RISK ASSESSMENT WIZARD



KAYAKING

Safety Guide

Outdoor Activity Provider

6	24	21
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Excellent low-impact aerobic workout that improves heart health and endurance.

Upper Body Strength

Develops arm, shoulder, back, and core strength through paddling action.

Mental Wellbeing

Connection with nature reduces stress and promotes mental health.

Nature Access

Provides unique access to waterways, coastlines, and wildlife.

Social Activity

Excellent group activity building teamwork and communication skills.

Skill Development

Progressive skill development from beginner through to advanced techniques.

KEY HAZARDS & CONTROL MEASURES

Drowning

- ✔ Buoyancy aids worn at all times on water
- ✔ Swimming ability verified
- ✔ Capsize recovery training
- ✔ Appropriate supervision ratios

Cold Water Shock

- ✔ Appropriate clothing for water temperature
- ✔ Wetsuits/drysuits in cold conditions
- ✔ Cold water awareness training
- ✔ Quick rescue capability

Water Conditions

- ✔ Pre-paddle venue assessment
- ✔ Match conditions to group ability
- ✔ Check tides, flows, and forecasts
- ✔ Abort plans if conditions deteriorate

Weather

- ✔ Check weather forecasts before departure
- ✔ Monitor conditions throughout
- ✔ Lightning protocol and shelter points
- ✔ Contingency plans for deterioration

Other Water Users

- ✔ Understand navigation rules
- ✔ High-visibility clothing/kayaks
- ✔ Maintain awareness of traffic
- ✔ Keep group together

Entrapment

- ✔ Venue knowledge and scouting
- ✔ Avoid swimming in currents—float feet first
- ✔ Never approach weirs
- ✔ Entrapment awareness training

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Conditions Check

- [ ] Weather forecast checked
- [ ] Water levels/tides checked
- [ ] Venue suitable for group
- [ ] Hazards identified
- [ ] Escape routes planned
- [ ] Emergency contacts notified

Equipment Check

- [ ] Buoyancy aids fitted correctly
- [ ] Kayaks checked for damage
- [ ] Paddles matched to paddlers
- [ ] Helmets fitted (if required)
- [ ] Appropriate clothing worn
- [ ] Spray decks fitted (if used)

Safety Readiness

- [ ] First aid kit packed
- [ ] Rescue equipment ready
- [ ] Communication device charged
- [ ] Group briefed on plan
- [ ] Capsize drill completed (novices)
- [ ] Float plan filed

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✔ Instant PDF & print-ready documents
- ✔ Store and update assessments online
- ✔ Add your logo & organization details
- ✔ Reuse and duplicate assessments
- ✔ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today