

RISK ASSESSMENT (1)



Risk Evaluation Matrix			LIKELIHOOD			
			VERY LIKELY	LIKELY	UNLIKELY	VERY UNLIKELY
			X4	X3	X2	X1
R I S K	DEATH OR PERMANENT DISABILITY	X4	16	12	8	4
	LONG TERM INJURY OR ILLNESS	X3	12	9	6	3
	MEDICAL ATTENTION OR DAYS OFF	X2	8	6	4	2
	FIRST AID NEEDED	X1	4	3	2	1

Organisation: Norwich Canoe Club

Location/Activity: Norwich Canoe Club - Large Broad - Whitlingham Country Park

Date of Assessment: 24/7/18

What are the hazards? (List <u>signifi-</u> <u>cant</u> hazards)	Who might be harmed?	How they might be harmed	Risk Value (1-16)	What we are already doing? (Current Controls)	Do we need to do anything else to manage this risk? (Further Controls)	Action by whom?	Action by when?	Done

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Water	All participants	Drowning through injury and cramp	8	<p>A safety briefing will be given before the start of each session by the group leader to identify the aims and objectives and specific risks associated with the session. The group leader records everyone's name before the start of the session. All participants comply with club rules on wearing buoyancy aids All paddlers in Div 7,8 and 9 and Lightnings to wear Buoyancy Aids. Junior Paddlers in Divs 1 to 6 may only paddle without a buoyancy aid when a buoyancy aid exception form has been filled in and filed at the club. All paddlers may be asked to wear buoyancy aids if the coach in charge deems that the weather conditions require it.</p> <p>A safety briefing given before activity covers any dynamically assessed hazards. All boats to have adequate buoyancy, which is checked in an on going manner by all coaches.</p>	Appropriate monitoring of paddlers throughout session.	Chief coach.	Continuous throughout session	
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Entanglement with weed under the water / or trees above the water creating panic	All Participants	Panic caused by weed on river bottom	8	At safety briefing if there are paddlers who are vulnerable and deemed likely to fall in they are reminded of the danger and told to be aware there is weed in the Large Broad if they were to fall in. This can be worse depending on the time of year. Reminder that touching weed is a strange feeling but there is no need to panic. Whitlingham Adventure staff will review extent of weed growth weekly and brief NCC Coach in charge paddlers of dangers and areas which are to be avoided		Chief coach.	Continuous	
Existing medical condition that could be an issue	All Participants	Existing medical condition such as Heart condition / epilepsy / asthma which could be exacerbated by exercise	8	The Club to have an up to date written medical history of any serious condition of all members and to have discussed any issues with participants in private if necessary. All coaches involved with the session to be made aware if there are particular needs. Particular attention should be given to those with asthma to ensure they have their inhalers with them.		Chief Coach	Before Session	



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Muscle Strains	All Participants	Muscle or ligament strains	6	Ensure all participants have warmed up properly before the session. Paddlers lift and handle boats with care bending the knees and with a straight back. Reminders are given to anyone who is seen not following best practice by all coaches.		Chief coach.	Before Session	
Near Misses	All Participants	Potential impact injuries	4	Near misses must be reported on the near miss report form so that a review of the risk assessments can be carried out. At safety brief all participants talked through river safety.		Chief coach.	Continuous	
Hypothermia / dehydration	All participants	Hypothermia due to exposure to cold water.	4	Paddlers to wear suitable clothing for the time of year. The group leader checks and advises that all participants are appropriately dressed for the conditions during the session. The group leader monitors individuals to see if they start to show signs of cold, dehydration or distress. Paddlers retiring from sessions due to the cold are to shower as soon as possible after their session.		Chief Coach	Continuous throughout session	



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Infections from cuts or open wounds	All participants	Open wounds or cuts may get infected by the water.		All participants should shower and wash open wounds after sessions.		All participants	Before and after session	
Equipment failure	All participants	Fall from board / and or cuts if equipment fails.		All equipment will be checked regularly and if any damage is found it will be labelled with a red triangle and not used until mended.		Chief Coach	Before session	
Slips, trips and falls	All participants	May be injured if they trip over objects or slip on wet surfaces particularly when entering the water.	2	Warnings given to those taking part if areas become slippery because of the weather conditions. Getting in and out can be potentially slippery. There may be mud on the bank at the get in and the sleepers may get slippery.		Chief Coach	Before and after session	
Standing on sharp object on the river bed	All participants	standing on sharp object on the river bed such as broken glass or syringe needles	2	All vulnerable paddlers - that is those who are beginners or learning - to wear shoes or protection on feet such that if they stand on the bottom of the Broad they are protected.		Chief Coach	continuous throughout session	



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Weather	All paddlers and Coaches	Awareness of summer thunderstorms	1	Keep a constant eye. Get off the water immediately if there is lightning in the area as the Large Broad is a wide open expanse making lightning strike more of a possibility particularly with carbon paddles. Walk back to the clubhouse.		Chief Coach	Continuous	
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DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Norwich Canoe Club Coach: Tim Scott

Date: 24th July 2018