

Peak Paddlers Canoe Club

Generic Risk Assessment

This document has been produced with the aim of identifying and managing risks that may be incurred by all those participating in activities with Peak Paddler Canoe Club (PPCC).

It is important to note that all activities involving water have a degree of risk attached. This document does not seek to remove that risk, but seeks to identify the risks, examine what controls and management are necessary and identify any further actions that may be required by either the club or its members.

Safety is the responsibility of every paddler within the club and the appropriate management of risk takes place when all those involved contribute to the process.

The club will review this policy on an annual basis.

All accidents, incidents or near misses must be reported to the PPCC using the incident report form on the website. Details of any incident which results in injury requiring hospital attendance / treatment will also be passed to the British Canoe Union for their records on sports injuries and to note to the insurance company in case of any resulting claim.

Document History

Date	By	
12/05/2014	Draft	Roger Savery

Generic River Risk Assessment

Hazard	Who is at Risk	Severity	Likelihood	Existing control measures	Further controls / other action
Drowning	Coaches Paddlers	High	Low	<p>All paddlers to wear approved buoyancy aid that have been correctly fitted</p> <p>Participants should be confident in water and able to swim at least 50 metres in light clothing.</p> <p>Session or trip leaders may prevent anyone from paddling that they believe unfit to do so, or that they believe not of sufficient experience or skill to handle the conditions, or if to allow them onto the water may jeopardise the safety of themselves or others, or place unnecessary risks on others.</p>	

<p>Entrapment in closed cockpit kayak due to capsize</p>	<p>Coaches Paddlers</p>	<p>High</p>	<p>Low</p>	<p>Whitewater kayaks use spray decks to seal the paddler into the cockpit.</p> <p>Participants should not paddle with a spray deck unless they have performed a spray deck test. This test requires them to exit a boat with a spray deck using safe techniques.</p> <p>The spay deck used should be the correct size for the cockpit and the participant</p> <p>All Peak Paddlers equipment is regularly checked. This includes the grab loops on the spray decks.</p>	
<p>Foot Injuries</p>	<p>Coaches Paddlers</p>	<p>Low</p>	<p>Low</p>	<p>All paddlers to wear appropriate shoes</p>	

Hypothermia	Paddlers	Medium	Low	<p>Canoeing and kayaking take place in water, often in cold weather conditions.</p> <p>Course participants are offered advice about appropriate clothing. If you don't own a wetsuit or drysuit then for most trips, plenty of warm clothes are recommended. On the river, many layers of man-made fibres are better than fewer thick layers or cotton / wool. Jeans are not suitable. After the river paddlers are advised to have plenty of warm clothes to change into (including hat and gloves etc) and consider a thermos flask. Waterproof cags can be hired from the club. Non pool courses are deliberately scheduled in the spring / summer / autumn months when the weather is warmer.</p> <p>Activities with a high likelihood of capsize should be run at the end of the session.</p> <p>Participants are encouraged to think about carrying spare clothing, warm drinks and high energy foods. Leaders / coaches should also carry a group shelters or rescue blankets.</p> <p>Instructors to ensure that all course participants appropriately equipped</p>	<p>Information included in welcome pack given to all paddlers when joining or on request</p>
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<p>Injuries from moving boats</p>	<p>Coaches Paddlers</p>	<p>Medium</p>	<p>Medium</p>	<p>Kayaks and canoes are heavy and awkward. They need to be lifted out of the trailer and into the water, or onto and off vehicles. Occasionally they will also need to be carried past river hazards (portaged).</p> <p>Use of correct lifting techniques to be demonstrated and encouraged (knees bent, protect the back).</p> <p>Minimise lifting and carrying by; sharing, use of slings, trolleys, minimal carry distance, heavy boats to be carried by strong people.</p>	<p>Information included in welcome pack given to all paddlers when joining or on request</p>
<p>Weil's Disease / Leptospirosis</p>	<p>Coaches Paddlers</p>	<p>High</p>	<p>Low</p>	<p>All members of the club to be issued with info sheet on joining, and with renewal of membership</p> <p>All open cuts and grazes to be covered with waterproof plasters</p> <p>Wash hands, preferably with Alcohol Gel after paddling</p>	<p>Information included in welcome pack given to all paddlers when joining or on request</p>

Blue Green Algae	Coaches Paddlers		Low	All members of the club to be issued with info sheet on joining, and with renewal of membership Do not go into water containing Blue Green Algae	Only applicable on still water Information included in welcome pack given to all paddlers when joining or on request
General Upset Stomach	Coaches Paddlers	Low	Low	Avoid drinking untreated river / reservoir water Wash hands, preferably with Alcohol Gel after paddling	There is some anecdotal evidence that drinking Coke after water sports helps prevent upset stomachs (it needs to be the full strength coke, not low sugar)
Shoulder and upper limb injuries	Coaches Paddlers	Medium	Low	All coaching to be overseen by BCU qualified and competent coaches	
Head Injuries	Coaches Paddlers	High	Low to Medium depending on location	All Kayakers and Canoeists should wear a helmet on broken or disturbed moving water. All paddlers (Kayak or Canoe) under 18 will wear helmets on any water.	

Slips, trips and falls	Coaches Paddlers Spectators	Low	Medium	<p>All those near the water to be warned especially after rain or after boats have been emptied</p> <p>An approved buoyancy aid must be worn when on or close to the water. This includes the pontoons.</p> <p>An approved buoyancy aid and helmet must be worn when on or close to a river. This does not apply to pool sessions but participants should still take care where surfaces may be slippery.</p> <p>Sturdy shoes are advised for all paddlers.</p>	Parents especially to be warned when helping at end of sessions
Weed and other Algae	Coaches Paddlers	Low	Low	Instructors to ensure that if weed and algae is on the surface that paddlers are warned of the dangers of performing capsize drills and where possible activities should take place in weed free areas	

Year	Date Reviewed	Approved By	Revisions made
2014			
2015			
2016			
2017			
2018			
2019			
2020			
2021			
2022			
2023			