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| **Risk assessor:** | **RML** | **Date: 03/10/2024** |
| **HSE Officer:** | **SC** | **Date: 03/10/2024** |

**General Hazard Analysis and Control Measures**

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| **Hazard** | **Risk** | **Control Measures** |
| Accidental Capsize | Medium | At an early stage in their development, all members are trained how to safely exit following a capsize and participate in their rescue.  All experienced members and leaders are trained in appropriate safety and rescue methods for the type of craft and the environment being paddled. |
| Drowning | Low | All paddlers to wear a correctly sized and fitted buoyancy aid.  Participants should be confident in water and able to swim at least 50 metres in light clothing.  Leaders to have first aid training including resuscitation techniques. |
| Shoulder Injury | Low | Train paddlers during pool sessions how to perform high strokes safely to avoid shoulder dislocation. |
| Hyperthermia/Hypothermia/Excess sun exposure | Low | Leaders ensure all paddlers are appropriately clothed for the activity.  Leader is trained to recognise symptoms of stress due to adverse temperature or exposure. Appropriate equipment is carried on the water to provide initial response.  Leader ensures that particular care taken of capsized paddler, post rescue. |
| Emergency | Low | No club water-based activity shall take place with less than three participants.  All waterborne activities commence with a group safety briefing covering hazards, group control, emergency action, any participant illness and roles.  All members are advised to carry a whistle for raising alarm on the water.  At least one member of the group is first aid trained and has ready access to a first aid kit.    Where appropriate, passage planning will include contingency for escape or refuge.  Each group will carry a means of electronic communication.  Leaders are trained to identify potential emergency scenarios and options to deal with these. The trip leader should assess the appropriate safety equipment required to manage these.  Leaders to use techniques to ensure no paddler becomes isolated from the group. |
| Loading and unloading boats causing musculo-skeletal injuries | Low | Training in manual handling to be a part of all beginners’ sessions and members will be encouraged to use good lifting techniques and not lift excess weights. Particular caution will be taken with junior and older members. Delivering manual handling training is part of all British Canoeing leadership courses. |
| Close proximity to rocks or other hazards | High | Helmets must be worn by all beginners and youth members for kayak activities. Leaders will dynamically risk assess other situations and require group participants to wear helmets where necessary. Where club specific risk assessments require, helmets must be worn. |
| Physical exertion/Fitness to paddle/musculo-skeletal injury | Medium | The club website will state the level of each trip and each participant in signing up certifies they are competent for that trip. Leaders may exclude participants who they deemed unfit from participation. Leaders will dynamically risk assess their groups well-being and alter plans where necessary. Paddlers are trained in appropriate paddling techniques to avoid injury and minimise fatigue.  Experience members trained in on-water rescue methods that avoiding excessive strain.  All members will abide by the participation statements including not being under the influence of intoxicating substances. |
| Impact of individual with vehicle | Low | Members ensure that vehicles are parked safely. Extra caution is observed when transporting boats across roads. Youth paddlers are supervised by nominated adults. |
| Allergic reaction, seizure, coma or other life threatening onset of illness | Low | Leaders to check if any paddlers have serious illnesses such as diabetes, epilepsy, hear problems, allergy, asthma etc before paddling. Leader to ensure appropriate medicines (e.g. inhaler, epi' pen, etc) are easily available or not allow such paddlers afloat. |
| Waterborne disease and Pollution | Low | Pre-launch risk assessment considers potential for contact with contaminated water. Members are reminded of the need to cover cuts and abrasions when paddling on inland waters |
| Collision with other water users | Medium | On sea maintain a safe distance between participants especially in rough water. Take great care crossing shipping lanes especially in low visibility or poor light conditions. Follow discipline specific risk assessments guidance. |
| Foot Injury | Medium | Good foot wear appropriate for the location should be worn, especially near habitation where glass and sharp metal could be present. Sea paddlers should be aware of weaver fish at low tide. |
| Slips, trips and falls when transporting equipment | Medium | Wear appropriate footwear. Assess the nature of the water access prior to carrying boats. Consider carrying one boat at a time between two people. Consider loading boats with equipment at the waters edge to reduce boat weight when transporting. |
| Loosing a paddler during a night paddle. | Low | All paddlers to wear a suitable low intensity light that is visible to other paddlers. Paddlers to carry head torches to provide higher light levels in the event of an incident. Appropriate group control techniques to be established before it gets dark. (these may include pairing off with a buddy; numbering off within the group; splitting into smaller groups; paddling side by side as a group; clear communication regarding route; all paddlers to carry a whistle in their buoyancy aid.) |

**Specific Generic Risks Associated with White Water Paddling:**

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| Swimmer rescue | High | Paddlers taught how to safely self-rescue.  Leaders should be trained in appropriate rescue techniques and paddlers taught how to assist.  Each leader should carry a throwline. Each experienced paddler should normally try to carry a throwline. |
| Entrapment in Trees | Medium/ High | River leaders to dynamically access the risk of tree hazards. These include overhanging bank trees, undercut trees and associate roots, trees fallen into the river and trees washed downstream that block the river passage both visibly and submerged. Particular care should be taken after recent high water events when hazards could have moved.  No club trip will be run when a river is in spate due to the high risk from trees.  Paddlers advised to negotiate around any tree hazard and be taught the correct action to avoid entanglement. River leader trained in appropriate rescue techniques. |
| Entrapment in Throw line | Low | A knife should normally be carried when a throwline is taken.  Throw lines should be “clean”. I.e. free from knots. |
| Entrapment on Rock | Low | Where a risk use kayaks with key hole cockpit.  Paddlers taught to lean downstream when they might hit a rock.  Dynamic risk assessment of river to identify potential problems.  Leaders trained and equipped for paddler and equipment rescue in this situation. |
| Weir and Manmade constructions | Medium | All Manmade structures should be treated with extreme caution because of steel reinforcement, sharp edges and the danger of any associated stopper. They should be portaged if in any doubt. |
| Sharp Rocks | Low | Areas near quarries, human construction and landslides frequently have sharp rocks and other debris in the river. |
| Sumps and Undercuts | High | Great care should be taken anywhere significant quantities of water flow under rocks or undercuts |
| Fishing Equipment | Low | Watch for fishing equipment especially hooks dangling from trees. |
| Head Protection | Medium | Helmet warn for kayaks in any white water situation. In canoe, risks should be assessed. |
| Invasive Species | High | Paddles to ensure river equipment is washed when moving between different paddling locations to prevent spread of Japanese Knot Weed and other invasive species. |

Exceptions:

The club authorises the following exceptions:

1. Buoyancy aids are not required in the pool for normal training activities. They may also be removed for rolling practice at Sheltered Water situations where the kayaker could stand in the water. In both situations they will either be supervised on a one to one basis or a dedicated life guard appointed for the area.
2. Provisions in this general assessment e.g. swim 50m, can be wavered subject to a specific risk assessment for the event approved by the Chair, Health and Safety officer or Training officer.

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)?** |
| 31/01/2022 | 5 | SC | Major revision to simplify and shorten | Y |
| 03/10/2024 | 6 | RML | Minor changes. Slips, trips and falls added. Nigh paddling added. | Y |
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Reviewed on 3/10/24 by RML and the Committee. Next review due October 2025