

Risk Assessment – River Kayaking / Canoeing

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Previous RA –25/05/17

The purpose of this risk assessment is to help identify hazards associated with this activity and to evaluate the risks to determine what measures should be taken to protect the health and safety of guests, Adventure Ardeche staff and members of the public.

Location: Ardeche River (Salavas to St Martin d’Ardeche).

Description of Activity

This activity involves kayaking / canoeing down the Ardeche River either on ‘sit on top’ kayaks or traditional kayaks or canoes depending on experience and ability.

The river has sections of fast moving water and short sections of rapids up to Grade III. During the peak season the River can be extremely busy with other users and effective group management is essential.

River Leader to be minimum British Canoe Union Level 2 Coach / 4 Star Assessed or Moderate Water Leader. In addition to this River Leaders will have undergone Adventure Ardeche in house River Leader Training and been assessed by an outside Technical Expert.

Instructors should hold British Canoe Union Level 1 Coach / 3 Star. In addition to this Instructors will have undergone Adventure Ardeche in house River Leader Training and been assessed by an outside Technical Expert.

Assistant should have completed Adventure Ardeche in house training and have been assessed by Adventure Ardeche River Leader.

For **Rock Jumping** see specific Risk Assessments.

Staff: Student ratio not to exceed 1:8 (including visiting teachers / responsible adults).

Hazard Assessment Checklist

Nature of Hazard	Severity H / M / L	Person(s) at risk	Risk Control
<p>Remote Area</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Distance / length of time required for outside medical assistance. • Getting lost. • Bites / Stings (insects / snake / wild animals). 	Low	Guests / AA Staff	<ul style="list-style-type: none"> • AA Staff to be First Aid qualified in case of accident. • Comprehensive First Aid Kit / Mobile phone to be carried by lead instructor. • AA Staff know what to do in case of accident requiring outside help. (See Adventure Ardeche Accident Protocol). • AA Staff to be aware of exact location in case outside help required. • AA Staff to be aware of any guests existing medical conditions / allergies and to act in accordance with these. • AA Staff to use all reasonable and practical ways to avoid spreading infection or contamination if administering first aid. • Company Vehicle always available in case guest(s) needs to be evacuated.
Heat / Cold / Extreme Weather	Low	Guests / AA Staff	<ul style="list-style-type: none"> • Lead Instructor to check weather forecast in advance <u>and</u> on each

<p>Specific Dangers:</p> <ul style="list-style-type: none"> • Hypothermia (cold / wet). • Hyperthermia (too hot). • Dehydration. • Sun burn / Sunstroke. • Lightening strike. • High Wind. • Heavy Rain. 			<p>morning of activity.</p> <ul style="list-style-type: none"> • Guests to be briefed in advance as to appropriate clothing / footwear for expected conditions. • Guest to be told to bring water bottle (1 litre per person) and sun protection. • AA Staff to have appropriate clothing / footwear. • Wetsuits should be provided during periods of cold weather. • AA Staff to bring group shelter / spare warm clothing / wet weather clothing (cags) and brew kit in case of poor weather. • Extra water to be provided by AA Staff and guests regularly encouraged to drink and fill up own bottles. • River Leader to carry Isotonic powder to add to guests / staff water to ensure everyone stays hydrated. . • In the event of bad weather / high winds AA Staff to monitor situation and stop session if conditions become too dangerous or activity becoming too physically demanding.
<p>Water and Related Hazards</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Drowning • Entrapment from capsize. • Entanglement with equipment. 	<p>Med</p>	<p>Guests / AA Staff</p>	<ul style="list-style-type: none"> • All guests and staff to wear appropriate PPE (buoyancy aid / helmet) at all times. • All PPE to be correctly fitted and checked by AA Staff each time it is removed and put back on. PPE to be continuously monitored during activity. • River Leader to continually assess hazards and to organise the running of the river in an appropriate way. • River Leader to use AA Staff members to manage risk so that hazards can be safely passed. • If hazards cannot be safely removed or passed then guests should bypass hazard using alternative safe route (Portage). • AA Staff to be aware of any non-confident swimmers and to continuously monitor them. • If kayaks (closed cockpits) with / without spray-decks are being used River Leader to ensure participants are able to exit boat effectively in case of capsize. • AA Staff to ensure all entanglement hazards are removed for boats (ropes / luggage straps / personal bags).
<p>Rocks / Trees / Debris and Other Under Water Obstructions</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Drowning • Entrapment • Physical injuries (caused by striking 			<ul style="list-style-type: none"> • AA Staff to communicate regularly with other groups as to any hazards that may have been encountered. • All guests and staff to wear appropriate PPE (buoyancy aid / helmet) at all times. • River Leader to continually assess hazards and to organise the running of the river in an appropriate way. • If hazards cannot be safely passed then

rocks or other obstructions)			guests should bypass hazard using alternative safe route.
Physical Exertion / Abnormal Stress Specific Dangers: <ul style="list-style-type: none"> • Guest too tired to continue. • Dehydration / Hyperthermia • Guest too scared to continue. 	Low	Guests / AA Staff	<ul style="list-style-type: none"> • All guests and AA Staff to operate within their fitness levels. • AA Staff to assess guest's fitness levels and choose appropriate activity to avoid over exertion. • River Leader to assess AA Staff fitness levels and ensure they are fit enough for demanding nature of work. • Rest times to be built in to session when required. • AA Staff to contiguously monitor stress levels and to be able to help if required. • AA Staff to ensure guests eat and drink enough to sustain physical activity. • AA Staff to ensure adequate breaks are taken to prevent overheating.
Manual Handling of Equipment Specific Dangers: <ul style="list-style-type: none"> • Injury caused by lifting equipment incorrectly. • Injury caused by dropping equipment or being hit by equipment. 	Low	Guests / AA Staff	<ul style="list-style-type: none"> • AA Staff to be trained in the correct techniques for lifting / moving and lowering equipment. • Guests only allowed to move equipment if appropriate and under supervision of AA Staff. • Guests to work in pairs if carrying heavy / awkward loads.
Traffic / other road users Specific dangers: <ul style="list-style-type: none"> • Injuries caused by contact with other road users. 	Med	Guests / AA Staff	<ul style="list-style-type: none"> • AA Staff to accompany guest transport and know specific parking area. • AA Staff to be in situ as guests disembark transport to ensure guests do not walk into road. • AA Staff to supervise crossing of road and stop traffic if appropriate.
Uneven / rough terrain on riverbank / paths. Specific dangers: <ul style="list-style-type: none"> • Injuries caused by slips, trips and falls. 	Med	Guests / AA Staff	<ul style="list-style-type: none"> • AA Staff to ensure correct footwear is worn and laces properly tied. • AA Staff to make sure guests use correct paths.
Other boats / river users. Specific dangers: <ul style="list-style-type: none"> • Separation for rest of group. • Injuries caused by being struck by other boats / paddles. • Entrapment caused by other boats / equipment. 	Low	Guests	<ul style="list-style-type: none"> • River Leader to manage the group in a way that avoids conflict with other groups or river users. • All AA Staff to be aware of other boats and manage the group accordingly. • Guests briefed to stay with the group and paddle rapids separately with specified time gaps. • AA Staff member to be at rear of group at all times to prevent separation.

<p>Injuries caused by paddles</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Head injuries / cuts and grazes caused by paddles. 	<p>Med</p>	<p>All</p>	<ul style="list-style-type: none"> • AA Staff to brief all guests on how to hold / use paddles. • AA Staff to highlight dangers posed by incorrect use of paddles. • AA Staff to continuously monitor guests use of paddles. • Equipment to be handed out in clear and controlled way.
<p>General Public</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Physical / Verbal Abuse. • Abduction 	<p>Low</p>	<p>Guests</p>	<ul style="list-style-type: none"> • AA Staff to be aware of other people using the area / on river and to provide a visible presence. • AA Staff to carry out regular head counts throughout the day. • Guests told to stay with a minimum of 1 other person at all times. • AA Staff to attempt to de-escalate any potentially confrontational situation if safe to do so. • Lead instructor to be willing to finish activity early and remove all guests if any serious problems do arise.