

# Carlisle Canoe Club Risk Assessment

<b>Date:</b>	6 <sup>th</sup> April 2023
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<b>Assessor's Name:</b>	John McAllister	<b>Review Date:</b>	April 2024
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<b>Description of Assessment:</b>	Border Esk Enzieholm bridge to Langholm – Public, Club Members & Coaching Staff
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<b>Location Details:</b>	55.211383, -3.124390 to 55.153200, -3.000818
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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	<b>Club Members</b> <b>Coaching staff</b> - May be injured	Appropriate PPE for the conditions. Equipment and boats to be kept tidy. Footpaths to be used where possible.	Inform new members.	<b>Trip leader -</b> <b>Task may be delegated</b>	Risk assessment given to members prior to attending a session.	13/10/22
Loading & unloading on highway	<b>Club Members</b> <b>Coaching staff</b> - May be injured	Minimise vehicles at access. Limit time on highway. Use of spotter to inform of traffic.	Inform new members.	<b>Trip leader</b>	Risk assessment given to members prior to attending a session.	13/10/22
Kit mishaps	<b>Club Members</b> <b>Coaching staff</b> - 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.	Inform new members.	<b>Trip leader -</b> <b>Task may be delegated</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	13/10/22  Ongoing
Access & Egress	<b>Club Members</b> <b>Coaching staff</b> - May be injured	Adjust access & egress to suit the water level, weather conditions and competence of paddlers present.	Inform new members.	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22

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Water levels	<b>Club Members Coaching staff</b> - May be injured	The river trip may be limited by paddler skill due to the level of the water. Website has a guide to when activity would likely be suspended. Website has a link to the EA measuring stations.	Inform new members	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22
River Features: Rocks Trees Speed & volume of water over rapids Debris	<b>Club Members Coaching staff</b> - May be injured	Briefing carried out before getting on the water. Members encouraged to attend training courses aimed at running rivers.	Inform new members	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22
Pollution and water Quality	<b>Club Members Coaching staff</b> - May be injured	Avoid capsizes in poor conditions. Risks are higher in spate conditions. Washing of hands before eating.	Inform new members	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22
Other river users	<b>Club Members Coaching staff</b> - May be injured	Members instructed to be aware of other river users and how to take appropriate/avoiding action	Inform new members	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22
Capsize	<b>Club Members Coaching staff</b> - 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.	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22
Drowning	<b>Club Members Coaching staff</b> - 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 leader immediately.	Checks made that helmets and buoyancy aids fit correctly.	<b>Trip leader</b>	Risk assessment given to members prior to attending a session	13/10/22

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Emptying water out of boats	<b>Club Members</b> <b>Coaching staff</b> - 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.	<b>Trip leader - Task may be delegated</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	13/10/22  Ongoing
Incident procedures	<b>Club Members</b> <b>Coaching staff</b> - 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.	<b>Trip leader - Tasks may be delegated</b>	Risk assessment given to members prior to attending a session.	13/10/22
Welfare	<b>Club Members</b> <b>Coaching staff</b> - May be injured - Hyperthermia - Hypothermia - Fatigue - Darkness - Infection	Website offers guidance to correct clothing to wear while participating in a session. Any relevant medical conditions are encouraged to be shared with leader. Duration of trip and daylight times checked. Weather conditions are monitored and action taken to reduce any impact to participants.	Inform new members.	<b>Trip leader</b>	Risk assessment given to members prior to attending a session.	13/10/22
First Aid	<b>Public</b> <b>Club Members</b> <b>Coaching staff</b> - May be injured	First Aid kit carried. Coaching staff and members are encouraged to attend first aid courses.	Inform new members	<b>Trip leader</b>	Risk assessment given to members prior to attending a session.	13/10/22
Safeguarding Failure	<b>Public</b> <b>Club Members</b> <b>Coaching staff</b>	Compliance with British Canoeing Safeguarding policies and procedures.	Inform new members	<b>Ben McAllister</b>		13/10/22

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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](https://paddlesuptraining.com/?utm_source=BCTopNav&utm_medium=PaddlesUp&utm_campaign=PaddlesUp)

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

River levels:- <https://riverlevels.uk/esk-solway-canonbie#.Y0Xybj3MKpo>

River guide:- <https://www.ukriversguidebook.co.uk/rivers/scotland/southern-uplands/river-esk-enzieholm-bridge-langholm>

Daylight:- <https://www.timeanddate.com/astronomy/@2657291>