



WHITE WATER RAFTING & KAYAKING

Step 1: IDENTIFY THE HAZARDS: Let's look at the hazards associated with white water rafting & kayaking:

- Impact or struck by hazards (person, submerged objects. Other vessels, river bed)
- Torn muscles/ligaments
- Head/back injury
- Loss of group member/becoming split up
- Swimmers/other water users
- Weather conditions(rain, wind, extreme temps)
- Exposure to no landing zones

Step 2: ASSESS THE RISK: Then assess the impact of each hazard in terms of potential loss and severity:

- Drowning
- Waves and surge onto rocks/other objects
- Potential water borne diseases
- Injuries/cuts/trapped fingers
- Raft/kayak flooding
- Physical Exhaustion/Heat related injuries/Hypothermia/Hyperthermia.

Step 3: MAKE RISK DECISIONS: Once you have identified the hazards and assessed the associated risk, you should develop risk control options. Start with the most serious risk first and select controls that will reduce the risk to a minimum consistent with mission accomplishment. Decide on some controls that can be employed to reduce or mitigate the hazards:

- Ensure providers give clear instructions and that all members of the group understand the instruction given.
- Ensure providers have given clear instruction to participants about how to escape from the craft they are using.

- First aid kit carried by organizer. All participants to wear suitable buoyancy aids supplied by reputable provider.
- Ensure the group is suitably experienced for the venue and conditions in which the activity is to be delivered. Ensure providers have given clear instruction to the group.
- Only use reputable providers with good knowledge of local water systems. Also ensure that all participants wash hands and shower after the session.
- Weather forecasts interpreted, current, past, and future conditions considered.
- All wear water / windproof clothes appropriate to conditions. Extra clothing carried by Organizer.
- Remind participants about sun protection

With selected controls in place, decide if the benefit outweighs the risk. If risk outweighs benefits or if assistance is required to implement controls, communicate with higher authority in the chain of command. You need to either accept the risk, avoid the risk, reduce the risk, or spread the risk. Do not make dumb decisions.

Step 4: IMPLEMENT CONTROLS: Once you select appropriate controls, implement them! A plan is only good if it is followed.

Step 5: SUPERVISE: As always, the situation is subject to change quickly. Monitor the situation and adjust as necessary to keep things under control. White Water Rafting & Kayaking are a great ways to have fun and challenge yourself now and then. Use risk management to make your white water experience memorable and safe. No one wants an outing to turn into a tragedy!

Member
Printed Rank/Rate/Name

Member Signature

Date