

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 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.

COVID-19 Compliance amendments:

Use of equipment – potential to pass on Coronavirus	<ul style="list-style-type: none"> Users will be provided with a paddle and Buoyancy aid that they will use for the duration of the session. Instructors will ensure entry to the water is one boat at a time. Instructors will move boats to and from the waters edge and invite participants to enter one at a time.
Maintaining Social Distancing in use of safety equipment	<ul style="list-style-type: none"> Instructor will verbally show user how to fit and check safety equipment (Buoyancy Aid) Group leaders are responsible for ensuring social distancing measures are observed whilst members of the group are receiving safety equipment or undergoing briefings.
Maintaining Social Distancing in an emergency	<ul style="list-style-type: none"> In the event of a capsize the instructor will encourage the participant to swim to the bank. The instructor will ensure that the participant is reunited with their boat on the bank and will re-enter from here. If an instructor has to physically rescue a participant, the session may come to end if an instructor wished to shower and change clothes.
Equipment cleaning – reducing the potential to pass on Coronavirus	<ul style="list-style-type: none"> All Equipment including boats will be wiped down using soap and water and/or antiviral spray post session. Buoyancy Aids will be cleaned with a Milton solution prior to be using again.

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.

Eaton Vale Scout and Guide Activity Centre

Risk Assessment



Lifting, carrying and dragging.	Muscle strains & injury through incorrect techniques.	Only to lift as part of a pair, one person can drag but using proper techniques through the centres guidelines.
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. Regular testing of buoyancy aid (once yearly).
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 river bed.	Footwear to be worn at all times
Head injury.	Head injury from falling.	No "Raft Running" games allowed.