

Carlisle Canoe Club Risk Assessment

Date: 6th April 2023

Assessor's Name: John McAllister **Review Date:** April 2024

Description of Assessment: River Eden: The Sands rapid – Public, Club Members & Coaching Staff

Location Details: The Sands Centre Carlisle CA1 1JQ. **What 3 Words:** [///vocal.zone/jets](http://vocal.zone/jets)

What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Slips and trips	Public Club Members Coaching staff - May be injured	Regular maintenance of landing stages, riverbank and steps. Equipment and boats to be kept tidy. Footpaths to be kept clear.	Inform new members.	John McAllister	Risk assessment given to members prior to attending a session.	20/02/22
Kit mishaps	Public Club Members Coaching staff - May be injured	Members are shown correct carrying, stacking, lifting and handling of the kit & boats. Where possible lift and carry awkward items in pairs. Door to be kept clear of boats and equipment.	Inform new members.	Proudy	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	20/02/22 Ongoing
Access & Egress	Club Members Coaching staff - May be injured	Adjust access & egress to suit the water level, weather conditions and competence of paddlers present.	Inform new members.	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22

Carlisle Canoe Club Risk Assessment

Water levels	Club Members Coaching staff - May be injured	The river sessions will be limited due to the level of the water. Website has a guide to when activity would be suspended. Website has a link to the EA measuring station.	Inform new members	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22
River Features: Rocks Trees Speed & volume of water Debris	Club Members Coaching staff - May be injured	Briefing carried out before each session. Members encouraged to attend training courses.	Inform new members	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22
Pollution and water Quality	Club Members Coaching staff - May be injured	Avoid capsizes in poor conditions. Risks are higher in spate conditions. Washing of hands before eating	Inform new members	John McAllister	Risk assessment given to members prior to attending a session	20/02/22
Other river users	Club Members Coaching staff - May be injured	Members instructed to be aware of other river users and how to take appropriate/avoiding action	Inform new members	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22
Capsize	Club Members Coaching staff - May be injured	Members are requested to inspect boats prior to use, they are to be well maintained with suitable buoyancy. Members are instructed on how to exit a capsized boat. Members are instructed to wear helmets & buoyancy aids while on activity.	Inform new members.	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22
Drowning	Club Members Coaching staff - May be injured	Members state their ability to swim 50m. Members are instructed to wear helmets & buoyancy aids while on activity. Members are instructed to look out for each other while on activity and report any concerns to the session coach immediately.	Checks made that helmets and buoyancy aids fit correctly.	Norrie Brown	Risk assessment given to members prior to attending a session	20/02/22

Carlisle Canoe Club Risk Assessment

Emptying water out of boats	Club Members Coaching staff - Strain injury - Back injury	Members are shown correct techniques for handling a boat that is flooded. Where possible lifting to be done in pairs. Members to check air bags and bungs prior to using boats.	Inform new members.	Jim Winterton	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	20/02/22 Ongoing
Incident procedures	Club Members Coaching staff - May be injured	Stay calm but act swiftly and observe the situation. Club coaches attend courses to keep up to date with current best practice. We have an incident action plan. We have a major incident response plan. We record and report any incident to British Canoeing	Inform new members.	John McAllister	Risk assessment given to members prior to attending a session.	20/02/22
Welfare	Club Members Coaching staff - May be injured - Hyperthermia - Hypothermia - Fatigue - Infection	Website offers guidance to correct clothing to wear while participating in a session. Any relevant medical conditions are encouraged to be shared with session coach. Weather conditions are monitored and action taken to reduce any impact to participants.	Inform new members.	John McAllister	Risk assessment given to members prior to attending a session.	20/02/22
First Aid	Public Club Members Coaching staff - May be injured	First Aid kit Stored in the green filing cabinet in the kit area. Coaching staff and members are encouraged to attend first aid courses.	Inform new members	Proudy	Risk assessment given to members prior to attending a session.	20/02/22
Safeguarding Failure	Public Club Members Coaching staff	Compliance with British Canoeing Safeguarding policies and procedures.	Inform new members	Ben McAllister		20/02/22

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Notes:

British canoeing:- <https://www.britishcanoeing.org.uk/guidance-resources/safeguarding>

PaddlesUp :- https://paddlesuptraining.com/?utm_source=BCTopNav&utm_medium=PaddlesUp&utm_campaign=PaddlesUp

Carlisle Canoe Club :- <https://www.carlislec canoeclub.org.uk/>