

# Aberdeenshire Council

## Outdoor Activity Generic Risk Assessments

### 1.3 Paddlesport: Sea Kayaking

**Risk to:** Instructors/Group members

Hazard	Risk	Control measures
1. Lifting and moving sea kayaks.	Manual handling injury.	Instructors will be trained within the NGB coaching scheme on correct lifting and handling. Group members will be briefed by instructor and are supervised.
2. Access to/egress from water.	Slips and falls. Capsize. Group separation by wind tide or current.	Instructors will be trained to NGB standards in group management and control. Instructors will check access and egress points. Instructors will brief groups on safe and appropriate access and egress. Instructors will define a safe operational area and group members will be briefed to stay within it.
3. Water activity.	Immersion. Entrapment. Collisions. Biological infection. Water level/state.	Instructors will be trained to NGB standards in group management and instructional techniques appropriate to the level of the activity. Instructors will choose a suitable venue taking account of the nature of the activity, the ability level of the group, water and weather conditions and the equipment available. Group members will wear or carry clothing appropriate for the specific activity and venue. Group members will wear a buoyancy aid, which meets the appropriate specifications. Helmets meeting the appropriate specifications may be worn depending on the location and nature of the activity. Group members will be briefed on hazards specific to the craft and area of water being used and will be instructed in the skills and techniques needed to avoid them/deal with them. The instructor and the group will carry safety and rescue equipment appropriate to the specific activity and venue.
4. Equipment.	Unsuitability. Failure. Damaged. Wrongly fitted.	All equipment meets current specifications and/or accepted standards where applicable and will be suitable for its intended use. Equipment will be regularly maintained, serviced and tested to current specifications where required. Instructors will carry a repair kit suitable for the activity. Instructors will visually check equipment at time of issue. If group members are using their own equipment the Instructor will ensure it is suitable for the expected conditions and nature of the activity. Instructors will make a final check of equipment prior to the activity starting ensuring that buoyancy aids and helmets are correctly fitted and fastened, boats are properly fitted out and equipment carried is properly secured.
5. Weather/Water conditions/Sea state.	Possible increased risk level. Cold. Hypothermia. Wind. Sunburn.	Instructors will obtain information on weather, sea state, tides and other relevant factors and make an assessment of local conditions prior to any activity taking place Instructors will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Instructors will ensure that each member of the group is appropriately clothed, carries sufficient food and that additional food, clothing and equipment is available to suit the expected conditions and nature of the activity. Instructors will be First Aid trained to the level required by the NGB for the activity.

**Aberdeenshire Council**  
**Outdoor Activity Site/Route Specific Risk Assessments**

**Activity:**

**Risk to:**

Hazard	Risk	Control measures

Continue on separate sheet if required.