

Reviewed – 29.04.2019



Canoe/Kayak - Cotherstone

Risks:

1. Drowning
2. Falling in and immersion in cold water
3. Hypothermia
4. Head injuries
5. Getting washed downstream into rapids

Risk

Risk Management

- | Risk | Risk Management |
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| all | a. Instructors and assistants will hold the relevant BCU coaching awards. For all the common Kingsway sites, this is BCU Level 1 coach for instructors. Assistants will be assessed by the Technical Advisor. |
| all | b. Instructor to student ratio will not exceed 1:8. |
| all | c. Safety procedures will be included in the safety briefing. |
| 1 | d. The instructor is to ensure that he/she is aware of any non swimmers taking part in the activity. |
| 1 | e. All participants will wear buoyancy aids, properly fitted and of a suitable size. |
| 1,2 | f. Canoeing groups must never be of less than three people. |
| 1,2,5 | g. The instructor is to maintain control of the group at all times and to ensure that no group members are too far away to be quickly assisted by either the instructor or assistant in the event of a capsized or other incident. |
| 1,4 | h. Helmets are to be worn by all instructors and students during sessions of instruction. |
| 5 | i. River sites must not be used in high water levels. The Centre Manager must be consulted if there is any doubt as to the suitability of the site. |
| 2,3 | j. Relevant safety equipment (tow line, throw line, emergency bag phone or |

radio) is to be carried on all sessions.

- 1,2,3 k. An instructor or assistant are to be the first on and the last off the water.
- 5 l. The instructor or assistant is to be aware of the whole group at all times and able to effectively tow any student up stream before they drift onto rapids.

