

RISK ASSESSMENT

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: River Yare Christmas Paddle - 16th December 2022

Date of Assessment: 12th December 2022

This Risk Assessment is written as an addendum to the Norwich Canoe Club NCC “Generic Paddling Risk Assessment” December 2022. Additional Hazards identified and associate risk control measures for an illuminated Christmas Paddle undertaken by a range of ages and abilities is detailed in the table below. The Generic Paddling Risk Assessment will be used in conjunction with this risk assessment to manage all paddling related hazards.

It is likely that temperatures will be very low and therefore some consideration will have to be made on the day regarding the route and time to be spent on the river.

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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
Water	All paddlers	Drowning due to Injury through contact between other paddlers or contact between other river users and or waterside obstructions. Capsize and getting into difficulty due to insufficient or lack of buoyancy, darkness and fatigue.	8	<p>A qualified BC coach is assigned as group leader / Chief Coach for the session</p> <p>A safety briefing is given before the start of the session to include a Dynamic Risk assessment of the conditions and safety procedures for supporting any paddler in difficulty. Before the start of the session everyone's name is recorded on a board.</p> <p>All paddlers are to wear buoyancy aids during the event</p> <p>The Chief Coach to check this requirement and that all boats have adequate buoyancy before going on the water.</p> <ul style="list-style-type: none"> • <u>Head coach will carry out a head count before commencement, at regular intervals and at the end of the session.</u> • <u>Boats will be instructed to stick in pairs</u> • <u>A 4:1 ratio of coaches to paddlers will be maintained to ensure sufficient experienced personnel are available</u> <p>At the safety briefing the group leader outlines what part of the river the session will use.</p>	<p>The Chief Coach will check that all boats have securely fixed lights, they are in working order and suitable for night water use.</p> <p>All paddlers to be familiar with the proposed route and <u>able to swim 50m unaided.</u></p> <p>Emergency telephone, to be carried by Group Leader <u>and one other coach. The phones will contain emergency contact numbers of the support crew</u> and used if required</p> <p>Use of either K2 boats or Canadian (open) Canoe</p> <p>Open canoes will also be used to provide Safety boat /Rescue means if required.</p>	All paddlers, and Group Lead/Coach	Prior to start	

Kommentar [SM1]: Have we got records of everyone having proved that they can do this? If not then probably best to remove the comment. We could replace it with a comment stating that everyone taking part has completed the BC learn to paddle (or equivalent)

Formatiert: Einzug: Links: -0,07 cm, Hängend: 0,5 cm, Aufgezählt + Ebene: 1 + Ausgerichtet an: 0,63 cm + Einzug bei: 1,27 cm

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Cold	All paddlers	Hypothermia due to Capsize, Exposure to cold water, temperature and wind during session	6	The Chief coach -checks that all paddlers are appropriately dressed for the conditions. The group leader monitors individuals to see if they show signs of cold or fatigue in which case alternative action such as returning to the Club may be taken.	Use of K2 boats and or Canadian (open) canoes to be used for all paddle crews during the session. Open canoe also used to provide Safety boat /rescue means facility. The group leader/chief coach advises on effects of cold and exposure during the event. All paddlers to ensure they have sufficient and appropriate clothing for the event. This may include a cag or windproof top.	All users, Coaching staff	Immediately prior, during and post event	
	<u>All Paddlers</u>			<u>Arrangements are in place to provide an emergency support crew. These persons will remain on the river bank. They will be mobile via a private vehicle. They will be equipped with a mobile phone containing contact numbers for the nominated coaches. They will have hot drink facilities and spare clothing for use by paddlers should a capsize occur.</u>				

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Slips , Trips and Falls	All paddlers	Injury through tripping over objects at night, or slipping on wet surfaces such as grass, wooden sleepers and launch /exit areas	4	The Chief Coach to check that all paddlers are wearing appropriate footwear and are aware of access and egress points. At Safety brief advises of need to be more vigilant for this type of hazard at night.	Survival kit including First Aid to be carried By Group Leader	Group Leader	Prior to, during and post event	
Pollution /water quality	All paddlers and Coaches	Leptospirosis/Infection transmitted by contaminated water containing animal urine to come into contact with breaks in skin, the eyes or mucous membrane	3	Chief Coach to remind all paddlers of hygiene requirements at the Safety briefing. Antibacterial hand wash is available, and showers are to be taken immediately after the session. Open /unhealed cuts to be covered prior to accessing the water.	All Coaches to remind paddlers of hygiene requirements and showering after event	Coaches to monitor	Prior to start of event	
Lifting/Carrying	All paddlers	Injury caused by Incorrect lifting of boats and equipment	2	At safety briefing competitors advised of expectations and safe methods for lifting and carrying boats. Employ two-person lifting technique when carrying of boats where practicable Supervise lifting and carrying of boats and equipment by all paddlers			Continuous	

DO THE ABOVE CONTROL MEASURES ADEQUATELY REDUCE THE RISKS?

YES/NO?

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Norwich Canoe Club Health and Safety Advisor :