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| ***Specific Site:*** | **St Brides Haven.** | ***Risk assessor:*** | **RL (Review SC)** | ***Date:* 31/01/2022** |
| ***Activity:*** | **General Kayak and Canoe Training** | ***Review:*** | **SC (Review SR)** | ***Date:* 31/01/2022** |

***Coach in this document refers to a Coach or a Leader. This document only addresses issues specific to the site and must be read in conjunction with the club generic risk assessment. In addition, a coach should carry out their own dynamic assessment of the conditions, the group, the activity etc, before and during the session. The coach must not lead activities in situations they are not prepared for. The Club will always support the decision of a coach to cancel, abort, or change the activity for safety reasons.***

***Coach Remit:***

*BC (UKCC) Level 1 Coach or BC Paddlesport Instructor/Leader can run trips on* ***Sheltered Water*** *with site specific training and assessment. This risk assessment forms the basis for this training. Reference: British Canoeing document “Environmental Definitions and Deployment Guidance for Instructors, Coaches and Leaders”*

***Description of Venue:***

St Brides bay within the confines of the bay. The area seaward limit is a line drawn between the rock outcrops either side of the bay entrance. The bay dries out on low spring tides.

Sheltered water: onshore or cross shore winds of force 3 or less. Off shore winds of force two or less within the bay (Occasional force 3 gust acceptable). Strong southerly winds may produce locally unacceptable offshore winds. Strong north to north west winds may produce unacceptable onshore winds and associated waves.

***Nearest Emergency Telephone / Help, at time of writing:***

Mobile phone reception is available at St Brides. A defribulator is located on the toilet block in the car park.

***Summary of Site Specific Issues a Coach should include in their briefing:***

1. Uneven surface on track between the car park and the beach. The beach including areas of seaweed covered rocks.
2. Vehicles moving about the unmarked car park.
3. Stay within 10m of coach and in line of site, unless activity needs 20m.
4. Appropriate footwear.
5. Youths and Adult beginners must wear helmets. Adults should wear helmets when playing games or asked by the coach / leader.
6. What to do in event of a Capsize.
7. Be aware of moving boats and stay clear of any moored boats.
8. Be aware of divers using the area.

***Coach Equipment required*** *(above that normally expected)*

* Tow line.

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| **Hazard** | **Probability** | **Severity** | **Action required** |
| **Multiple Capsize**(Uncontrolled situation) | **2** | **3** | This venue should not be used in stiff southerly winds which may result in paddlers being blown out to sea. With moderate onshore winds or light winds there are no major concerns.This is a good location for outside capsize and rolling training. |
| **Cold Shock and Hyperthermia** | **1** | **4** | To avoid cold shock, paddlers under the guidance of a BC (UKCC) Level 1 Coach or BC Paddlesport Instructor/Leader should wear a wetsuit or drysuit that covers their torso when the offshore sea temperature is below 15 degC. (ROSPA cold water definition) |
| **Head Injury** | **2** | **4** | As per general risk assessment. |
| **Rubbish (Personal injury)** | **2** | **2** | Potential for glass/ metal debris as well as crushed rock on the foreshore. All paddlers must wear footwear with a sole that will not fall off when swimming. I.e. no wetsuit socks or flip flops. |
| **Capsize** | **3** | **1** | All coaches are trained to deal with this situation. Tidal movements are negligible therefore conventional ‘X’ rescue will be most appropriate. Easy access on to the bank is also available on the south and east side of the bay.  |
| **Games** | **2** | **2** | The bay is suitable for games in middle area with sandy bottom. Stay away from rocks and any moored boats. All coaches should have assessed the risk of their games and ensure appropriate protective equipment is used. |
| **Landing and Launching (**Changing circumstances) | **3** | **2** | This site is subject to tidal variations and dries around low water, especially on spring tides. Be aware of seaweed covered rocks at mid to high tide. The beach area is very limited at high water spring tides. |
| **Boat movements within the harbour** | **4** | **2** | The bay is used by small fishing boats. Dive boats also visit the bay on occasions. The leader shall be mindful of boat movements and adjust activities to suit. |
| **Unloading boats and changing.** | **3** | **3** | Access is from the car park at the back of the beach. Paddlers should be aware of the risk of other moving cars in the area. |

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| **Probability**1 - Almost unknown2 - Rare3 - Occasional4 - Frequent5 - Generally occurs | **Severity**1 - no treatment required2 - Minor first aid needed3 - Injury requiring first aid and medical follow up4 - Major injury requiring immediate hospitalisation5 – DeathEnvironment (Low, medium high) |

Risk assessment review record

This risk assessment must be reviewed every three years, if there is a significant change to the hazards identified or if there is an incident that requires its review and amendment.

Reviews should be recorded below:

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| --- | --- | --- | --- | --- |
| **Date** | **Revision** | **Reviewer (Print and Sign)** | **Comments (reason for review / amendments)** | **New risk assessment issued (Y/N)?** |
| 20/07/18 | 2 | SM | Amendments based on committee meeting for public event. | Y |
| 28/8/18 | 3 | RL | Minor amendments to ‘Class of water’ | Y |
| 28/12/2018 | 4 | SC | Reference amendments only | Y |
| 31/01/2022 | 5 | SC | Revised for new BC environmental conditions | Y |
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**Risk Assessment Level 1 Coach Training Sign off Sheet**

**(BC (UKCC) Level 1 Coach or BC Paddlesport Instructor/Leader Holders should complete training facilitated by the training officer to operate independently at this site. This form documents who has completed this training)**

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| **Name** | **BC Level III sign to confirm level 1 coach training.** | **Date** |
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