

Grip Education Risk Assessment – Paddling



Activity	Identify the hazards	Who/what may be harmed	Likelihood of occurrence	Severity of harm	Overall risk	Existing control measures	Recommendations/further action required
Canoeing/ Kayaking	Capsizing of canoe/kayak	Students, instructors	Possible	High	Med	Students & instructors wear buoyancy aids. Instructors trained in rescue techniques.	Regular drills on capsizing procedures.
	Water conditions (currents, temperature)	Students, instructors	Possible	High	Med	Assess water conditions prior to the activity. Have a safety briefing.	Monitor weather and water conditions.
	Collision with obstacles	Students, instructors	Possible	High	Med	Use designated routes and clear communication of surroundings during activity.	Consider using spotters along the route.
	Fatigue from paddling	Students, instructors	Possible	Med	Med	Breaks scheduled during activity. Instructors monitor students' energy levels.	Educate students on recognising fatigue.
	Equipment failure (e.g., faulty boats)	Students, instructors	Possible	High	Med	Regular equipment checks prior to use.	Implement a checklist for equipment inspection.
Instruction/ demonstration	Inappropriate handling of equipment	Students, instructors	Possible	Med	Med	Instructor-led demonstrations on handling canoes/kayaks.	Ensure all students participate in the demonstration.

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Transport to/from location	Road traffic accidents	Students, instructors	Possible	High	Med	Use a reputable transport service. Ensure seat belts are worn.	Have a first aid kit on the transport.
Safety briefing	Failing to follow safety instructions	Students, instructors	Possible	High	Med	Comprehensive safety briefing before activity.	Hold a Q&A session to clarify doubts.
Personal belongings	Loss or damage to personal items	Students	Possible	Low	Low	Advise students to keep valuables at home.	Provide clear instructions on securing belongings.