

Risk Assessment for Kayak Surfing

Activity: Kayak Surfing

Location: Coastal surf zones

Date: 15/10/24

Assessor: Shetland Canoe Club

Identified Risks

Hazard	Risk	Who is at Risk	Control Measures	Risk Level (L/M/H)
Weather conditions	Strong winds, changing tides, storms	All participants	<ul style="list-style-type: none">- Check weather forecast before activity.- Ensure conditions are suitable for skill level of the group	Medium
Rough waves and surf zones	Capsizing, injury from waves or submerged objects	All participants	<ul style="list-style-type: none">- Paddle in areas suitable for skill level.- Avoid surf zones with large waves or strong currents.- Wear helmets	High
Cold water/Immersion	Hypothermia, cold shock	All participants	<ul style="list-style-type: none">- Wear appropriate clothing (e.g. wetsuit, drysuit)- Be familiar with cold water safety techniques.	Medium
Collisions	Collision with other water users, rocks, or kayaks	All participants	<ul style="list-style-type: none">- Keep a safe distance from others.- Maintain situational awareness.- Learn controlled capsizing methods.- Ensure appropriate brief	High

Hazard	Risk	Who is at Risk	Control Measures	Risk Level (L/M/H)
Drowning	Lack of swimming ability, faulty equipment	All participants	<ul style="list-style-type: none"> - Wear buoyancy aids (BAs). - Carry appropriate safety gear (e.g. whistle, High helmet). 	
Exhaustion	Overexertion during paddling	All participants	<ul style="list-style-type: none"> - Take regular breaks. - Know personal fitness and endurance limits. 	Medium
Equipment failure	Paddles, kayaks, or PFDs malfunctioning	All participants	<ul style="list-style-type: none"> - Regularly check and maintain equipment. - Carry repair kits or spare equipment. 	Low
Sun exposure	Sunburn, dehydration	All participants	<ul style="list-style-type: none"> - Apply sunscreen. - Wear appropriate UV protection. - Stay hydrated. 	Medium
