ECC Generic Risk Assessment for Sea Trips - Adults

checked and amended by Dan Barnett 23/02/2024

(Normally sea trips will be for Kayak only however sheltered estuary trips may include mixed craft - see sheltered water RA)

Hazard	Those at Risk	Risk Control	Further Action
General supervision and planning	All participants	All trips to be organised and led by a suitably qualified coach/leader with appropriate BCU qualification or signed off by ECC internal verification process	
Equipment	All participants	All equipment to be checked carefully before use by leader or other designated person- boats, paddles, BAs Helmets - etc	
Slips and trips	All participants	Participants to be made aware of site conditions with reference specifically to slipways, rocks, seaweed and sand steep banks, moorings, equipment. Appropriate footwear to be worn at all times - trainers with laces tucked in or wet shoes (no flip flop type shoes) Participants instructed to keep paddles and other equipment in boats and/or tidy when not in use.	Coaches/Leaders to enforce need for good behaviour in managing risk.
Cuts and grazes	All participants	Coaches/Leaders to brief groups about likely causes, and their avoidance - where they exist. No bare feet.	See also slips and trips.
Manual handling injury	All participants	Participants to be taught nature of risk. Coaches/Leaders to demonstrate correct techniques for removal of boats from trailers lifting from the ground. All participants to assist each other in carrying heavy equipment and boats.	Refer to BC guidance. Club trolly to be used if felt necessary by Coaches/Leader
Trailer or Storage Rack related injury	All participants	Participants to be made aware of risks specific to trailer – tipping, tripping, crush injury, head or other injury from falling boats, brake release. Coaches/Leaders to clearly instruct and demonstrate system for unloading/loading and assign roles to individuals where appropriate. Helmets to be worn at Coaches/Leaders discretion. Juniors should always be supervised when moving boats and equipment.	Coaches/Leaders to be aware of physical issues such as dyspraxia in groups.
Entrapment in boat	All participants	Kayaks: Boats to be outfitted before paddling, especially footrest adjustment. Participants to be briefed to ensure feet are not behind footrests and non-laced footwear to be worn wherever available or laces are inside shoes. Capsize practice to be encouraged after demonstration. Spray decks not to be used until calm wet exit observed. Open Canoes: The club will prepare separate RA if a sea trip is organized including canoes, see also sheltered water RA	Coach/ leader to satisfy themself that all participants are confident to exit their boat if capsized

		Rafts: The club will prepare separate RA if a raft trip is organized	
Submersion	All participants	All participants to wear approved buoyancy aid and to be instructed in correct fitting and checking. Landing and launch points to be planned to be within the capabilities of all group members	Coach/ leader to satisfy themself that all participants have appropriate BA
Cold water shock	All participants	Introductory sessions to be conducted on sheltered water in summer months. Members to be encouraged to get immersion experience through capsize drills and games during these sessions. Progression to colder water (rivers) dependent upon individual habituation.	Coach/ leader to remind participants of risk and action to take if out of boat in the water
Unconsciousness	All participants	First Aid qualified staff to accompany every group. If appropriate, participants to be made aware of the need for an unconscious casualty to be turned face up in the water immediately.	Coach/ leader to check if any other participants have first aid qualifications
Head injuries	All participants	Participants to wear approved helmet appropriate to the activity. Coaches/Leaders to be clear about risks of games and capsize drills on flat water if helmets are not being worn.	Helmets to be compulsory if surfing, rockhopping or entering caves
Hypothermia, hyperthermia, sunburn	All participants	All participants to be adequately clothed and equipped for the activity and conditions. All participants to be trained to recognise the signs, symptoms and causes of the onset of hypothermia, hyperthermia and sunburn as appropriate. First Aid qualified Coaches/Leaders to accompany (or be present) every group. Journeying groups to carry appropriate preventative equipment – spare clothing, emergency shelters, hot drink kit / extra water, suncream.	Coaches/Leaders to brief groups at their discretion – ie not novices on a taster session. coach/leader to check at star what emergency equipment other participants have with them
Other water users	All participants	Participants to be briefed about other water users, their activities and action upon encountering them. For other water craft, right of way should be established. For fishermen, safe distance should be established. In busy harbours/estuaries participants should be instructed to stay close together and avoid being separated from the group by other traffic	Coaches/Leaders should not hesitate to move a group from a busy area. In areas with large shipping, it may be appropriate to raft up outside the shipping lane until larger vessels have passed
Water borne infection	All participants	Coaches/Leaders to assess water quality bearing in mind venue, season and level of flow if river or estuary. Participants to be briefed to not drink the water, and to wash hands if possible before eating. Cuts and grazes to be covered with waterproof plaster. Staff to be aware of leptospirosis and its symptoms.	Coach/ leader to check for sewage discharges local to trip (wasn't needed prior to BREXIT)
Adverse weather	All participants	Coaches/Leaders to obtain weather forecast where appropriate. Participants to have appropriate equipment and clothing to meet the worst possible weather scenario.	Coaches/Leaders to plan trips to be within the remit of their qualification and the capabilities of the group. Emergency exit points to be planned in as appropriate
Existing medical conditions	Those concerned	Main leader to ask all participants to make them aware of any relevant medical conditions before they get on the water.	Medical declaration included in the club membership form , participants to

		If there is a serious medical condition a doctor's letter agreeing to participation should also be sought. If anaphylactic reactions are to be expected adrenalin pens should be carried by the participant. Coaches/Leaders and Coaches/Leaders trained in using the device.	be reminded to tell coaches when booking on to trip