

ISLINGTON BOAT CLUB

RISK ASSESSMENT FOR CANOEING AND KAYAKING

Risks

1. Drowning
2. Falling into and immersion in cold water
3. Hypothermia
4. Head injuries

Risk Management

All : Instructors will hold appropriate British Canoe Union Coaching Awards

All : Safety procedures and risk disclosure will be included in the student briefing

All : The ratio of Instructors to students : See Appendix 1

1 : The Instructor is responsible for determining that all participants can swim 25 metres - this may be via written confirmation from parents/carers. It is possible to introduce non-swimmers to canoeing or kayaking at the discretion of the Club Co-ordinator or his designee.

1 : All students will wear buoyancy aids (or lifejackets). The instructor will check these are properly fitted.

1, 2, 3 : There should never be less than three canoeists in the group.

1, 2, 3 : Discipline of the group should be such that canoeists do not get spread out, away from the instructor

4 : Helmets should be worn by all canoeists on rivers and in surf. Instructors may use their discretion about wearing helmets while loch or sea canoeing or kayaking, other than in surf or among rocks.

4 : Helmets should be worn for canoe polo training or competitions

1 : Instructors must be satisfied that all kayakers using closed cockpit boats (e.g. not Kiwi kayaks) have the knowledge to perform a capsized drill.

2, 3 : On journeys away from the Club safety equipment will include a throw line, split paddles, repair equipment, spare clothes and survival equipment, as relevant to the weather and air/water temperatures. For short journeys outside the City Road Basin a first aid kit should be carried.