

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: Ergo on school visit to Norwich School 12th June 2018

Date of Assessment: 11th June 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
Entrapment	Users and Onlookers	Finger, hair entrapment in flywheel	4	<ul style="list-style-type: none"> Users and on-lookers should be warned about putting fingers in or around the flywheel, near pulleys and ropes. 		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	



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Head injury / body injury	Onlookers	Being hit by the paddle shaft		<ul style="list-style-type: none">• Users and on-lookers should be warned about the possibility of being struck by shaft• On-lookers must stay clear and out of the 'no go' [safe working] area and from the immediate vicinity of Ergometer Those coaches helping - should ensure they take the paddle shaft from the hands of the participant so it doesn't spring forwards if they suddenly let go.		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	
Strain Injuries	Users and Onlookers	Straining muscles	4	Users must use appropriate shaft length and appropriate resistance for the paddler / user.		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	



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Exercise induced stress	All ergo paddlers	Could exacerbate heart conditions	4	<p>Ask the school to ensure all participants are screened for injuries or medical conditions and no pupil takes part in the ergo challenge that is medically unfit to do so.</p> <p>Start slowly on the ergo so that all paddlers get a warm up before any maximum effort. Caution with regard to over extending the exercise intensity or exercise duration and should be used- especially when not familiar with the Ergometer. This normally only occurs after prolonged use (such as more than 15 minutes) so it should not be an issue on the school visit.</p>		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	
Slips, trips and falls	All participants	May be injured if they trip over objects such as the ergo	3	No running allowed Familiarisation with First Aid and medical equipment location at school		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	
skin abrasions	All ergo paddlers	Blisters on fingers / thumb	3	Skin abrasions / blisters may occur – especially when new to the Ergometer. These normally only occur after prolonged use - ie more than 30 minutes so should not be an issue with only the 30 metre ergo challenge which is around 10 seconds.		Chief Coach and all coaches / teachers present	Prior to start and continuous throughout session	



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DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES

Norwich Canoe Club Tim Scott 11th June 2017