

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: Waterside A rehearsal (Great Bedwyn to Newbury)

Date of Assessment: 29/11/16

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 boats to be have buoyancy. All paddlers to wear buoyancy aids. Group leaders to keep groups together so all paddlers have help on hand should they get into difficulty. group leaders to carry phone.	Group leaders check buoyancy	All group leaders	Continous througho ut trip.	



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Weir streams	All participants	Boats sucked down weir stream if they get too close	4	All paddlers are warned of the dangers and are instructed to paddle on the other side to the weir streams or keep well clear of them if approaching a portage.	Group leaders to constantly monitor groups on the water.	All group leaders	Continuous throughout trip.	
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Hypothermia	All participants	Hypothermia due to exposure to cold water, wind and elements during capsizing	4	<p>Paddlers all carry emergency equipment in a dry bag in their boat: Spare top Spare hat Pogies (if they are not wearing any) 2 x energy bars Space blanket or orange survival bag. And please wear a drinks system. Inhaler (If they need one) In addition group leaders carry mobile phone and first aid.</p> <p>All paddlers to wear enough clothing including a hat and pogies and footwear to ensure they don't get cold.</p> <p>Ensure paddlers all eat and drink a proper breakfast and continue to eat on the journey so they have sufficient energy reserves.</p> <p>Paddlers met at 5 miles and 8 miles by support crew and can stop paddling at those points if too cold or unwell. Can take on more food at these points. Paddlers met at the end with their dry kit and their food.</p>	Check all paddlers have this equipment with them and that they put it in their boat before leaving.	All group leaders	Continuous throughout trip.	
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Low Bridges	All Paddlers	Injury caused by hitting head on low bridge at Kintbury	4	Paddlers warned of low bridge. Paddlers in the back of a K2 need to be particularly vigilant and all paddlers should keep ducking well beyond the point they feel they have cleared the bridge. Paddlers should portage if at all uncertain that they will get underneath.	Group leaders to make dynamic risk assessment of bridge height / water height on the day and instruct paddlers accordingly. Paddlers warned of danger in advance.	All group leaders	when approaching any low bridge.	
Lifting/ Carrying	All paddlers	Injury caused by incorrect lifting of boats and equipment	2	There are 21 portages and it could be muddy. Paddlers all instructed to wear footwear with grips on soles. We will not run the early portages but do them in a controlled way until they learn how to manoeuvre the boat efficiently and safely.		All group leaders	Continuous throughout trip.	
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 or because the portages are muddy.	2	Warnings given to all paddlers of the dangers of slipping when tired. instructed to wear correct footwear	Check appropriate footwear	All group leaders	Continuous throughout trip.	



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Debris / obstructions	All paddlers	Contact with surface debris and or sub surface objects.	1	Group leaders keep constant watch of forward water and instruct paddlers to do the same.		All group leaders	Continuous throughout trip.	
Pollution / water quality	All paddlers and Coaches	Eye infections created by sewage.	6	Constant visual check of water.	All Coaches to remind paddlers of hygiene requirements and to wash hands after paddling before eating.	Coaches to monitor	Durning and after session	
Weather	All paddlers and Coaches	Awareness of thunderstorms / extreme cold	6	Assess BBC weather in advance of trip. Cancel trip if extreme weather forecast. If there is a thunderstorm the canal is in a valley generally surrounded by trees and it will generally be safer to carry on paddling than shelter for example under a tree which may get struck by lightning. Carry on paddling until			Continuous	

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

Norwich Canoe Club Coach: Tim Scott Date: 29th November 2016