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| **Name of activity, event, and location** | ***Paddle Sports- Canoeing/Kayaking (consider in conjunction with Water Activity RA)*** | **Date of risk assessment** | **Feb 2025** | **Name of person doing this risk assessment** | **David Morton****Reviewed:****Ray Hardman** |
| **Date of next review** | **Feb 2026** |

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| **What hazard have you identified?****What are the risks from it?** | **Who is at risk?** | **How are the risks already controlled?****What extra controls are needed?** | **What has changed that needs to be thought about and controlled?** |
| **Launch/Recovery** | **Participants** | **Observe manual handling best practice with at least 2 persons to carry a canoe or kayak****Adequate supervision to be provided by the instructors** |  |
| **Head Injury** | **Participants** | **Instructor briefing and group supervision****Helmets may be worn at the discretion of the instructor** |       |
| **Entrapment** | **Participants** | **Adequate Supervision****Clothing and personal equipment checked by instructor****Appropriate Instructor briefing/training for craft type** |  |
| **Capsize** | **Participants** | **Participants to stay with the craft and await instructions from the Instructor / Coach** |  |
| **Injuries such as pulled/strained muscle, dislocated shoulder** | **Participants** | **Effective briefing and coaching on proper techniques****Using correct manual handling techniques****Participants using appropriately sized craft and paddles****Use of warm up routines** |  |
| **Injuries to Instructors during rescues** | **Instructors** | **Instructors to ensure that persons involved in canoe / kayak rescues are briefed and /or coached during a rescue.** **Assistance to be sought where necessary.** |  |