

# 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 - Stand Up Paddle Boarding

Date of Assessment: 9/6/18

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 cramp	8	Ensure all participants can swim. All SUPs to wear wet suits which makes them more buoyant. Participants may or may not wear Buoyancy Aids. The reason is that wearing them can make it harder to get back on the board particularly for women. The wetsuits will provide sufficient buoyancy to keep people afloat. A safety briefing given before activity.	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 SUPs are reminded of the danger and told to be aware there is weed in the river / and / or Little Broad if they fall off their board. If the tide is low they may feel it occasionally on their legs if they fall off. Reminder this is okay and there is no need to panic. Trees may be over hanging the route. They should stay clear of the trees at all times in case they get entangled in them.		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	Chief coach to have written medical history of any serious condition of all participants and to have discussed any issues with participants in private if necessary. Participants giving opportunity before session to declare any worries or conditions that have become a concern since filling in form.		Chief Coach	Before Session	
Falling getting on board / falling onto board having lost balance	All Participants	Hitting head or body on bank / hitting head or body on board	6	Prior to session ensure participants are briefed about how to launch and recover and are shown a demonstration.		Chief coach.	Continuous but particular attention to leaving bank and returning	



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Muscle Strains	All Participants	Muscle or ligament strains	6	Ensure all participants have warmed up properly before the session.		Chief coach.	Before Session	
Near Misses	All Participants	Potential impact injuries	4	All 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	All participants	Hypothermia due to exposure to cold water.	4	Paddlers have been advised to wear wet suits. SUP takes place at a time of year when weather is warm (June- air temperature 18 degrees)		Chief Coach	Continuous throughout session	
Infections from cuts or open wounds	All participants	Open wounds or cuts may get infected by the water.		All participants must cover open wounds to protect them and shower afterwards.		All participants	Before and after session	



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Equipment failure	All participants	Fall from board / and or cuts if equipment fails.		All equipment will be checked by the instructor before commencement of the activity and if any damage is found it will be labelled OUT OF USE		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. Getting in and out potentially slippery. There may be mud.		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	At safety briefing SUPs are reminded of the danger and told to not stand on the bottom		Chief Coach	continuous throughout session	
Weather	All paddlers and Coaches	Awareness of summer thunderstorms	1	Keep a constant eye. Come off the water if storm approaches.		Chief Coach	Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Norwich Canoe Club Coach: Tim Scott      Date: 9th June 2018