



KAYAKING/CANOEING

Safety Guide

Youth Group

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Key Benefits

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Checklist Items

KEY BENEFITS

Physical Fitness

Improves upper body strength and cardiovascular fitness.

Teamwork

Enhances teamwork and coordination in tandem paddling.

Environmental Awareness

Promotes environmental awareness through waterway exploration.

Mental Wellbeing

Supports mental well-being by reducing stress through time on the water.

KEY HAZARDS & CONTROL MEASURES

Capsize & Drowning

- ✓ Buoyancy aids worn at all times
- ✓ Qualified instructor supervises
- ✓ Capsize recovery practiced
- ✓ Safety boat available if needed

Weather & Conditions

- ✓ Weather forecast checked
- ✓ Tides and currents assessed
- ✓ Wind limits set for session
- ✓ Session cancelled if unsafe

Cold Water Exposure

- ✓ Appropriate clothing required
- ✓ Session duration limited
- ✓ Wetsuits in cold conditions
- ✓ Warm shelter available

Equipment Issues

- ✓ Equipment inspected before use
- ✓ Buoyancy aids fitted properly
- ✓ Craft sized appropriately
- ✓ Spare equipment available

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

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

Venue

- Water conditions checked
- Hazards identified
- Weather assessed
- Access points safe

Equipment

- Craft inspected
- Buoyancy aids fitted
- Paddles checked
- Spares available

Participants

- Swimming ability confirmed
- Briefing completed
- Medical info known
- Clothing appropriate

Safety

- First aid accessible
- Communication available
- Rescue throw line ready
- Emergency plan known



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