

Duddon canoe club

Risk Assessments We all assess risk before taking part in an activity.

Coaches will assess risk before an activity taking into consideration the skills of the group, the water conditions and potential hazards.

Sea and lake paddling. To reduce the risk of drowning/ hypothermia

- ❑ Wear a buoyancy aid.
- ❑ Wear clothing appropriate to the conditions.
- ❑ If paddling away from the shore take spare kit in case of a change in conditions or capsize
- ❑ Avoid solo paddling unless you can self-rescue.
- ❑ A group of paddlers should include someone competent at rescue.

Site specific :- Barrow Park Lake

Risk of infection from leptospirosis

Avoid capsize and splashing.

Cover cuts with waterproof dressings.

Wash hands and face after session and before eating.

June 2007