

Risk assessment and Management 2026

Watersports

Description.

Watersports covers Open Canoeing, SUP, Rafting.

Stand Up Paddleboarding is a paddle sport where participants stand on a long board with a single ended paddle.

Normally used as a team building event to develop communication and team work, RAFT BUILDING is the planning and building of a floating structure to transport a number of the team a specified distance.

Managing Risk Statement. Supervisors will hold the appropriate qualification for this activity (see [Minimum Qualifications document](#)). The quality and safety of sessions will be regularly reviewed with any outcomes being fed into the RA and policies. Inherent within this activity is the possibility of getting wet, tired and exposed to ambient weather conditions (see [Weather Policy](#))

Appropriate footwear and Buoyancy aids to be worn.

Benefits. Adventure Activities provide a range of benefits (see [Education and Learning policy](#))

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
Access and Egress	Instructors and participants	Access and egress points identified and used. Helmets to be worn Be aware that when getting on/off the transition between water/land can cause participants to be less stable or act hastily
Drowning	Instructors and participants	BAs to be worn once on / in the water Instructor to be on water.
Entrapment (Canoe and Raft Building)	Instructors and participants	Instructor vigilance. As raft / rafted canoe starts to shift / fall apart the instructor must watch for participant positioning and moving ropes / equipment

Risk assessment conducted by: E3Adventures Ltd

Date Conducted: 2/2/2026

Signed: Bryn Beach

Review Date: February 2027

An E3Adventures Ltd director will review and update this document yearly AND following any near miss or incident, or should circumstances demand it.

Water Quality	Instructors and participants	Visual checks for signs of alge. Awareness that after heavy rains there might be run off from surrounding fields/land Group told to wash hands before eating.
Specific assessments - Canoe		
Specific assessments - SUP		
Slips/trips/falls (this can be exacerbated by poor footwear. Including trips through leash restriction.	Instructors & All Participants	Group pre-informed of footwear requirements.
Foot / lower limb injuries	All - especially in shallow waters when access/egress	All participants to wear BA / PFD. Ratios not to be exceeded. Rivers not paddled in 'flood'. Everyone to wear footwear with a sole. No jumping from boards into unknown water Dynamic risk assessment during session
Use of Leashes	All	Deers Leap / VSW – leashes not to be used. Ardingly / SW – leashes to be used.
Specific assessments – Raft Building		

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Personal Injury	Instructors & All Participants/Group Leaders	Helmets to be worn if using solid objects (Logs / beams) All equipment must be serviceable – logs not split. Barrells water tight.
Specific Assessments – Deers Leap Ponds (Very Sheltered Water)		
Specific Assessments – Ardingly Reservoir		
Avian Flu	All	If you find a dead wild bird, including gulls, swans, ducks, geese or birds of prey, do not touch them. Please or contact Mid Sussex District Council at 01444 458166
Dam and Overflow	All	The overflow (when High water) should be avoided and wind speed / direction taken into account when planning session.

Operating Procedures

Before

- Check medical / consent forms.
- Instructor to be familiar with E3Adventures activity RA – specifically any site specific notes.
- Check the weather forecast – does your plan still work.
- Check if there any venue restrictions
- Instructor to ensure correct kit is available for the venue / group.
- Instructor to inspect all kit to ensure it is usable.
- Ardingly – ensure group know where toilets etc are.

During

- Clear briefing to highlight risks (as detailed above) , safety measures and expectations.
- Any assistants / staff to briefed on their role.

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