

The Moray Council

Outdoor Activity Generic Risk Assessments

1.3 Paddlesport: Sea Kayaking

Risk to: Leaders/Participants

Hazard	Risk	Control measures
1. Lifting and moving sea kayaks.	Manual handling injury.	Leaders will be trained within the NGB coaching scheme on correct lifting and handling. Participants will be briefed by leaders and supervised.
2. Access to/egress from water.	Slips and falls. Capsize. Group separation by wind tide or current.	Leaders will be trained to NGB standards in group management and control. Leaders will check access and egress points. Leaders will brief participants on safe and appropriate access and egress. Leaders will define a safe operational area and group members will be briefed to stay within it.
3. Water activity.	Immersion. Entrapment. Collisions. Biological infection. Water level/state.	Leaders will be trained to NGB standards in group management and instructional techniques appropriate to the level of the activity. Leaders will choose a suitable venue taking account of the nature of the activity, the ability level of the group, water and weather conditions and the equipment available. Participants will wear or carry clothing appropriate for the specific activity and venue. Participants will wear a buoyancy aid, which meets the appropriate specifications. Helmets meeting the appropriate specifications may be worn depending on the location and nature of the activity. Participants will be briefed on hazards specific to the craft and area of water being used and will be instructed in the skills and techniques needed to avoid them/deal with them. Leaders and participants will carry safety and rescue equipment appropriate to the specific activity and venue.
4. Equipment.	Unsuitability. Failure. Damaged. Wrongly fitted.	All equipment will meet current specifications and/or accepted standards where applicable and will be suitable for its intended use. Equipment will be regularly maintained, serviced and tested to current specifications where required. Leaders will carry a repair kit suitable for the activity. Leaders will visually check equipment at time of issue. If participants are using their own equipment, leaders will ensure it is suitable for the expected conditions and nature of the activity. Leaders will make a final check of equipment prior to the activity starting ensuring that buoyancy aids and helmets are correctly fitted and fastened, boats are properly fitted out and equipment carried is properly secured.
5. Weather/Water conditions/Sea state.	Possible increased risk level. Cold. Hypothermia. Wind. Sunburn.	Leaders will obtain information on weather, sea state, tides and other relevant factors and make an assessment of local conditions prior to any activity taking place Leaders will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Leaders will ensure that each participant is appropriately clothed, carries sufficient food and that additional food, clothing and equipment is available to suit the expected conditions and nature of the activity. Leaders will be First Aid trained to the level required by the NGB for the activity.

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