

Risk Assessment – Kayak Pool Sessions

Organisation	St Denys Sailing and Rowing Club	Assessment Date	11 January 2026
Address	Priory Avenue, St Denys, Southampton SO17 2LT		
Event	Kayak Pool Sessions	Assessor	James Wardle
Review Date	No later than Jan 2027		

<p>Activity Description</p> <p>Kayak pool sessions involving capsize practice and skills drills. Sessions delivered for up to 18 participants using a maximum of 9 boats, with a Paddle UK Instructor ratio of 6:1 or better.</p> <p>Participants are briefed on safety before the session and paired so that each person not in a boat is responsible for their partner’s safety in the water.</p> <p>Two NPLQ-qualified lifeguards are present on site, with a minimum of one on active duty at all times. Lifeguards are responsible for pool safety but not for the delivery of the kayaking activity.</p> <p>Buoyancy aids are worn for some activities. Helmets are always worn by People in boats</p> <p>Pool sessions are carried out in line with Oaklands pool standard operating procedures</p>
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Hazard	Likelihood	Severity	Risk Level	Persons at Risk	Control Measures / Mitigation
Drowning	Low	High	Medium	All participants, particularly inexperienced	NPLQ lifeguards on duty at all times. Pool risk assessments followed. Rescue equipment available. Paddle UK instructors present. Participants must demonstrate ability to swim 25m.
Impact with poolside or other users	Moderate	Low-Moderate	Low-Medium	All participants	Instructor supervision. Numbers limited. Hazards explained during briefing. Equipment checked.

					No non-participants swimming.
Slips, trips and falls	Moderate	Low	Low	All participants	Pool rules followed. No running. Supervision provided, particularly for juniors. Safe movement and storage of equipment.
Lifting and handling kayaks	Low	Moderate	Low-Medium	All participants	Correct lifting techniques taught. Assistance provided where required. Kayaks fitted with airbags or bulkheads. Equipment inspected.
Medical emergency	Low	Moderate-High	Medium	All participants	NPLQ lifeguards with First Aid on duty. Emergency procedures in place. Rescue equipment tested.