

Activity	River trips	Site	Lower Caldw
Date of assessment	08/04/2021	Assessment review date	08/04/2022
Assessment undertaken	John McAllister	Signed by	<i>J McAllister</i>

Hazard	Water Level Variance	Who might be harmed	General Risk Control	Action by whom	Special circumstances, Control Variance
Collecting and returning equipment from/to club store and carrying boats		Paddlers	Safe lifting and handling	Paddlers to ensure safe lifting and double up to carry if required	None
Carrying boats down to and back from river		Paddlers	Safe lifting and handling	Paddlers supervised by coaches and double up to carry if required	None
Flood conditions		Paddlers	Assess condition of river and competence of group on the day. Cancel if necessary	Coach	
Launch and paddle	Move launch position to suite water level	Paddlers	Ensure correct equipment and clothing is being worn Paddle as a group with front and back marker Group leader to clearly indicate breakout points along way	Coaches to take charge and keep control of group Paddlers responsible for own equipment	Wind and river level, keep tighter control of group
Drowning	None	Paddlers	Use of Buoyancy Aids (BA) Everyone able to swim	Coaches must ensure <ul style="list-style-type: none"> BA's worn by all paddlers BA's meet CEA standards BA's are correct size and fitted correctly 	None
Head Injury	None	Paddlers	Wearing helmets which are properly fitted	All paddlers and Coaches	None
Entrapment in boat	None	Paddlers	Ensure safe and correct fitting of spray decks, everyone familiar with capsized drill	Coaches and paddlers	Extra care in high winds or water conditions
Tree entanglement		Paddlers	Keep away trees	Good supervision. Coaches ensure safe use of equipment	Extra care in high winds or water
Cuts and bruises	None	Paddlers	First aid kit on hand with first aider		None
Sunstroke, Hyperthermia, Hypothermia	None	Paddlers	Make sure people use sun block Wear hats and appropriate clothing for weather conditions	All members of party	None
Over come by darkness	None	Paddlers	Be aware of time and length of session Keep torch in kit	Coaches	Greater awareness in poor weather conditions
Getting off river	Move get off point depending on water level	Paddlers	Safe exit off water and safe lifting and handling	Coach to make sure everyone is off water safely before leaving water . Supervise equipment going back to club	Move exit point depending on river height
Health and safety – water borne infections	None	Paddlers	Advise paddlers to wash and shower after being on river	Coach to advise	None
Weirs	None	Paddlers	Dangers explained at a safe distance. Safe technique shown on small weirs. Portage where unsafe to paddle, specifically Stead MacAlpine factory and Denton Holme	Coach	None
Unnatural objects	None	Paddlers	As part of river runs through Carlisle warn paddlers to watch out for the unusual (sewer covers, remnants of structures, shopping trolleys etc)	Coach	None
Rapids	None	Paddlers	Assess line, breakout points from safe distance. Portage where necessary	Coach and paddlers	None