

RISK ASSESSMENT – NORWICH CANOE CLUB



Location/Activity: Generic Risk Assessment covering all Paddling activity	Date of Assessment: 09/12/22	
<p>This Risk Assessment is written to ensure the hazards and control measures as detailed in the British Canoeing Generic risk assessment have been included. It includes all identified additional hazards and associated control measures applicable to Norwich Canoe Club. It applies to ALL PADDLERS</p>		

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What are the hazards? (List <u>significant</u> hazards)	Who might be harmed?	How they might be harmed	What we currently do? (Current Controls)	Do we need to do anything else to manage this risk? (Further Controls)	Done
Risk Of Drowning	Paddlers	<ul style="list-style-type: none"> ● Drowning following immersion in water ● Dry drowning following ingestion of water (Dry Drowning) 	<ol style="list-style-type: none"> 1. All new paddlers must have completed a series of safety sessions under the title of Norwich Canoe Club Learn to Paddle or alternatively if they have previous paddling experience undergone an assessment with a suitably qualified coach. Those members who are deemed proficient are able to join club sessions without undergoing further training. 2. All members - adult and junior members (under 18 years old) ranked Marathon Division 7 and below must wear Buoyancy Aid whilst on the water 3. All boats (the Club's and those privately owned by members) must have sufficient buoyancy in them to keep the boat afloat and be able to support the paddler in the event of a capsize 4. Those not wearing buoyancy aides must be capable of undertaking a deep-water rescue. This is to be tested annually on a scheduled rescue training day that is listed in the program in the warmer months 5. If any paddler spots an individual in trouble, it is their duty to stop and render assistance. This should be done in all circumstances and without putting themselves in danger. 	<ol style="list-style-type: none"> 1. Buoyancy Aids must be tested / inspected annually and suitable records maintained 2. A visual check of Buoyancy Aids must be carried out prior to use by the wearer / coach 3. Coach will ensure all buoyancy aids are correctly fitted 	

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Weather	Paddlers	<ul style="list-style-type: none"> ● Development of Hypothermia ● Sunburn ● Lightning strike ● Flood conditions 	<ol style="list-style-type: none"> 1. Coaches and participants will use weather reports to provide advanced information and will also use dynamic assessments of the actual conditions at the time of the session. 2. Suncream to be worn, when necessary, along with appropriate sun hat and other suitable sun protection 3. Sufficient drinks to be carried by all participants 4. Warm weather clothing to be worn when appropriate, coaches to check all persons are sufficiently protected with appropriate warm weather clothes prior to departure. 5. Hyperthermia - Cold weather clothing to be worn when temperatures are low and cold conditions dictate - this may well include spray deck, hat, pogies and extra layers. Paddlers are encouraged to over-dress. 6. In extreme conditions paddlers stay local to the club. Local to the Club might be defined as being close to roads where access to hyperthermic paddlers can be made easily. ie no further than the concrete block. At other times staying local might mean only as far as the end of the straight. 7. Ice on the river or lake. Extra caution that may lead to cancelation of paddling as increased risk of capsize in what will be cold temperatures. 8. In flood conditions, a professional discussion is to take place between coaches to assess the suitability of the water conditions when floating debris might cause additional challenges. 9. In icy conditions ALL PADDLERS ARE STRONGLY RECOMMENDED TO WEAR BUOYANCY AIDS 		
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Darkness / Fog	Paddlers	<ul style="list-style-type: none"> ● Hitting objects ● Disorientation ● Hit by other river users ● Stranded after capsize 	<ol style="list-style-type: none"> 1. All boats undertaking night time paddling or paddling in fog must be fitted with sufficient buoyancy to ensure the boat will remain afloat in the event of a capsize (in accordance with the NCC mandatory policy that all boats are required to have sufficient buoyancy to ensure they remain afloat when capsized) 2. Paddling alone is not recommended – All paddlers are recommended to be in groups of two or more. 3. An emergency telephone is recommended to be carried by one paddler in a waterproof container 4. As per agreed procedures – names must be written on the board before departure and removed on return 		
Paddling Alone	Paddlers	Lone paddler getting into difficulty.	<p>Norwich Canoe Club understands that athletes need to train. Lone paddling is only to be undertaken by persons following a professional discussion with the head coaches. No other persons are permitted to lone paddle. The Club actively encourages those persons undertaking lone paddling, to ensure that the following rules are observed</p> <ol style="list-style-type: none"> 1. Paddlers to take a mobile phone in waterproof casing 2. Boats to be fitted with sufficient buoyancy to ensure the boat will remain afloat in the event of a capsize. 3. The athlete must ensure an appropriate individual is aware of their expected return time. 4. Names to be written on the club board. 		

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Other River Users / pedestrians / vehicles	Paddlers and other river users	<ul style="list-style-type: none"> ● Collision with other river users ● Collision with unseen objects ● Collision with pedestrians ● collision with vehicles 	<ol style="list-style-type: none"> 1. All paddlers must obey the rules of the river and remain on the right unless directed otherwise (or if they can see well ahead that the river is clear of traffic and it is safe to do so they can use the entire width) 2. When portaging, paddlers should be made aware of the risk of other members of the public including pedestrians and road users. 3. All boats must be fitted with sufficient buoyancy to ensure the boat will remain afloat in the event of a capsize 4. The NCC training will avoid regatta events being held by other boating organisations. 5. Paddlers are advised to wear conspicuous clothing whilst paddling 		
Entrapment from river hazards / locks / Weirs / stoppers etc	Paddlers	<ul style="list-style-type: none"> ● Trapped in strainer ● Caught in recirculating weir ● Caught in fast flowing water 	<ol style="list-style-type: none"> 1. Paddlers to be made aware of the risk of entrapment in trainers, the hazards posed by fast flowing water, underwater obstructions such as trees and branches. Any para paddlers using strapping have to practice capsize procedure whilst wearing the strapping. 2. Coaches ensure all paddlers are aware of any known hazards and kept at a safe distance 3. So far as is reasonably practicable, a risk assessment of any unknown waters will be undertaken prior to departure 4. The dangers of weirs to be highlighted to all paddlers as and when necessary 		

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Biological Hazards	Paddlers	Infection from a number of waterborne biological sources including E coli, Hepatitis, Leptospirosis, Weil's Disease. Humans can be infected through Injection, Ingestion or absorption.	<ol style="list-style-type: none"> 1. All paddlers to be reminded of the importance of showering after taking part in paddling activities 2. Special attention will be made to ensure juniors are regularly reminded 3. All paddlers to be reminded of the need to cover any cuts prior to taking part 4. Remind all paddlers of the need to so far as is possible avoid swallowing any river water 5. Paddlers to wear suitable footwear when portaging in unassessed portage locations 6. Paddlers informed not to handle any deceased birds / animals 7. The Weil's disease form of Leptospirosis is transmitted through rats urine and so the dangers after dusk are far greater and paddlers should be made aware of this. 		
Slips, Trips and Falls	Paddlers	Injury to paddlers from slipping, tripping or falling on poorly maintained surfaces	<ol style="list-style-type: none"> 1. NCC will ensure maintenance and cleaning of all launch points, pontoons and landing stages under its control 2. So far as is reasonably practicable, risk assess locations where portaging or launching is required. At races away from the Club brief paddlers with portage information where possible. 3. Paddlers are recommended to wear suitable footwear when portaging in places where an assessment of the conditions has not been possible to avoid foot injuries 		

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Ill health event whilst on river.	Paddlers / Coaches	A paddler suffers an ill health event whilst on the river – special attention being paid to remote locations	<ol style="list-style-type: none"> 1. All coaches are First Aid qualified 2. A mobile phone should be carried by at least one paddler on long and / or remote paddles 		
Manual Handling	Paddlers	Injury to back from carrying heavy loads	<ol style="list-style-type: none"> 1. All persons are taught correct boat handling techniques whilst on attending the learn to paddle course 2. Regular reminders are provided by coaches to all paddlers to ensure persons are lifting boats and equipment correctly 		

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Risk Assessment carried out by: S Mableson Date: 09/12/22