

## AVON OUTDOOR ACTIVITIES CLUB

### Risk Assessment Activity: Canoeing and Kayaking (Indoor Swimming Pools)

Risk	Who may be Affected	Mitigation
<b>Venue</b>		
a) Slipping on wet poolside surface	All Participants	<ul style="list-style-type: none"> <li>Exercise caution. Do not run on poolside.</li> <li>Empty kayaks into the pool to avoid excess water poolside.</li> </ul>
b) Cut feet / tripping on pool surround		<ul style="list-style-type: none"> <li>Check pool surround for damaged tiles, non fixed obstructions, protruding diving boards, uncovered lane anchor points ect</li> <li>Do not seal launch off side as can cause damage to tiles.</li> </ul>
c) Slight risk of hypothermia if very cold water		<ul style="list-style-type: none"> <li>Ensure participants are wearing appropriate clothing</li> <li>Check for signs of participants becoming cold</li> </ul>
<b>Equipment</b>		
a) Mishandling equipment	All Participants and other pool users	<ul style="list-style-type: none"> <li>Ensure participants use correct, safe manual handling skills especially for emptying boats.</li> <li>Assist others getting into and out of the building and in tight spaces to avoid dropping equipment.</li> </ul>
b) Drowning/ entrapment	Participants	<ul style="list-style-type: none"> <li>Ensure participants know what to do if they capsize</li> <li>Check that they are fitted to the kayak correctly using footrests, thigh braces and back rest</li> <li>If using a spray skirt ensure that the grab handle is visible and outside the cockpit.</li> <li>Large groups or pools one person to be designated to keep a general watch on all activity.</li> </ul>
<b>Activity</b>		
a) Physical impact/ collisions	Participants and other pool users (divers)	<ul style="list-style-type: none"> <li>Ensure participants remain in restricted area and do not interfere with other users.</li> <li>Be aware of 'safe personal space'</li> <li>Do not exceed maximum number of kayaks allowed in the pool</li> <li>Skills practice / coaching will generally be in a "static" position rather use the full extent of the pool.</li> </ul>
b) Inability to swim	Participants	<ul style="list-style-type: none"> <li>If practicing rolling or support strokes make sure participants are in deep water, away from the sides.</li> <li>Participants must be able to swim 25m</li> <li>Avoid a heavy meal before paddling</li> <li>Do not participate if suffering from the effects of illness, alcohol or drugs that may affect participants ability to swim.</li> </ul>

c) Soft Tissue injury	Participants	<ul style="list-style-type: none"><li>• Sufficient time allowed for participants to warm up and cool down.</li><li>• Good manual handling skills</li><li>• Check technique when rolling/ practising bracing strokes to avoid shoulder injury</li><li>• Mix up practises to avoid overuse injury</li></ul>
d) Medical Conditions	Participants	<ul style="list-style-type: none"><li>• As per joining instructions</li></ul>

Last Reviewed: Aug 2015 by S Gay