



Dorset Disabled Canoe Unit Risk Assessment Sea Kayaking

Activity	Sea and Harbour paddle	Reviewed by	Kevin Anderson
Date		Date	Mar 23

Hazard	Who might be affected?	Risk controls	Any further action needed	Who by?	Date to complete	Done
Road and Traffic	All	Caution when moving near traffic. Find safe place to unload/assemble				
Moving boats manual handling	All	Care moving boats to water. Consider terrain. Request assistance if needed.				
Launch and recovery	Paddlers	Rescue capable coach/helper to be first on, last off water. Assist paddlers as needed to launch/recover.				
Paddle plan	Paddlers	Leader to assess the weather and sea conditions before the paddle and throughout to ensure the paddlers remain within their ability. Plan should include options in case the original plan becomes				



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		<p>unworkable. Consider alternative extraction points along the trip route.</p> <p>Consider the remit of the coach/leader.</p>				
Clothing and personal safety equipment	Paddlers	<p>Appropriate clothing for activity.</p> <p>PFD to be worn at all times on the water</p> <p>Helmets to be worn if rock hopping or entering caves</p>				
Communications	Paddlers	<p>Carry comms device eg phone, VHF.</p> <p>Inform someone on shore of plans.</p> <p>For sea trips consider RYA SafeTrx and/or calling MCA (01305760439) to tell of plan.</p>				
Additional equipment	Paddlers	<p>Group should be aware of location of</p> <p>First aid kit</p> <p>Comms device</p> <p>Towlines</p> <p>Throwlines</p> <p>Repair equipment</p>				



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Temperature	Paddlers	<p>Appropriate clothing</p> <p>Assess temperature before deliberately entering water, eg wet exit.</p> <p>Monitor fellow participants for signs of hypothermia remove from water if needed.</p> <p>Consider extra/spare clothing/weather protection.</p> <p>Sun screen use should be considered even on overcast days.</p> <p>Overheating is a risk on hot days.</p> <p>Be aware that if a paddlers movements are restricted, warming up once cold may take considerably longer due to reduced muscle movement/blood flow.</p>				
Harbours	Paddlers	<p>Both Poole and Christchurch harbours have strong currents from tides. Plan to avoid.</p>				



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		<p>Beware of mud exposed at low tides making paddling more challenging.</p> <p>There are restricted areas in both harbours.</p>				
Drowning /Entrapment	Paddlers	<p>All paddlers to be trained on wet exit techniques.</p> <p>Also train re-entry in deep water (too deep to stand)</p> <p>A coach/helper to be with each group. To lead rescues if needed.</p>				
Bio-Hazards	All	<p>Encourage washing after contact with water.</p> <p>Encourage "Check Clean Dry" to avoid transferring aquatic plants and animals.</p>				
First Aid	All	<p>First aid kits are available in the container.</p> <p>Kits should be taken with paddling groups.</p>				
Bio-Hazards	All	<p>Encourage washing after contact with water.</p>				



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		Encourage "Check Clean Dry" to avoid transferring aquatic plants and animals.				
Environmental conditions	Paddlers	Continuously assess the water and weather conditions for suitability. Remember there is always another day				

