

Adventures Unlimited Scotland CIC: Risk Assessment

Activity	Location	Nature of Group	Undertaken by	Date
Sea Kayaking (including doubles)	Cromarty/Moray Firths, Sheltered sea lochs	Disabled/ able bodied young people	S.Sims	March 2013

Hazard: What could go wrong?	Who to?	Control: What can be done about it?	System: How do you make sure that the control happens?
Injuries whilst loading/unloading kayaks from trailer or carrying kayaks	All taking part	Sufficient helpers to lift each kayak Appropriate lifting techniques used Ensure all helpers aware when kayaks moved to avoid trapping fingers etc	Staff training Good communication
Injuries to instructors when rescuing double Kayaks	Instructors/ Assistants	Be aware of weight of swamped double kayak. Two people to rescue if possible. Use paddlers to assist. Boat to be righted before attempting X-rescue. Pump out water as much as possible.	Staff training
Water Pollution	All taking part	Ensure participants wash hands after activity Procedure to avoid Weils Disease	Safety briefing Staff training
Injuries from paddles	All taking part	Helmets worn if appropriate. Adequate training to raise awareness of hazard.	Briefing/Training sessions
Capsize	All taking part, esp. disabled participants	Raft kayaks where necessary Adequate safety support depending on location Buoyancy Aids worn by all kayakers Capsize briefing/practice as appropriate Appropriate means of summoning assistance available	Safety briefing Training sessions Mobile phone/VHF/Shore support RIB support if appropriate Itinerary left with responsible adult

<p>Hypothermia/ Heat Exhaustion/sunburn</p>	<p>All taking part</p>	<p>Adequate protective clothing for prevailing conditions First Aid/Group shelter/Spare clothing/hot drinks available. Sn screen and sun glasses if appropriate</p>	<p>Safety briefing Emergency Equipment available Training sessions</p>
<p>Weather Conditions</p>	<p>All taking part</p>	<p>Weather forecast obtained prior to setting out. Be prepared to change location/cancel if weather unsuitable Updates available from Coastguard via VHF. Escape routes available should conditions deteriorate. Appropriate compass/GPS/maps/charts carried.</p>	<p>Adequate preparation/supervision</p>
<p>Tides</p>	<p>All taking part</p>	<p>Ensure adequate knowledge of tidal flow and times. Awareness of any areas of turbulence, overfalls or races.</p>	<p>Check Tide times Appropriate local knowledge and training Adequate group supervision in areas of tidal flow.</p>
<p>Other water craft</p>	<p>All taking part</p>	<p>Awareness of other water craft, especially large ships. VHF/ White Flares carried.</p> <p>Date of review: 26/04/15</p>	<p>Safety Briefing, Training. Group supervision RIB Support if available used to warn other vessels of group location.</p> <p>Reviewed by: S.Sims</p>

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