

PERSONAL RISK ASSESSMENT GUIDELINES.

This chart is provided as a guide only and is not an exhaustive list of possible hazards - The hazards and control actions listed are those considered most likely to occur on a scheduled SKCWA trip. Every paddler must individually and honestly assess the likelihood and consequences to themselves of these hazards occurring and their ability to apply the relevant control actions. They must also be prepared to seek and accept risk related information and advice when necessary.



HAZARD	CONTROL ACTION
Capsize at sea	Ability to handle expected sea conditions. Proficiency in low and high bracing and surfing. Able to wet exit from kayak. Able and equipped to raise the alarm. Able to make assisted reentry to kayak. Able to self-rescue.
Capsize in surf	Ability to handle expected surf conditions. Understand the need to launch and land one kayak at a time on surf beaches. Proficiency in low and high bracing and surfing. Able to wet exit from kayak. Able to self-rescue in surf.
Lost or broken paddle	Ensure paddle is attached to kayak by a leash. Carry a spare paddle on the kayak. Able and equipped to raise the alarm.
Become separated from kayak	Able and equipped to raise the alarm and pinpoint position in prevailing conditions.
Become separated from a group	Preparedness and ability to maintain nominated group spread and group dynamics.
Difficulty experienced when separated from a group.	Able and equipped to raise the alarm and pinpoint position in prevailing conditions.
Debilitating fatigue or fear	Able to assess the conditions and demands of the trip and own physical and mental ability to handle same.
Not able to handle the expected sea and weather conditions.	Able to assess the expected conditions. Able to honestly assess own ability to handle the expected conditions. Prepared to seek advice if unsure of conditions or own ability. Prepared to withdraw from the trip if necessary or unsure.
Adverse change in weather conditions.	Able to honestly assess own physical and mental reserves available and ability to handle an unexpected adverse change in the weather or sea conditions.
Offshore reefs and rocks on the trip route.	Able to recognise and avoid the risk of being driven onto submerged or awash reefs or rocks particularly in difficult paddling conditions due to high winds, surf, swells or tidal currents..
Unable to communicate with group or others.	Ability to maintain specified group spread. Understand and can use standard visual and sound signals. Have all required and recommended communication equipment on kayak. Know how to use communication equipment.
Crossing shipping lanes	Able to assess the risks from shipping in the lanes. Accept the need to give way and keep well clear of shipping in the lanes. Prepared to group up and cross shipping lanes by the shortest route.
Seasickness	Able to assess the likelihood of experiencing debilitating seasickness in the expected conditions. Prepared to abandon the trip if necessary or unsure.
Dehydration	Able to assess own requirements for water dependent on the conditions and demands of the trip.
Hyperthermia	Able to assess own requirements for water dependent on the conditions and demands of the trip. Able to assess own needs for sun protection.
Hypothermia	Able to assess the need for protective paddling clothing and extra emergency clothing requirements and shelter.
Equipment failure	Able and prepared to ensure that equipment used is comprehensive, good quality, well maintained and correctly used.
Exposure to dangerous wildlife.	Able to recognise dangerous wildlife and assess the risk of coming into contact with same. Able to apply effective first aid when necessary.

if more detailed information is required a copy of the club “Risk Assessment And Management Plan” is available on request from the Secretary.