



Generic Water Sports Risk Assessment

Written in conjunction with Generic Land Activities RA and Generic Activities SOP and Specific Activity SOP and RA

Activity: Water Sports		Assessed by: Ben Adams Senior Instructor	Approved By: Chris Kent Activities Manager	Assessed Date: May 2024 Date of next review: Nov 2024
Hazard	Cause	Control Measure		
Entrapment	Environment / incorrect equipment / River Hazards	<ul style="list-style-type: none"> Instructor must ensure participants are aware of hazards on the river. Instructor must ensure participants are appropriately clothed for Water sports activities (jewellery removed, loose clothing removed, correct footwear worn). All Staff Must carry a river knife in case of entanglement/entrapment. Instructors must ensure appropriate capsized brief is added. Instructors must ensure appropriate locations are being used for games/challenges. Instructors must ensure participants are fitted into the correct size equipment. Instructors must go through appropriate training and assessment of rescue skilled and be signed off by a competent person identified by the Activities Manager. 		
Drowning	PPE fitted by in experienced person / Not appropriate briefs.	<ul style="list-style-type: none"> Staff to hold in house training and assessment covering rescue protocols for swimmers or capsized craft. Alternatively, national governing body technical competence held with internal assessment. Correctly fitted personal flotation device to be worn. Correctly fitted personal flotation device to be worn during any waterfront access and use of pontoons. Instructor to check for non-swimmers during safety brief. Instructor to be extra vigilant. when managing groups with non-swimmers. Non-swimmers to sit near instructor were possible in crew boats. Instructors to hold up to date first aid qualifications. Instructor must ensure ALL participants understand all aspects of capsized drill relevant to craft and a demonstration of knowledge is completed before accessing the water. Instructor must ensure final check on all PPE before participants can proceed. Spectators are encouraged to remain a safe distance from the riverbank. Instructors must be trained on appropriate river rescues and Water Based Emergency Action Plan. 		
Lack of control	Poor Behaviour / Excitement	<ul style="list-style-type: none"> Smaller boundaries to be set on games and challenges. Instructor to monitor effect on group to determine appropriate games and challenges. Participants will be informed of the inherent risks associated with water activities and if behaviour of Participant is deemed a risk to themselves or others, the session can be stopped, or participant removed from the session. 		



		<ul style="list-style-type: none"> Instructor to manage behaviour throughout session, adaptations to be made dependent on groups ability to follow instructions. For Example, using group leader to assist with behaviour management, Radio for senior assistance. (Correct radio protocol to be used as stated in Generic SOP)
Exceeding Ratio	Not Checking Medical	<ul style="list-style-type: none"> Head count prior to session ensures ratios do not exceed the ratio defined by standard operating procedure / National Governing Body Instructor must assess participants ability to partake in the session and take action to remove any participants if necessary. Strict max ratios adhered to.
Weirs, posts, Chains, Ropes Trees and other Hazards	Instructor Awareness / Environment / River Hazards	<ul style="list-style-type: none"> Staff induction to operating area and identification of hazards and how they should be managed. Notification of hazards to staff team during morning briefing. Notification of river levels in morning meeting. All instructors to notify any new hazards to activities manager and other instructors using the river via radio communication. All staff must carry a radio. All staff must carry a first aid kit. All staff must carry a whistle. Instructors must brief group where appropriate and position themselves blocking participants of hazards.
Collisions with and other river users	Inexperienced instructor / not being vigilant.	<ul style="list-style-type: none"> Observance of 'rules of navigation' sticking to the right-hand side of the river Expectation that other river users may be inexperienced so prepared to take appropriate action to protect the participants. Instructor to be always aware of surrounding and other users. Don't play games or tasks or challenge anywhere other the back water
Heat stroke, sun burn, hypothermia, And other related injuries	Instructor Awareness / Attire and environment	<ul style="list-style-type: none"> Assessment of weather during morning briefing and ensuring participants have appropriate clothing and footwear, access to drinking water, applied sun cream. Instructors to be observant of participants needs throughout activity delivery. Footwear to be secure and covered with flat heel with sufficient grip. Instructor to monitor Participant's wellbeing throughout activity. Taking breaks when necessary for a rest, water break etc.
Head Injury	Participants Paddles colliding with other participants	<ul style="list-style-type: none"> Instructors must brief the group about paddles in close quarters. Instructors must manage behaviour where appropriate. Instructors must stay vigilant whilst games / challenges are being completed
Injury	Over exertion, muscle strain or natural risk of participation	<ul style="list-style-type: none"> Instructor must consider pre stated medical information and allow participants an opportunity to declare any pre-existing injuries before activity starts. Instructor to liaise with duty senior, any concerns they might have regarding injuries which may affect participation.



		<ul style="list-style-type: none"> • Instructor to monitor Participant's wellbeing throughout activity. Taking breaks when necessary for a rest, water break etc.
bumps, grazes, bruises	light collision with wall and other boats on water	<ul style="list-style-type: none"> • Participants are warned that this is likely and encouraged to stop before encountering other users and other non-movable object e.g., riverbanks and moored boats. • Instructors to monitor group behaviour and surroundings throughout the session.
Participants falling down steps whilst carrying crafts	Incorrect management / excitement	<ul style="list-style-type: none"> • Instructor to manage and brief group on correct lifting and carrying methods. • Instructor to manage group behaviour where appropriate. • Instructor to oversee group whilst carrying boats.
Large operating area	Level of experienced staff	<ul style="list-style-type: none"> • All staff to carry radios for communication across working areas. Radios to be in aqua packs. • Mobile phone to be carried outside of radio range. And stored in a waterproof and accessible bag. • Instructors to only operate in areas defined by the specific activity remits. • Remits for each instructor are decided by the Activities Manager / Senior Instructor, considering qualifications held. • Other aspects that determine remits are experience, weather conditions, group's ability. • Remits require individual sign off by a trained member of staff.
Weils disease (leptospirosis, Bacterial infections Etc)	Instructors / Participants not understanding river and effects	<ul style="list-style-type: none"> • Cover fresh cuts and wounds, discourage participants from drinking ANY river water. • Ensure participants / instructors wash/sanitise hands after session. • Advise any participant with an open wound not to go onto water-based activities where it is very likely they will capsize. • Instructors to adapt the session / games if participants don't want to enter the river. • Duty Senior to check River Thames Sewage Map daily, to ensure operational areas are safe for use. • Instructors to advise participants wash all clothing on a hot wash at earliest convenience.
Medical / Additional Needs	Instructors not checking medicals	<ul style="list-style-type: none"> • Instructors to ensure all participants have any medication which they may need throughout the session instructors to ensure medication is kept in a dry bag. • Each group must fill out a group detail form or personal details form and make the instructor aware of any medical needs or additional support required. • Instructors to adapt sessions where appropriate to the groups medical needs or provide additional support when required.
Incompetent / unexperienced Instructors	Non competent Instructors	<ul style="list-style-type: none"> • All instructors to have: • In house training and assessment or; national governing body technical competence where defined by standard operating procedure. • In house competency assessment observation 'sign off' to deliver session and courses.



		<ul style="list-style-type: none"> • Instructor to understand risks associated with activities and agree to operate to standard operating procedures + risk assessments. • All external instructors have provided detailed information of qualifications, first aid and insurance.
Misuse of Equipment	In experienced Instructor / Participants	<ul style="list-style-type: none"> • Instructors to complete pre activity visual check of equipment used for sessions. • Equipment to be checked in accordance with equipment management policy. • Regular maintenance of equipment, running repairs and or notification to activities manager of damage in line with equipment management policy. • Final check of PPE to ensure correct fitting. • Instructors to ensure use of all PPE is in line with current manufacturers guidance and In line with training.
Injury caused by incorrect attire.	Incorrect attire	<ul style="list-style-type: none"> • All participants should be briefed on correct attire, have removed any jewellery and watches, have been to the toilet, have long hair tied back, are not wearing open shoes (closed shoes are required), have emptied their pockets. • Equipment to be fitted to the participants body not attire (Large puffy coats removed). • Participants are encouraged to wear attire that covers their shoulders and knee length shorts, No Bikinis or swim wear is to be worn, this is to ensure protection during rescues and from weather