

# Kayaking

### Location.

This activity takes place on the River Yare above Keswick mill and below Cringleford Bridge. The river has a constant gentle flow and is between 0.5 and 2 metres deep. The river is not more than 20 metres wide at any point.

### Ratios

The maximum ratio of instructors to clients will be as follows:

Closed Cockpit Kayak 1:8.

### Access

A purpose-built slipway and jetty provide access direct from Eaton Vale Activity Centre.

### Equipment

Buoyancy aids, helmets and paddles are provided. The kayaks are single seat only and are made of polyethylene.

Glass fibre or wood kayaks are not used.

### Health & Hygiene

Appropriate clothing must be worn with consideration given to the prevailing weather conditions at the time of the activity and the fact that clothes will get wet. Footwear suitable for treading water in should be worn.

Hazard	Hazard Effect	Risk Control Measures
Falling in the water.	Cold shock, panic, collision injury, hypothermia, drowning.	Buoyancy aid worn at all times. Qualified instructors trained in rescue techniques & first aid. Group briefed by instructor on safety and capsize procedures. Activity session plan modified to accommodate weather conditions and participants age and ability.
Water borne infections. Weil's disease	Infection, illness, varying symptoms, death.	Cuts and abrasions covered with waterproof dressings. Group briefed on risks. Shower advised after activity.
Poor instruction & leadership.	Muscle strains & injury through incorrect techniques. Group separation. Drowning.	Minimum qualification requirement for instructors and on-site assessment. Continuous appraisal by Centre management and feedback from user groups.
Lifting, carrying and dragging.	Muscle strains & injury through incorrect techniques.	Ensure manual handling is followed
Equipment failure.	Drowning, Slight to severe injury (Bleeds, brakes, bruising).	Visual check of buoyancy aid and paddle on each use. Repair or destruction of damaged equipment.
Hypo/ Hyperthermia.	Too hot/cold, minor to severe effects.	Instructor awareness of prevailing conditions.
Collision with other kayaks or obstructions.	Bruised/trapped fingers/limbs Capsize: see falling in the water.	Avoid or remove visible obstructions. Keep limbs inside kayak.
Debris/rubbish in river.	Cuts to feet from unseen rubbish in riverbed.	Footwear to be worn at all times
Head injury.	Head injury from falling.	Helmets worn
Nettle Stings	Allergic reactions stings	Groups reminded to use their paddles to avoid colliding with nettles that line the bank
Wildlife on river	Distress, physical injury	Instructors to monitor wildlife on water. Ensure group keeps distance from swans.  During the Bird flu epidemic further inspections of the birds along the river will take place with calls being place

		to RSPCA and DEFRA. Liaising with EVRA about further birds found in the area.
Dogs across the river	Stress, Psychological damage, Bites	Groups to be reminded that if the dogs do come to the bank and bark, they should remain calm and quiet and paddle away from the bank  Instructor to try and ensure that groups stay close to the Eaton Vale bank as they are paddling
Scouting specific		
POR 9.42 not being adhered to	Reputational risk for centre and Scouting group. Emotional harm to young people	POR is linked on our website, during booking POR 9.42 is communicated to groups.