

DUDDON CANOE CLUB Risk Assessment Form 2013 (HSE based)

Assessor:	Scott Wilson	Date:	
Signature:		Date:	

Reason for Assessment/Area Assessed

Site specific risk assessment for taking novices on to moving water, so paddlers parents & everyone else involved are aware of the risks when on or near moving water.

What are the hazards?	Who might be harmed and how?	What are you already doing?	What further action is necessary?	Action required by whom?	Date Action required by?
River with moving water	Paddlers, coaches on the water & spectators Drowning	Safety procedures and risks to paddlers & parents will be explained carefully before session. Coach/session leader: paddler ratios will not exceed 4-1 The coach/session leader is responsible for determining that all the participants can swim 25 meters. All paddlers should wear buoyancy aids. The coach/session leader will check that they are properly fitted correctly. The coach/session leader must walk or paddle the section of water being used before the session to visually check for any new hazards. Discipline of the group should be such that paddlers do not get spread out, away from the coach/session leader When paddlers are not on the water it is the responsibility of parents or guardians to supervise paddlers. Coaches must be satisfied that all paddlers have the knowledge to perform a capsize drill. All equipment must be thoroughly checked before use. If necessary a session will be cancelled rather than use faulty equipment. Coaches/session leaders all well versed in rescue techniques	Safety placed at specific points on the river with throw lines when possible	Coaches, session leaders, spectators & assistants	On Going

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Falling into water and getting cold.	Paddlers, coaches, Spectators & assistants. Hypothermia.	All paddlers to wear appropriate clothing (ie wet/dry suits, cags) to match weather conditions. Safety equipment should include a throw line & first aid kit with coach or nominated assistant on the bank. Coaches & assistants should wear helmets and buoyancy aids on the bank.	First aider to be present during session.	Coaches, session leaders, first aiders.	On Going
Head injury due to Capsize or falling in.	Paddlers, coaches, Spectators & assistants. Cuts, bruises or abrasions.	On moving water, helmets MUST be worn by paddlers.	Paddlers given training to minimise the risk of head injury during capsizes. First aider to be present during session.	Coaches, session leaders, spectators & assistants.	On Going
Entrapments due to Capsize.	Paddlers & coaches on the water. Drowning.	Instructors must be satisfied that all canoeists have the knowledge to perform a capsizing drill. Course/training will be organised so as to ensure paddlers are directed away from known obstacles.	Coaches trained in rescue techniques of an entrapped paddler	Coaches, session leaders, Assistants.	On Going
Entrapment due to trees or river debris	Paddlers & coaches on the water. Drowning.	Instructor must be satisfied that paddlers are of a certain ability & will act responsibly at all times.	Coaches and instructors will be trained in rescue techniques of an entrapped paddler.	Coaches & session leaders	On Going
Adverse weather conditions.	Paddlers, coaches, Spectators & assistants.	All paddlers & spectators to be advised on the dangers of excess hot or cold temperatures.	Constant supervision by coaches of paddlers and weather conditions.	Coaches, session leaders, Assistants & spectators	On Going

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	Sunburn/heat exhaustion Hypothermia.	They should also be advised to ensure that they drink enough water to remain hydrated.	<i>(equipment such as hats and gloves, sun cream will be provided by the paddlers and not the club)</i>		
Slips, trips & falls	Paddlers, coaches, Spectators Cuts, Bruises & Abrasions	Coaches & assistants should wear helmets, buoyancy aids and suitable footwear on the bank	Areas of particular risk will be identified to those at risk.	Coaches, session leaders, spectators & assistants.	On Going