

Risk Assessment – Sea trips / Sessions on Solent and IOW.

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Description of assessment	<p>Club Risk Assessment for Surfski & Sea kayak trips on the Solent.</p> <p>This RA covers Surfski and sea kayaking trips on the Solent in Surfskis, closed cockpit sea kayaks with spray decks and closed cockpit general purpose kayaks with spray decks.</p>
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Location Details	<p>Mouth of Hamble & Southampton water, West and East Solent, South side of Isle of white (within 1000m of beach) See mark on chart at the end of this document.</p> <p>The Solent and around the Isle of White is a very busy shipping and sailing boat area but with knowledge, experience and planning can be navigated safely in a kayak. The main shipping channel from Southampton is river right down Southampton water and then along East Solent close to the Isle of White.</p> <p>West and East Solent are protected from the worst of the weather by the Island but choppy sea conditions are created by sea traffic at all times regardless of weather. Large tidal flows are experienced at Hurst Point, Needles and St Catherines point.</p> <p>The South side of the island is more exposed but there are very few other vessels.</p> <p>There is significant tidal flow in the area.</p> <p>There are many good egress points along the coast and around the island. Some areas have cliffs that prevent egress.</p> <p>See Chart marked up at the end of this RA to show shipping & ferry routes and areas that are particularly subject to fast tidal movements.</p> <p>Some areas are defined by Paddle Kk as Advanced Sea conditions. Due to the strength of the tide.</p>
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Exemptions from this risk of assessment.	<p>This RA does not cover the following activities. See separate RA document where appropriate.</p> <ol style="list-style-type: none"> 1. White water paddling. 2. Sea Paddling. 3. Gym and circuit training. 4. Traveling to other venues and races & any risks associated with other venues not listed below. 5. RA for SOU CC Races. 6. Polo & polo competitions. 7. Paddlers with special medical considerations. e.g. Epilepsy 8. General racing paddle sport training. <p>Risk assessment to be read in conjunction with the Standard Operating Procedures & Code of Conduct, First Aid policy & Health and Safety policy.</p>
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What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Group control, incidents at Sea including capsizes, lost equipment.	All Group Members	<p>The Group must be led by a suitable qualified coach.</p> <p>Max coach ratio 1:4</p> <p>Group leader to be qualified to</p> <p>Level 4 Sea kayak or Advanced Sea Kayak leader (tidal)</p>	<p>Dynamic Risk Assessment</p> <p>Group should be monitored during the trip to note any change in behaviour and ability to paddle in the current conditions.</p> <p>Provide coaching, take alternative route, shorten the trip if necessary.</p>	Trip Leader	Each trip	

		<p>Coach will have completed Paddle UK Tidal navigation and planning course.</p> <p>Leader to be able to use VHS radio to make mayday and pan pan calls. Leader to have access to VHS at all times.</p> <p>Group equipment will include:-</p> <ul style="list-style-type: none"> • Spare paddle • Orange smoke flare • VHS Radio • Mobile Phone. • Whistle (Every member) • Means of pumping out a closed cockpit boat if applicable. • First Aid Kit • Foil Blanket. • Emergency contact details for group members • Money. • Buoyancy aids (all members) • Suitable kayak / ski with adequate buoyancy to stay afloat if swamped. • Spray decks for closed cockpit kayaks. <p>Further equipment as required subject to conditions, prevailing weather, weather forecast type of trip.</p> <ul style="list-style-type: none"> • Compass (for longer trips) • Spare Clothing • Cags / pogies. • Helmets /hats • Water • Food • Hot Drink. • Maps /charts. • GPS 				
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Navigation & caught in fast tides.		<p>Coach will have completed Paddle UK Tidal navigation and planning course.</p> <p>Principle navigation method is line of sight to landmarks. Paddlers will always be able to see land.</p> <p>Trips are only to be carried out in daylight hours.</p> <p>Trips should not be carried out in fog or any conditions that prevents line of sight navigation.</p> <p>A trip safety plan is required for any trips</p> <p>More than 1500m off shore or Longer than 13km or If paddling past significant cliffs or other areas where egress is difficult.</p> <p>Coach will have completed Paddle UK Tidal navigation and planning course</p>				
Insufficient individuals' ability.	Group members.	<p>Group members need to be sufficiently competent in the craft they are paddling to handle the conditions and waves.</p> <p>Group member need to be of "Sea kayak Award" standard. Note it is not a requirement to hold the award but the group leader must be confident that all members are of that ability.</p>	Group leader to monitor the paddlers to ensure they are of sufficient ability to paddle in the prevailing conditions.	Leader.	Each trip	

Collision with other vessels. Including Yachts, powered leisure craft, cargo ships, cruise ships, IOW ferries & IOW hover craft.		<p>Any trips in the Solent and around the IOW should avoid the various sailing races etc. For example during the round the island race and Cowes week as the area become particularly busy and unsafe for kayakers.</p> <p>Groups to be aware of the ferry and shipping routes and plan trips to avoid them. See mark up chart.</p> <p>Where necessary shipping lanes to be crossed at 90 deg in one group.</p> <p>Groups should where high visibility clothing / buoyancy aids.</p> <p>Kayakers / paddlers should always avoid other vessels and give them plenty of room.</p> <p>Particular attention is to be made to the Red Jet Ferry which is very fast and the hover craft that is less likely to be able to alter course to avoid kayakers.</p> <p>Never attempt to cross in front of any vessel, ferry or ship.</p> <p>Group to stay together in busy locations. All group members to wear high visibility tops / buoyancy aids.</p>	Monitor VHS to be aware of larger vessels movements.	Leader.	Each trip	
Overwhelmed by conditions.		<p>Max wind conditions that groups should paddle in is force 4/5 (11-21 Knots)</p> <p>Group leader to plan to avoid padding against peak tidal movements.</p> <p>Paddlers to be of sufficient ability to handle the conditions. To be assessed by</p>	Dynamic RA Monitor group throughout the trip to make sure they are comfortable and not too challenged.	leader	Each trip	

		group leader if uncertain.				
Uncontrolled club members on the water, leading to lone and unsupported paddling.	Club Members Becoming detached from the group.	<p>Session briefings to take place on land before getting onto the water.</p> <p>Briefing will include.</p> <ul style="list-style-type: none"> • Description of trip. • Group member & leaders defined for each group. • Define an on-water meeting point in a safe place close to ingress point. • Group to stay within audible contact with the coach or leader at all times. • Equipment check. <p>Group coaches to monitor and account for all paddlers in their group throughout the session.</p>	<p>Coach to adjust session as required to maintain group contact. This may include altering the trip course.</p> <p>Leader to maintain close group paddling at all times.</p>	Trip leader.	Every trip.	
Drowning	Members Drowning by Immersion in water and ingestion of water.	<p>Session to be led by Coaches or leaders who hold appropriate updated BC Coaching Award. Coaches only operate in waters and with craft applicable to their award.</p> <p>Club coaches are responsible to ensure group members have declared they are confident in water.</p> <p>Boats must have sufficient buoyancy to keep them afloat and support the paddler in the event of a capsize.</p> <p>If any paddler spots an individual in trouble, they must render every</p>	<p>BA to be regularly checked.</p> <p>Thorough annual inspection of BA's during club maintenance day. Replace as required.</p> <p>Coaches & paddlers ensure BA's fit paddlers correctly.</p>	Coaches, & Paddlers	<p>Visual check of BA for suitability and fit every use.</p> <p>Thorough annual inspection of BA's during club maintenance day. Replace as required</p>	

		<p>assistance they can without putting themselves in danger. Coaches to make sure that their group members are sufficiently competent to use the location they are planning to paddle in.</p> <p>BA are mandatory for all.</p> <p>All members intending to go on the water should be able to swim 50 meters in canoeing clothing (including buoyancy aid).</p>				
Paddling close to rocks leading to head injury.		If the route takes the group close to rocks the group members will wear adequate well fitting safety helmets.	Leader to make the call to wear helmets as required.	Leader	Each trip	
Adverse weather that could lead to cold and or hypothermia.	Group Members	<p>Session to be led by Coaches or leaders who hold appropriate updated BC Coaching Award.</p> <p>Appropriate clothing and equipment are to be always worn both on and off the water.</p> <p>Volunteers and members aware of signs and symptoms of hypothermia.</p> <p>When group members start showing signs of being cold, they will be taken off the water to shelter away from the elements.</p> <p>Safety blanket / Foil sheets should be carried by coaches to provide for people and coach recovery from cold.</p>	<p>Paddlers and coaches to monitor weather forecast prior to every trip.</p> <p>Dynamic RA's during session. Coaches and paddlers monitor themselves and others for signs of cold and hyperthermia.</p>	Coaches, & Paddlers	Each trip	

Adverse weather that could lead to heat exhaustion and or hyperthermia.	Members Non-member participants Volunteers	<p>Wear sun cream UV (SP 30 min) hats and tops in strong sun.</p> <p>Paddlers to be sufficiently hydrated prior to the session. Bring drinks in hot weather.</p> <p>Appropriate clothing and equipment is to be worn at all times both on and off the water.</p> <p>Volunteers and members aware of signs and symptoms</p> <p>Close monitoring of individuals throughout sessions</p>	<p>Paddlers and coaches to monitor weather forecast prior to every session.</p> <p>Dynamic RA's during session. Coaches and paddlers monitor themselves and others for signs of heat exhaustion and hyperthermia.</p>	Coaches, & Paddlers	Every Session	
Adverse weather that could lead to dangerous paddling conditions. Eg strong wind lightning.	Members Non-member participants Volunteers	<p>Coaches to review weather forecast prior to every session. Trips should not take place if there is a risk of lightning or winds greater than force 5.</p>	<p>Paddlers and coaches to monitor weather forecast prior to every session.</p> <p>Paddlers to use spray decks in closed cockpit kayaks.</p> <p>Dynamic RA's during session. Coaches and paddlers monitor conditions and take advance action if conditions are worsening more than expected. ie move to a different location or abandon session.</p>	Coaches and paddlers.	Every Session	
Entrapments & Entanglements	Members Non-member participants Volunteers	<p>Coach to be satisfied that paddlers can get into and out of the craft safely.</p> <p>Coach to be satisfied that all paddlers can get out of their craft efficiently and safely in the event of a capsized.</p>				

		<p>Paddlers to be trained in capsize drill for closed cockpit boats if relevant.</p> <p>Suitable leg and footwear without loose laces or straps that may get entangled in seats, footrests etc to be used.</p> <p>Any straps to be securely tucked away.</p> <p>Leashes for watches mounted on the deck should not be able to tangle around legs.</p> <p>Leashes for first aid kits, buoyancy, phones inside boats should not be able to entangle paddlers legs.</p>				
Slips, Trips and Falls	Members	<p>All paddlers to wear adequate footwear.</p> <p>People should not be struggling to lift kayaks and skies. Boats to be carried by two people as required.</p>	Easy access to Personal First Aid Equipment.	All participants	Every trip.	
Manual Handling of paddling related equipment	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>Correct lifting, emptying techniques to be always used. Coaches to instructed on the best way to lift and carry boats at taster, try-out sessions or induction.</p> <p>Members briefed to consider asking for help.</p> <p>Where suitable nonslip footwear.</p> <p>Heavier boats to be lifted in pairs.</p> <p>Adults to assist weaker paddlers when carrying boats.</p> <p>Members instructed on how to empty the boats and rescue them safely.</p>	<p>Kayak trollies provided for use where needed.</p> <p>Ongoing manual handling training.</p> <p>Lookout for people who maybe struggling and help.</p>	Coaches, paddlers, parents & volunteers.	Every Trip.	

Allergies and asthma.	Members Non-member participants Volunteers	<p>All allergies and asthma are to be declared on the club joining form. People should make the coach and peer group aware of their condition and any medication that they have.</p> <p>Medication including inhalers and adrenaline auto-injector pens should be carried by the paddler. Coaches to be FA trained and should familiarise themselves with any medicine and how and when it is to be administered. Coaches should not administer auto-injector adrenalin unless trained to do so. Paddlers will normally administer their own medication if needed.</p> <p>Avoid contact with allergens.</p> <p>Coaches to carry mobile phones.</p>	<p>Consider auto-injector training for any coaches with people in their group that carry adrenaline pens.</p> <p>Coaches to be able to access emergency contact information for all member of their group.</p> <p>If anyone is having an anaphylactic reaction Call 999 / 112 immediately.</p> <p>Always call 999/112 after the administration of adrenaline even if the person appears well.</p>	Coaches, paddlers, parents, volunteers.	Every Trip.	
Exhaustion / injury though physical activity.	Paddlers, more likely after illness or injury.	Paddlers should declare and discuss any health condition with their coach before activity and make it know to their peers that they are training with.	Coaches and paddlers in group to be extra watchful of people returning to training after illness or injury.	Coaches, paddlers, parents & volunteers	As required.	
Water borne illness. – weill's disease / leptospirosis.	Members Non-member participants Volunteers	<p>Avoid stagnant water.</p> <p>Shower after paddling.</p> <p>Avoid swimming capsized adjacent to sewage outlets or known suspected</p>	Be aware of leptospirosis / weill's disease symptoms. These include high temperature, headache, body aches and pain, tummy ache, feeling sick or being sick, diarrhoea, redness in the white	Coaches, paddlers, parents & volunteers.	As required.	

Gastro-intestinal illness.		<p>discharges. Take particular care after heavy rainfall.</p> <p>No deliberate splashing or swimming activities other than rescue training.</p> <p>Avoid paddling with open wounds.</p> <p>Wash hands prior to consuming food.</p> <p>Wash kit after use.</p> <p>Avoid swallowing water.</p> <p>Cover cuts, grazes broken skin with water proof dressing.</p>	<p>part of your eyes, yellowing of the skin. Inform your doctor that you have undertaken outdoor water activities. Request a check for leptospirosis.</p>			
Canoe/Kayak failure	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>Paddlers to check all equipment for safety prior to going on the water. Particularly any hull damage, sufficient buoyancy and any steering mechanism.</p> <p>Any safety item showing wear or damage to be assessed for use by a coach.</p>	<p>Any defects in boats and equipment to be reported to the quartermaster.</p> <p>Annual thorough check of all club boats and equipment during the club maintenance day.</p> <p>Coach's / quartermaster to quarantine any damaged equipment so it's not used.</p>	All participants	Each Session	
Foot Injury. Debris underwater including glass, sharp objects etc..	<p>Members</p> <p>Non-member participants</p> <p>Volunteers.</p>	<p>All paddlers to wear adequate footwear.</p> <p>Where possible launch and egress from inspected areas.</p> <p>Avoid putting feet down after capsizing.</p>	<p>First Aid kits to be carried by coaches.</p>	Coaches and paddlers.	Each Session	
Wildlife on the river. (Swans and Seals).	Paddlers	<p>Paddlers should go around swans. Avoid paddling within a group of swans. Never go between an adult swan and its young.</p>	<p>Group members to advise each other if seals are spotted.</p>	Paddlers, coaches.	Every Session.	

		Seals are seen in the area they are harmless but should not be approached.				
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Checked by:		Position:		Date:	
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Notes:

Coaches to ensure that they can always access the emergency contact details of all their group members during club paddling activities.

Safety Plan must be produced for trips:-

More than 1500m off shore

or

Longer than 13km

or

If paddling past significant cliffs or other areas where egress is difficult.