

# Pool Kayaking



Document updated 21/11/12 by: Paul Melling & Jenny Lantry

<b>PURPOSE</b>	Personal challenge coupled with responsibility for self and others. A safe and enjoyable educational experience in a different environment Learn how to rescue and roll kayaks To acquire a series of progressive skills, building confidence and personal ability	<b>OUTCOMES</b>	Sense of achievement and meeting challenge Shared responsibility, trust in peers (buddy system), and safety awareness Increased understanding of safety and rescue techniques Introduction to possible lifetime activity. Create an activity and an atmosphere where an element of perseverance is required for success.
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	Required	Recommended	Suggested
<b>EQUIPMENT CONCERNS</b>	Appropriate size and type of boat and paddle for individuals. Spray decks Equipment must be cleaned thoroughly before taking it into the pool and pool should be checked for any debris after the session	Goggles/snorkelling masks & nose clips	Waterproof camera to take footage as a coaching aid

	Before leaving the centre	Pre-session briefing	End of session
<b>STANDARD OPERATING PROCEDURES</b>	<ul style="list-style-type: none"> <li>Any medication to be kept at hand</li> <li>Life jackets must be used for Epileptics</li> <li>Check groups spray decks.</li> <li>Appropriate dress for the pool – swimming costume, shorts &amp; t-shirt</li> <li>Ensure group size is appropriate for the size of pool</li> </ul>	<ul style="list-style-type: none"> <li>Dangers relating to lifting and carrying boats, buddy system etc.</li> <li>Dangers relating to unloading and moving trailers.</li> <li>Dangers relating to site e.g. slippery surfaces</li> <li>An appreciation of other pool users</li> <li>Briefing for action in event of capsize and spray deck release (if worn).</li> </ul>	<ul style="list-style-type: none"> <li>Kayaks and kit are put away and secured at end of session.</li> <li>De-brief the group</li> <li>Complete Session Sheet and any other paperwork necessary</li> <li>Check pool for any equipment/debris</li> </ul>

Minimum Leader Qualification	Current BCU Level 2 (Level 1 if approved by Head of Centres on the day) + Lifesaving qualification	Minimum Assistant Qualification	In house assessed
Max group size with Leader	8	Max group size with Assistant	12

Instructors should be able to show evidence of having run a minimum of 6 sessions yearly and should be involved with regular training sessions. Relevant First Aid, Lifesaving and British Canoe Union membership must be kept up to date.

<b>Hazard</b>	<b>People at Risk</b>	<b>Control Measures</b>	<b>Risk (minimal, manageable, unacceptable)</b>
Drowning	Staff & Participants	All sessions run by qualified staff Group to be briefed on what to do should they capsize	Manageable
Injuries while carrying equipment, loading/unloading trailer	Staff & Participants	All staff aware of the correct methods of lifting & carrying equipment Safe lifting to be explained & demonstrated Supervisions at all times	Manageable
Head Injury	Staff & Participants	Ensure water is deep enough for capsizes before beginning drills Take care when capsizing near the edge of the pool or other boats	Manageable
Equipment Failure	Staff & Participants	Regular equipment checks & records kept Visual & handling checks before and during session	Manageable
Pollution in the pool	Staff, Participants & General Public	Boats to be kept clean Washed down with fresh water if moving from outside location to the pool Pool to be checked for debris at the end of the session	Minimal

### **Essential equipment**

Personal – shorts, t-shirt, swimming costume, goggles/mask & personal medication.

Group – Boats, paddles, spray deck (if using), nose clips

Leader – Basic first aid kit, phone