

Activity Risk Assessment: - Kayaking

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged risks	Control Measures	Managed risks
1	Drowning	Instructors & Group	High	<ul style="list-style-type: none"> • Instructor training, knowledge, supervision and experience. • Assessment of student ability and tailoring of sessions accordingly. • All participants wearing correctly fitted and checked buoyancy aids when on and near the water. • Staff awareness and ability to rescue. • Use of throw lines. • Dry land capsize and rescue brief. • Avoid students wearing large footwear and heavy clothing. 	Low
2	Struck by paddle	Instructors & Group	Medium	<ul style="list-style-type: none"> • Staff control during session. • Inspection of paddles for sharp edges etc. • Sufficient spacing during paddling. • Safety briefing on games before they are played. 	Low
3	Infection	Instructors & Group	Medium	<ul style="list-style-type: none"> • Cover all cuts/new piercings etc. • Ensure/encourage minimum time is spent in the water. • Advise all students to shower after finishing water activities. • Guidance notice in group accommodation regarding Weil's disease. 	Low
4	Moving boats	Instructors & Group	Medium	<ul style="list-style-type: none"> • Show the correct procedure for emptying and carrying boats. 	Low

				<ul style="list-style-type: none"> • At least two people to carry each kayak. 	
5	Trapped in boat	Instructors & Group	High	<ul style="list-style-type: none"> • Brief group on techniques for getting out of boat. • Instructors to ensure that they are sufficiently close to perform a rescue if needed. 	Low
6	Bank side obstacles (branches, jetties etc)	Instructors & Group	Medium	<ul style="list-style-type: none"> • Brief group to stay away from obstacles. • Instructor to position themselves between obstacles and group where possible / necessary. • <i>Maintain bank and manage vegetation growth.</i> 	Low
7	Difference in water depths	Instructors & Group	Low	<ul style="list-style-type: none"> • Instructor to have a basic knowledge of lake depths. • Use appropriate part of lake for different skills and games. • Brief group on water depths and what to do if they fall in. 	Low
8	Jetties	Instructors & Group	Medium	<ul style="list-style-type: none"> • Make group aware of the potential of falling off the jetty when removing kayaks from the water. • Warn of gap between the bank and the jetty. • Warn of moving Jetty. • Brief group on conduct whilst on the jetty. • When getting in/out of a kayak make sure someone is stabilising it. • Do not allow participants to swim under the jetty. 	Low
9	Injury when launching kayaks	Group	Medium	<ul style="list-style-type: none"> • Make sure the instructor pushes the boat in slowly. • Make sure the second instructor is on the water before clients. 	Low
10	Strain injury from emptying boats.	Instructor & group	Medium	<ul style="list-style-type: none"> • Advise group to bend knees and keep a straight back. • Instructors to follow correct manual handling procedure • Be vigilant of boats falling onto group members 	low
11	Hypo/hyperthermia and exposure	Instructors & group	Medium	<ul style="list-style-type: none"> • Instructors should ensure that the group is appropriately clothed for the weather (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion 	Low

				etc.). <ul style="list-style-type: none"> • Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. • Instructors should be prepared to stop or have a break during the session. 	
12	Struck by boat	Instructors & group	Medium	<ul style="list-style-type: none"> • Good group supervision. • Instructor to take care when playing games and when launching boats from the jetty. 	Low
13	Sinking into deep mud around the lake.	Group	Medium	<ul style="list-style-type: none"> • Instructor to have knowledge of these areas and to keep group away from them. 	Low