

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:	Running / Mud Running				Date of Assessment:	January 2022		
What are the hazards? (List <u>significant</u> 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



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Being hit by a car, bike, vehicle pedestrians or cyclist	All runners	Significant injury through impact with a car or moving vehicle or	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. Keep a safe distance	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	
Aggression from members(s) of public	All Runners	Aggression / violence		Junior members should run in groups where necessary	Coaches to be positioned along the course or run alongside juniors	Coaches / Group Leaders		
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	Continuous	
Protruding buildings or objects. Sharp objects under foot	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. Don't run in	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	
		Standing on sharp object		Risk assess the areas where personnel are running prior to event.	Ensure sufficient lighting is in place. Don't run in dimly lit areas.			



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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 weather report in advance. Cancel run if heavy snow, ice or extreme weather.	Coaches to make dynamic risk assessment of the conditions.	All group leaders	Continuous	
Dehydration	All Runners			Ensure and remind runners drink sufficient fluids before and after the run. In very hot weather consider cancelling / postponing any running events	Coaches to ensure all participants are reminded and	All group leaders / coaches		

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/~~NO~~?

Norwich Canoe Club Coach: Tim Scott

Date: 1st November 2017