.</li> </ul>
<b>Weather - Temperature</b>	All Participants	Personal Injury (eg hypothermia)	<ul style="list-style-type: none"> <li>▪ All participants to wear a suitable waterproof jacket.</li> <li>▪ Equipment (and facilities) available to treat individual who are could be cold / hypothermic.</li> </ul>
<b>Swell, Waves, Surf</b>		Personal Injury	<ul style="list-style-type: none"> <li>▪ Activities restricted to ideally to very Sheltered Water</li> </ul>



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Hazards	People who are at risk	Risk	Control Measure(s)
Potential for capsize and impact injuries.		(Head injury, hypothermia)	but must not exceed Sheltered Water Conditions <ul style="list-style-type: none"> <li>▪ Organiser / Coaches to undertake dynamic risk assessment of venue based on conditions.</li> <li>▪ Coach/Leader to Participant ratio ideally 1:4 but not to exceed 1:8.</li> <li>▪ Helmets to be worn during the activity.</li> <li>▪ Personal Flotation devices to be worn.</li> <li>▪ Coaches and others on the water trained to undertake rescues</li> </ul>
<b>Shallow Water</b>  Potential for impact injuries to head	All Participants	Personal Injury (eg Head Injury)	<ul style="list-style-type: none"> <li>▪ Helmets to be worn during the activity.</li> </ul>
<b>Other Participants</b>  Potential for impact injuries from craft and paddles	All Participants	Personal Injury (eg accidentally colliding with another participant)	<ul style="list-style-type: none"> <li>▪ Helmets to be worn during the activity.</li> <li>▪ Personal Flotation devices to be worn</li> </ul>



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<p><b>Existing Medical Condition</b></p> <p>Individuals have a pre-existing medical condition</p>	All Participants	Personal Injury	<ul style="list-style-type: none"> <li>▪ Participants to be asked about medical conditions.</li> <li>▪ Emergency contact details to be collected</li> </ul>
<p><b>Social Activities and Alcohol</b></p> <p>Individuals under the influence of alcohol or drugs</p>	All Participants	Personal Injury (eg Drowning)	<ul style="list-style-type: none"> <li>▪ No Participants to take part who have believed to be under the influence of alcohol or drugs.</li> </ul>
<p><b>Over Exertion</b></p> <p>Individuals are given tasks / activities beyond their physical capability</p>	All Participants	Personal Injury (Muscular injury)	<ul style="list-style-type: none"> <li>▪ Activities to be tailored to the individuals</li> </ul>
<p><b>Verbal / Physical Abuse</b></p>	All participants	Mental Health Injury Physical Injury	<ul style="list-style-type: none"> <li>▪ Individuals to be removed from activity.</li> <li>▪ Event organiser to be informed.</li> <li>▪ Details and time of event / incident to be recorded and Police to be contacted.</li> </ul>



## Risk Assessment: Outdoor Public Come & Try Sessions

### British Canoeing Definition:

#### Very Sheltered Water

Quiet canals with easy bankside access and egress; small lakes, which are not large enough and do not have difficult landing, where problems could occur if there is a sudden change in conditions; gentle, slow moving rivers. The definition implies weather conditions that are not in themselves likely to cause problems. At any point, the paddler should not be more than 50 metres from the bank.

Enclosed swimming pools are also defined as very sheltered water environments.

Note The definition implies normal conditions and care is advised when water and air temperatures are low.

#### Sheltered Water

Ungraded sections of slow moving rivers where the group could paddle upstream against the flow (not involving the shooting of, or playing on, weirs or running rapids). Areas of open water (e.g. lakes and lochs) where the paddlers are no more than 200 metres offshore and the wind strength does not exceed Beaufort force 3, avoiding the group being swept/blown out of the safe working area. Slow moving estuaries (less than 0.5 Knots)

**Examples:** Small enclosed bays, enclosed harbours where there is minimal possibility of being blown offshore, defined beaches with easy places to land throughout, no tide races, overfalls or surf.

Note The definition implies normal conditions and care is advised when water and air temperatures are low.

The above risk assessment was carried out by

<b>Name:</b>	Ken Nicol
<b>Signature:</b>	
<b>Designation:</b>	Secretary / L5 Coach
<b>Date:</b>	7 June 2023

The review date for this assessment is 7 June 2026