

# 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: Overstrand Beach - sit on tops, open canoes and paddle boards.

Date of Assessment: 29/7/18

What are the hazards? (List significant 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
Water	All participants	Drowning through injury and contact between other paddlers or craft Capsize and getting into difficulty due to medical condition, insufficient or lack of buoyancy.	4	All sit on tops are adequately buoyant. Open canoes are have no additional buoyancy but are deemed safe. All paddlers to wear buoyancy aids.	Appropriate monitoring of paddlers throughout session.	Chief coach. All users	continuous throughout session	



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Taken out to sea	All participants	The tide is on the way in reaching high tide at around 15.00. Rips are at a minimum because of the breakwaters. However beyond the breakwaters there can be long shore drift operating. Surf forecast is for 1 foot waves which points to only weak rips.	4	Monitor for any rips, monitor paddlers constantly for drifting. Be ready to paddle out to any in distress. Ensure all paddlers are well.	Constant monitoring of weather and sea conditions.	Chief coach and parents.	Continuous throughout session.	
Hypothermia	All participants	Hypothermia due to exposure to cold water, wind and elements during capsize	4	Paddlers have been advised to wear wet suits. Coaches and parents to monitor and ensure that if individuals start to show signs of cold or fatigue they are assisted off the water. Thermal blankets are available.		Chief Coach and parents to monitor	Continuous throughout session	
Lifting/ Carrying	All paddlers	Injury caused by Incorrect lifting of boats and equipment	2	At safety briefing competitors advised of expectations and safe methods for lifting and carrying boats. Employ two-person lifting technique when carrying of boats where practicable Supervise lifting and carrying of boats and equipment by all paddlers			Continuous	

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Slips, trips and falls	All paddlers	May be injured if they trip over objects or slip on wet surfaces such as grass or broken concrete steps. Uneven and slippery ground along ramps down to the sea	2	Warnings given to those carrying boats down the slope			continuous throughout session	
Debris / obstructions	All paddlers	Contact with surface debris and or sub surface objects. Contact with the breakwaters, particularly if partly underwater.	1	An assessment of the sea before we get in. A reminder about the threat posed by the breakwaters to all the paddlers	Coaches		continuous throughout session	
Pollution / water quality	All paddlers and Coaches	Eye infections created by sewage.	6	Visual check of water before entering.	All Coaches to remind paddlers of hygiene requirements	Coaches to monitor	Prior to start of session	
Weather	All paddlers and Coaches	Awareness of summer thunderstorms	6	Keep a constant eye. Come off the water if storm approaches.			Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS? YES/NO?

Norwich Canoe Club Coach: Tim Scott Date: 29th July 2018