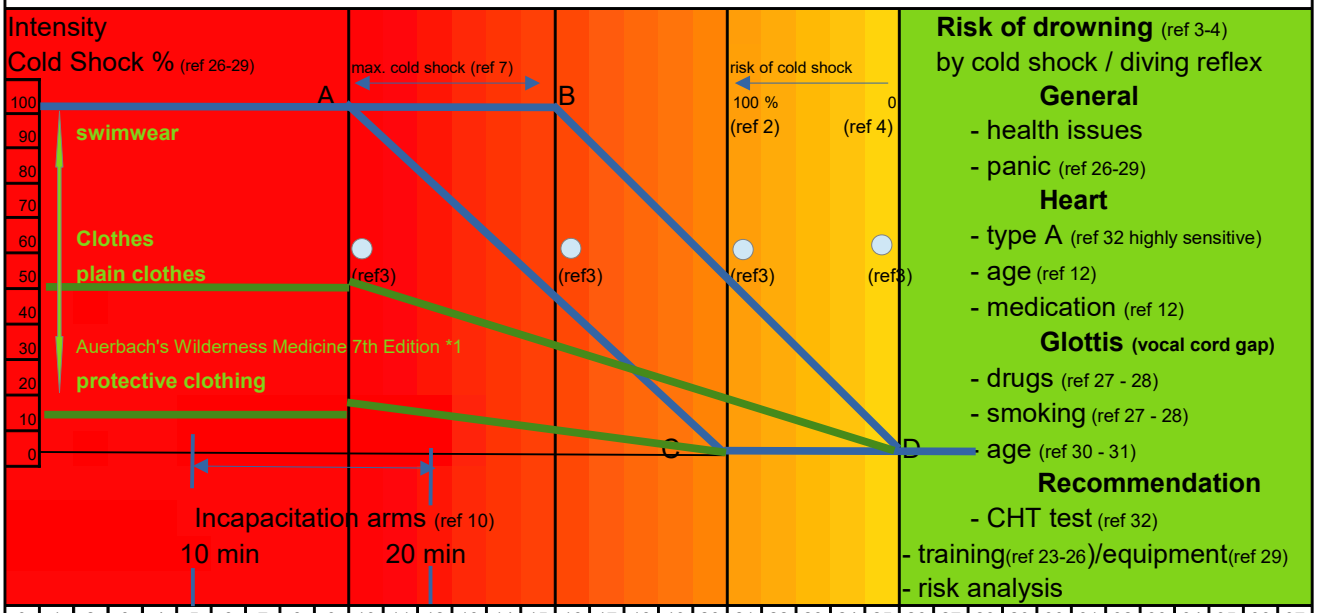
Risk analysis (recreational kayaking) 16-08-2025



For information and references on the data in the table see:
https://www.academia.edu/120609861/SAFELY_ON_THE_WATER_recreational_kayaking_

Examples:

DB Sensitive for cold shock
elderly
no cold water training
some disorders
Type A (highly sensitive)

CA insensitive to cold shock
experienced cold water swimmer

(*3) https://www.coldwatersafety.org/

- **77-82F (25-28C)** Pool temperature range for Olympic swimming competition. Below 77F breathing begins to be adversely affected.
- **70F (21C)** Water feels quite cold to most people. We recommend wearing thermal protection below this level.
- **50-60F (10-15.5C)** Maximum Intensity cold shock range. Complete loss of breathing control. Swimming failure.

*1 – Given the great diversity in clothing (swimwear to protective), it is impossible to estimate its impact. That clothing, and its nature, has an impact on cold shock and hypothermia has been scientifically proven. Protective clothing only on the upper body has the most effect on the response of the respiratory system while protective clothing on the legs is important for the response of the cardiovascular system (The influence of Regional Insluation on the Initial Responses to Cold Immersion - Tipton MJ, Golden F – Institute of Naval Medicine – Gasport England)
Auerbach's Wilderness Medicine 7th Edition
ISBN: 978-0-323-35942-9 Chapter 8 - IMMERSION IN COLD WATER

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