

# 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: Starting at Wensum Sports Hall and then running through the City

Date of Assessment: 1st November 2017

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
Being hit by a car, bike or moving vehicle.	All runners	Significant injury through impact with a car or moving vehicle.	4	All participants to wear reflective or bright coloured clothing. Running routes to minimise crossing roads - and if roads are crossed then Group leaders monitor the road crossings. Runners to stay on paths and areas such as parks or pedestrian areas that are traffic free for main efforts where practical.	Group leaders check participants have bright clothing or take one of the reflective vests from the cage. Groups leaders monitor road crossings.	All group leaders	At the start of each running session	



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Muscle or ligament strain	All runners	A muscle strain or ligament strain or damage	4	Coaches ensure there is a warm up of gentle running and then a chance to stretch.	Coaches to be aware of any pre-existing injuries in the	All group leaders	Continous.	
Protruding buildings or objects	All runners	Injury caused by hitting head or body on protruding building in dark areas	4	Ensure any dark areas do not have any dangerously protruding objects	Be familiar with the routes in advance so coaches are aware of any objects or uneven paths that might cause a safety hazard	All group leaders	Continuous	
Pollution	All runners	Breathing difficulties particularly for asthmatics	2	Not to run alongside stationary traffic for long periods.	Awareness of runners who have asthma and monitor them and the group for any breathing difficulties.	Coaches to monitor	Continuous	
Slips, trips and falls	All runners	May be injured if they trip over objects or slip on wet surfaces such as grass or uneven pavement.	2	Warnings given to all paddlers of the dangers of slipping when tired. Check to wear correct footwear. Be familiar with the routes in advance so coaches are aware of any objects or uneven paths that might cause a safety hazard	Check appropriate footwear.	All group leaders	Continuous	
Weather / Ice	All runners	Hyperthermia - or slipping on ice or snow.	2	Assess BBC weather in advance. Cancel run if heavy snow, ice or extreme weather.	Coaches to make dynamic risk assessment of the conditions.	All group leaders	Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Norwich Canoe Club Coach: Tim Scott

Date: 1st November 2017