

3.1 Kayaking and Sit-on-Tops (Generic)

Hazard	Who might be harmed, and how?	Before Management			Action to avoid	After Management			Risk Acceptable Y/N
		L	S	R		L	S	R	
Pollution	Participants/Instructors - Infections/diseases	1	2	3	Avoid known polluted areas and if necessary advise client on water quality and avoidance of immersion.	1	2	3	Yes
Waves	Participants - Capsizes/Impact with rocks/seasickness	3	3	6	Careful route choice to suit group ability. Wear helmets. Suitable briefing when around rocky areas. Return to shore/sheltered water if seasick.	1	3	4	Yes
Paddles	Participants - Head injuries	3	3	6	Participants briefed to take care with their paddles when near others. Helmets to be worn.	1	2	3	Yes
Awkward capsize or capsize recovery	Participants - Shoulder injury/cuts and scrapes/entrapment in boat	2	3	5	Correct capsize technique taught. Close proximity of instructor to clients.	1	3	4	Yes
Cold water/weather	Participants - hypothermia	2	4	6	Appropriate clothing worn. Carry spare clothes, hot drink plus a group shelter. Monitor group/weather conditions.	1	4	5	Yes
Tidal currents/wind	Participants/instructors - drifting beyond ability to return to group	2	3	5	Appropriate route for group and weather conditions. Awareness of tidal streams. Instructor carry towline.	1	3	4	Yes
Prolonged kayaking	Participants/instructors - repetitive strain injuries, blisters	2	3	5	Teaching of good paddling technique. Tape or gloves carried to treat blisters.	1	3	4	Yes
Water	Participants - drowning	1	5	6	Capsize drill on dry land at start of session with beginners. People fitted into boats properly. Good group management. Buoyancy aids worn at all times.	1	5	6	Yes
Rafted kayaks	Participants - blown down wind	2	2	4	Avoid rafts on windy days unless anchored.	1	2	3	Yes
Loading/unloading kayaks	Participants and instructors – various injuries	2	3	5	Encourage use of safe lifting techniques. Take extra care unloading from height.	1	3	4	Yes
Collision with other boats and water users	Participants - Collision and injury	1	3	4	Brief group about hazard. Awareness of other water users. Minimize time spent in areas of busy traffic.	1	3	4	Yes
Sun	Participants and instructors - sunburn	3	2	5	Encourage use of sun cream, glasses, hat and shade.	2	2	4	Yes
Glare	Instructors - long term eye damage	3	2	5	Wear sun glasses/hat.	1	2	3	Yes
Rescues	Instructors - long term back injury	3	3	6	Ensure boats have adequate buoyancy. Use good technique when emptying swamped boats.	1	3	4	Yes
Boats falling off trailer	Passer by - person or vehicle hit by boat	3	5	8	Boats secured using suitable ropes and techniques. Trailer checked by driver and driven with care.	1	5	6	Yes

Key: L - Likelihood, S - Severity, R – Risk