

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: Royal Norfolk Show

Date of Assessment: 18/06/2018

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



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Risk of cardiac arrest	Particularly at risk are over 50 year old, overweight, adults	Cardiac Arrest through sudden strain on the heart by intense exercise.	4	<p>Identifying any adult wishing to try the ergos who is appear in the “at risk” category: i.e.:</p> <ul style="list-style-type: none"> Over 50 Overweight Doesn’t normally exercise Smokes <p>Either decide it is unwise for them to take part or let them have a go but at a lower intensity.</p>	<p>Refer to one of the senior coaches or stop them taking part at all if at all uncertain of the risk.</p> <p>Identify where nearest medical assistance post and where nearest defibrillator machine is located.</p>	All helpers and coaches	Continuous throughout the show.	
Muscle strains or ligament damage	All participants	Muscle or ligament damage	4	<p>Ensure that all participants use the ergo 1 to 1 with a coach or experienced helper. Ensure all participants warm up on the ergo. This happens naturally during the teaching phase as they are taught how to use the machine at a low intensity at slow paddle rate. This means all participants have a period of time for their muscles to acclimatise to the movement and warm up before an intensive effort.</p>	<p>If the weather is cold - make the warm up period a little longer.</p>	All helpers and coaches	Continuous throughout the show.	



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Being hit by the ergo "paddle"	All participants and coaches and helpers	Impact injury to body or head	4	Ensure that all participants use the ergo 1 to 1 with a coach or experienced helper. Ensure those waiting to have a go, form a queue well outside the ergo area in the tent.	Remind coaches and helpers of the dangers of the ergo paddle	All helpers and coaches	Continuous throughout the show.	
Ergo failing	All participants	Failure of the ergo mechanically might lead to components flying off and hitting someone	4	Ensure the ergos are thoroughly checked before use to ensure they are working properly on the day before the show opens.		All helpers and coaches	Continuous throughout the show.	
Slips, trips and falls	All participants and those working on the stand	May be injured if they trip over objects or slip on wet surfaces	2	Ensure tripping hazards are at a minimum by making certain that tent guy ropes are well marked.		All helpers and coaches	Continuous throughout the show.	
Tent blowing away in a high wind	All participants and those working on the stand	Maybe be injured if the tent is lifted and moved by the wind.	2	Ensure tent is weighted down with water weights. Check forecast - if it is windy then bring extra weights and pegs.		All helpers and coaches	Continuous throughout the show.	



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Dehydration	All helpers and coaches	Dehydration leading to mistakes etc	2	Ensure all helpers and coaches have breaks during the day. Remind everyone to drink and have a bottle of water on hand if weather is hot.	Supply water in bottles if weather is hot.	All helpers and coaches	Continuous throughout the show.	
Lifting/ Carrying	All helpers in setting up / taking down the stand	Injury caused by Incorrect lifting of boats and equipment	2	Remind all helpers / coaches to lift by bending legs and not by bending their back.			Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Norwich Canoe Club Coach: Tim Scott

Date: 18th June 2018