


Company Name	LOCH INSH	 LOCH INSH OUTDOOR CENTRE
Address of Premises	KINCRAIG INVERNESS - SHIRE PH21 1NU TEL: 01540 651272	

Task	Canoeing Kayaking 2022/23	Risk Assessment No.	RAB 003
Name of Assessor	J Freshwater	Signature	
Assessment Date	18-10-2022	Review Date	18-10-2023

What are the significant hazards?	Who might be harmed and how?	What are you already doing?	Do you need to do anything else to control the risk?	Action by Who	Action by Date	Completion date
Drowning	Staff and visitors at risk in any water based activity Drowning or cold water shock	Buoyancy Aids worn when afloat Buoyancy Aids checked by instructing staff Capsize procedure explained Teaching ratios adhered to Issue boats to suit clients size and ability	Instructor to manage all capsizes/ recoveries	instructor	immediate	
Immersion in cold water	Staff and visitors at risk Drowning or cold water shock	Capsize explained Clothing checked prior to going afloat Group to stay close to edge throughout session Group briefed on what to do if	Extra kit carried Consider taking additional clothing and group shelter in colder weather. Safety boat available	Instructor Beach safety	immediate	

		others capsized. Consider using wetsuit base layers for river trips or when immersion is inevitable				
Injuries from being hit by paddles/boats	Staff and visitors at risk from impact injury to head or body	Paddling techniques demonstrated Practise in sheltered water prior to leaving beach area	Instructor to carry additional kit, e.g. tow line, First Aid Kit.	Instructor	immediate	
Injury from lifting boats	Staff and visitors at risk of back injury	Correct technique demonstrated prior to any lifting Lifting and carrying supervised		instructor	immediate	
Health issue restricting ability	Staff and visitors at risk from underlying health issues	Check medical declarations prior to departing Discuss activity with client to ensure they understand what they are undertaking. Ensure any required medication is with client and they understand how to apply it.	Call Base if required Instructors carry radios	instructor	immediate and ongoing	
Wind induced Star Burst	Staff and visitors at risk	Tailor sessions to use natural windbreaks Stay near the shore in windy conditions Emergency action explained to all the group prior to going afloat Emergency action practised prior to expedition	Radio for help before losing control of group	instructor	immediate	
Injury from inappropriate paddle use.	Staff and visitors could sustain an injury from a paddle	Demonstration given and constant vigilance during lesson with correction as required. Ensure correct paddle length before setting off		instructor	immediate and ongoing	

