

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: Cross Country Skiing - Germany
January 2023

Date of Assessment: 3rd December 2022



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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
Medical Episode	All Participants	Known or unknown medical issue	4	<ul style="list-style-type: none">• All persons participating are required to provide details of any known medical conditions• Leaders are all First Aid trained• Any special medical requirements / prescriptions will be known and understood by leaders prior to undertaking skiing activity.• Contact details of all parents / carers will be available		Leaders		



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Weather	All participants	Fatigue, Hypothermia, Dehydration, Sunburn	6	<ul style="list-style-type: none"> • Leader to check the weather forecast at the beginning of each day. • All persons to be given a full clothing list prior to UK departure. • Everyone to carry a rucksack with spare clothes, snacks, water and money to buy hot food. • Leader to check all persons are wearing appropriate clothing, eye protection, sun screen, sufficient fluids for the prevailing conditions and to prevent inappropriately dressed individuals from going onto the mountain. • Leaders should periodically check that their students are not getting cold, sunburnt or dehydrated during the session and treat as necessary. 		Leaders		
Muscle or ligament strain	All athletes	A muscle strain or ligament strain or damage	4	<ul style="list-style-type: none"> • Group leaders ensure initial skiing is steady • Ensure First Aid facilities are known • Ensure contact numbers for local medical assistance is available 	Leaders to be aware of any pre-existing injuries in	Leaders	Continuous	
Skiing injury - caused by fall or collision	All participants	Losing control / hitting object / ground / other person / head injury	6	<ul style="list-style-type: none"> • Ensure equipment fits well. • Give the group progressive challenges so they have the opportunity to learn and remember skills at a pace that means they are more likely to have control. • Give coaching where appropriate. • Ensure all insurance details of all individuals are shared with the group and the club. • Carry a phone. • Stick to known runs • Leaders to have current First Aid 	Use easier routes first to ensure participants are suitably competent.	Leaders	Continuous	

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				provision				
Getting Lost			4	<ul style="list-style-type: none"> • Leader to know how many persons are in the group and keep a list of names • Give instructions as to where to meet if persons become separated from the group – ensure these are understood. • Carry mobile phones. 		Leaders		
Dehydration	All athletes and coaches	Becoming dizzy or tired through dehydration		Ensure all athletes carry a water bottle. Stop regularly for food and drink as appropriate.	Have money for hot drinks in the cafe.	Leaders	Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

Norwich Canoe Club:

Date: 24 th January 2023