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**Activity Risk Assessment – Instructor Led Activities (Flat Water)**

**Risk vs Benefit Statement.**

‘We believe in the positive aspects of undertaking challenges in a wide range of activities and experiences in the outdoors.

One of the key foundations of the Outdoor Learning approach is the intentional acceptance of both the benefits of undertaking activities in the outdoors and the potential risks of doing so. Challenges might be physical and/or psychological and may include real and/or perceived risk for the participants where real and often immediate consequences can lead to powerful and highly memorable learning experiences.’ (Institute of Outdoor Learning)

At Pinkston Watersports we share the ethos of the IOL, we strongly believe that the range of activities we offer bring great benefits to all our clients and users allowing them the chance to build confidence, strength, independence, and social network, allowing them to realise their full potential.

**Review period.**

All documents to be reviewed annually by Pinkston Watersports Management Team. All those who require the risk assessment to carry out their work will also have an opportunity to input into the review process.

| **Hazard** | **Possible injury** | **Who might be harmed?** | **How is the risk controlled?** | **Remedial Actions** |
| --- | --- | --- | --- | --- |
| **See all specific Risk Assessments: Flat water, White water, Water Quality** | | | | |
| Entrapment | Drowning | Users | * Only deploy suitably qualified and competent staff to supervise. * Clear briefing on how to exit craft. * Weekly checks to ensure equipment has no entrapment hazards (e.g., ill-fitting footrests, missing nuts) before use. * Correctly fitted and sized spray decks * Knife carried by all instructors. * Group management and forward planning – System such as ‘CLAP’ (Communication, Line of Sight, Avoidance, Position of maximum usefulness) is applied. * All ropes/equipment to follow clean principles. * Assess physical ability of participants is compatible with craft, fixtures, and position | * Suitable and practiced procedure for recovery available. * Assisted rescues (e.g., Deep water,   Hand of God) |
| Capsize/falling off craft | Drowning | Staff and Users | * Only deploy suitably qualified and competent staff to supervise. * Wearing correctly fitted buoyancy aid. * Clear briefing on how to exit craft. * All participants to be briefed on required actions. * Immediate head count following a capsize. * Sufficient buoyancy fitted to support waterlogged hull and crew (raft building max 1½ people per barrel), kayaks flat water min 2 rear air bags | * Self-rescue |
| Head Injuries | Staff and Users | * Helmets must always be worn during raft building when on the water. * Helmet fitting to be checked | * Self-rescue * First aid as required. * Contact Emergency services as required |
| Adverse weather conditions | Hypothermia/ Hyperthermia | Staff & Users | * Staff to advise participants of suitable clothing and supply if necessary. * Staff to monitor during session | * First aid as required |
| Cold Water Shock | Occurs when water is below 15 degrees - Inability to breath for a brief time leading to loss of muscle control and ability to swim/self-rescue | Staff & Users | * Only deploy suitably qualified and competent staff to supervise. * Staff being familiar with the effects of cold-water shock. * Staff to advise participants of suitable clothing and supply if necessary. * Wearing correctly fitted buoyancy aid. | * Self-rescue * Assisted rescue (may include use of rescue SUP/Sledge and swimming rescue on throwline) * First aid as required |
| Users slipping, tripping, or falling on decking/pontoon. | Muscular skeletal injuries | Users/staff/general public | * Group management and forward planning. * Pontoons and decking checked as per maintenance schedule. | * Remove and administer first aid as required. |
| Non paddling users (member of the public, coaches, parents) falling into the basin. | Impact injuries  Knocked unconscious  Neck or spinal injury  Drowning | Non paddling users (member of the public, coaches, parents)  Staff  Users | * Signage surrounding the edge of the basin. * Buoyancy aid to be worn and fitted correctly when on the small grey pontoons. * Walkways on the decking to kept clear | * Self-rescues * Rescue injured person from the basin using SUP or rescue sledge. Move them to the nearest pontoon and lift them out. * OR use a long throwline on a swimmer to rescue * OR throwline rescue * First aid as required. * Contact emergency services as required |
| Jumping in the water from decking when water level is low. | Impact injuries  Neck or spinal injury  Drowning | Staff  Users | * If water level is below 145cm - instructors must not to allow clients to jump off decking * If water level is below 145cm, clients can only jump off pontoons. * Clients are instructed to jump in with feet first with knees bent to avoid hitting the bottom. * NO DIVING into the water at any time * No flips into the water at any time | * Self-rescues * Rescue injured person from the basin using SUP or rescue sledge. Move them to the nearest pontoon and lift them out. * OR use a long throwline on a swimmer to rescue. * OR throwline rescue * First aid as required. * Contact emergency services as required |