



## **Name of activity: Open Water Paddlesport**

This document must be read in conjunction with the activity specific risk assessment and the Water Sports Generic Risk Assessment.

### **1.Introduction to activity**

Canoe and Kayak journeys outside of 'centre waters',

### **2.Location of activity**

Any expanse of Open water where the bank is further than 100 meters away.

### **3.Staffing Requirements and competencies**

Staff should work within remit of their award or validation

Up to 500m from shore, Winds up to F4

Lead: Open water canoe coach or sea kayak coach or Either - in relevant discipline, BC old L3, or BC MWE, or UKCC level 1 or 2- and 4-star leader in relevant discipline with internal sign off,

Second: UKCC level 1 and 4 star in relevant discipline, or UKCC Level 1 and internal sign off.

Over 500m from shore, Winds over F4

Lead: Open water canoe coach plus advanced canoe leader or advanced open eater canoe coach, sea kayak or BCU L3 with 5 star or AWE in relevant discipline. (could lead be UKCC Level 2 plus 5 star.

Second: UKCC level 1 and 5 star in relevant discipline or UKCC Level 1 and internal sign off.

### **4.Timings**

May vary from ½ day session to multi day.

### **5.Weather Constraints**

Weather forecast and, on the water, conditions should meet the groups aims, ability, and the instructors competence. Consider down wind journey with powerboat support for canoes if necessary. Consult Health +safety team if in doubt.



## **6. Equipment required for activity**

See paddle sport generic guidelines, in addition consider-

Simple sailing rig for canoes + throw bags and bailers.

Towing system suitable for longer distance towing.

It is likely that helmets will not be required to be worn for the whole session.

Maps, food, drink. Spare paddles, clothing, and group shelter.

## **7. Pre-session**

Check condition of equipment and its suitability for use on the Journey, check weather forecast and current conditions. Prepare back up plan if weather is unsettled/ group cannot complete journey.

## **8. During session**

Ensure plan is realistic for group's ability and aims. Be aware of the effects of wind on the group's position / distance from each other, have a plan to make best use of sheltered areas and minimise exposure when crossing open stretches of water. Be prepared to adapt and re – route to avoid crossing exposed areas if necessary. Be aware of the hazard of any lightning possibilities if on exposed or open water.

## **9. End of session**

Secure all boats and return equipment to stores.

## **11. Technical advisor / responsibility**

Health and safety team

Paddlesport technical advisor

## **12. Links**

See generic Standard Operating Procedures,  
Canoe rafting and sailing Standard Operating Procedures.

## **Best practice**

Consider a using a variety of leadership strategies during the session, (from the back, front, centre of group, Set formations/loose clumps)

Consider giving partial responsibility of leadership / group management to the group.

Keep equipment as 'clean' and snag free as possible, including out fitting in boats, and personal clothing.

**Standard Operating Procedures  
Open Water Paddlesport**



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