

Risk Assessment – Paddlesports Sheltered Water

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> • <i>Lead</i> – BC L2 or BC UKCC L2 or BC UKCC L1 who has been signed off by technical advisor. + relevant 3 star award. • <i>Assist</i> – BCU L1 Coach. • First Aid Certificate
Ratios	<ul style="list-style-type: none"> • 1:12 paddling tandem. 1:8 when paddling solo. • Ratios must be reduced to meet the needs of participants where appropriate - e.g. behavioural issues.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
Drowning	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Being close to the water without BA on and falling in. • Poor safety briefing. • Poor monitoring • Equipment Failure 	<ul style="list-style-type: none"> • Awareness of weather/sea conditions • Effective safety briefing • Water confidence test • Equipment to be visually checked prior, during and after the activity. • BAs to be fitted correctly and worn near and on the water.
Personal Injury E.g. Slips, Cuts, Head Injuries, strained backs	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Contact with paddle • Water confidence games • Lifting 	<ul style="list-style-type: none"> • Instructor to provide health and safety briefing(s) to prevent injuries, including lifting. • Helmets may be appropriate in certain circumstances • Instructor to hold first aid qualification and carry first aid kit. • Appropriate footwear to be worn.

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Difficulty controlling body temperature	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none">• Submersion.• Cold, wet days.• Hot, sunny day.	<ul style="list-style-type: none">• Wetsuits to be provided when appropriate• Appropriate group safety equipment to be carried – e.g. shelter, warmth, water etc.
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