

# Risk Assessment for Sea Kayaking

**Overview:** Sea Kayaking may take place at a variety of locations depending on conditions. A sheltered spot will be chosen wherever possible. Main Instructor will hold a minimum of BCU Level 1 (New) Kayak Coach Award, or Level 2 (Old) kayak coach award and be First Aid Qualified.

**Helmets, buoyancy aids, and appropriate footwear are to be worn for all kayak sessions for safety.**

Hazard	Who may be harmed	Risk		Control Measure
		Likelihood	Consequence	
<b>Weather</b>				
Rough Seas	Group	Medium	High	Activity Will not commence in very rough seas. PA Instructor will assess the sea conditions based on wind/swell forecasts and the conditions on the day. Problem areas will be well known and PA Instructor will assess whether the session can start/continue also based on the groups abilities.
Wet Conditions	Group	Low	Low/Medium	When the ground underfoot is wet, PA Instructor will brief the participants, depending on location to ensure they are aware of areas which may be slippery. PA Instructor to ensure participants have adequate protective equipment for the conditions. PA Instructor to carry full emergency kit which includes spare clothing.
Sun	Group	High	Medium	PA Instructor should advise participants to wear sunscreen and carry some spare in the vehicle for emergencies. On very hot days the PA Instructor should be aware of the possibility of group members overheating.
Lightning and/or storms/High Winds	Group	Medium	High	Activity will not commence in Storms or very high winds which would normally be associated with very rough seas. Any sign of lightning nearby and group will return to land and shelter.
Cold	Group	Medium	High	PA Instructor to check regularly that all group members are warm enough. Sessions may need to be shortened on very cold days.
<b>Terrain</b>				
Leaving the beach/slipway	Group	Medium	Low	Extra care to be taken as kayakers enter boats. PA Instructor on the water 1 <sup>st</sup> . Participants and Instructor to help each person if necessary.
Exiting the kayaks back onto beach/slipway	Group	Medium	Medium	Correct briefing given. Group to exit one at a time, especially in swell and not to crowd exit point. Instructor normally last on the water helping

				individuals exit where necessary.
Leaving /Entering Caves	Group	Medium	Medium	PA Instructor to assess whether caves can be entered safely .Based on swell conditions and group ability. Helmets to be worn at all times.
<b>Equipment</b>				
Injury due to faulty equipment or ill fitting equipment.	Group	Low	Medium	PA Instructor to ensure that wetsuits, buoyancy aids and helmets fit correctly. Wetsuits should fir snugly especially on colder days. PA Instructor to make sure all group members have appropriate footwear.
<b>Other</b>				
Falling Rocks	Group	Low	High	Time spent under cliffs should be kept to a minimum.
Tiredness/Fatigue	Group	Low	Medium	PA Instructor to tailor session to the weakest members' ability.
Capsizing	Group	Medium	Low/Medium	Instructors to brief participants in capsized drill at start of session.