



KAYAKING

Safety Guide

Outdoor Activity Provider

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Key Benefits

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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**

- | | |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures | |

Conditions Check

- | | |
|---|--|
| <input type="checkbox"/> Weather forecast checked | <input type="checkbox"/> Water levels/tides checked |
| <input type="checkbox"/> Venue suitable for group | <input type="checkbox"/> Hazards identified |
| <input type="checkbox"/> Escape routes planned | <input type="checkbox"/> Emergency contacts notified |

Equipment Check

- | | |
|---|---|
| <input type="checkbox"/> Buoyancy aids fitted correctly | <input type="checkbox"/> Kayaks checked for damage |
| <input type="checkbox"/> Paddles matched to paddlers | <input type="checkbox"/> Helmets fitted (if required) |
| <input type="checkbox"/> Appropriate clothing worn | <input type="checkbox"/> Spray decks fitted (if used) |

Safety Readiness

- | | |
|--|---|
| <input type="checkbox"/> First aid kit packed | <input type="checkbox"/> Rescue equipment ready |
| <input type="checkbox"/> Communication device charged | <input type="checkbox"/> Group briefed on plan |
| <input type="checkbox"/> Capsize drill completed (novices) | <input type="checkbox"/> Float plan filed |



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