

# Carlisle Canoe Club Risk Assessment



**Date:** 6<sup>th</sup> April 2023

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

**Description of Assessment:** Swimming pool building water confidence sessions – Trinity employees, Public, Club Members & Coaching Staff

**Location Details:** Trinity Leisure Center Strand Road Carlisle CA1 1JB. [What 3 Words //w3w.co/boat.riders.wool](https://w3w.co/boat.riders.wool)

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>Public</b> <b>Club Members</b> <b>Coaching staff</b> - May be injured	Ares are well lit. Signage used during cleaning and maintenance. Follow Trinity pools safety guidance while on activity. Equipment and boats to be in good order and kept tidy. Not wearing spray decks while walking around the pool area.	Inform new members.	<b>Pool Duty Manager</b> <b>John McAllister</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Stacking boats outside the pool building	<b>Public</b> <b>Club Members</b> <b>Coaching staff</b> - Injury to feet - Back injury - Trapped fingers	Members are shown correct stacking, lifting and handling of the boat Where possible lift and carry in pairs. Fire door to be kept clear of boats and equipment.	Inform new members.	<b>Norrie Brown</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Lifting boats in to pool building and to/from storage hooks	<b>Club Members</b> <b>Coaching staff</b> - Injury to feet - Back injury	Members are shown correct lifting and handling of the boat, where possible lift and carry in pairs.	Inform new members.	<b>Norrie Brown</b>	Risk assessment given to members prior to attending a session.	06/10/22  Ongoing

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	- Trapped fingers	Members to check bungs and empty boats of excess water.			Techniques shown to members when they join session.	
Emptying water out of boats	<b>Club Members 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>Jim Winterton</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Impact to persons by paddles	<b>Club Members Coaching staff</b> - Cuts - Breaks - Concussion	Members are to keep a suitable distance between each boat and made aware of the risk from paddles. Paddlers are encouraged to wear goggles and look at paddle blades as they roll.	Inform new members. Limit number of members paddling at any one time.	<b>Jim Winterton</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Entrapment while submersed	<b>Club Members Coaching staff</b> - Panic - Strain injury - Back injury - Dislocation - Drowning	Members are shown correct techniques for exiting a boat that is flooded and asked to practice regularly. Wet exercises where possible are to be done accompanied. All members to look out for each other during sessions and alert coaching staff to any concerns. All members are encouraged to practice an unconscious paddler rescue. Members can wear buoyancy aids at sessions.	Inform new members. Coaching staff to identify members who would benefit from further training. Coaching staff have appropriate and up to date first aid training. Pool lifeguard is on duty during sessions.	<b>John McAllister</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Injury while in a boat	<b>Club Members Coaching staff</b> - Strain injury - Back injury - Dislocation	Members are encouraged warm up prior to attempting physical challenges. Members are encouraged keep tasks within their own physical abilities.	Inform new members. Pool lifeguard is on duty during sessions.	<b>John McAllister</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing

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Injury while swimming	<b>Club Members</b> <b>Coaching staff</b> - Strain injury - Dislocation - Drowning	Members are encouraged warm up prior to attempting physical challenges. Members are encouraged keep tasks within their own physical abilities. Members state their ability to swim 50m.	Inform new members. Pool lifeguard is on duty during sessions.	<b>John McAllister</b>	Risk assessment given to members prior to attending a session. Techniques shown to members when they join session.	06/10/22  Ongoing
Incident procedures	<b>Club Members</b> <b>Coaching staff</b>	For a water rescue, this should be performed in line with RLSS guidance. If a non-contact rescue can be carried out, this should be attempted first. First Aid to be carried out in line with RLSS and Government guidance	Pool lifeguard is on duty during sessions. Highlight using non-contact methods of rescue when possible or low contact if not, as suggested by RLSS Use Pool equipment where possible to carry out a pool rescue.	<b>John McAllister</b>	Risk assessment given to members prior to attending a session.	06/10/22
Fire	<b>Trinity</b> <b>Employees</b> <b>Public</b> <b>Club Members</b> <b>Coaching staff</b> - May be injured	Automatic fire detection system. Evacuation plan signage.	Inform new members	<b>John McAllister</b>	Risk assessment given to members prior to attending a session.	06/10/22
First Aid	<b>Public</b> <b>Club Members</b> <b>Coaching staff</b> - May be injured	First Aid kit stored in the office.	Inform new members	<b>John McAllister</b>	Risk assessment given to members prior to attending a session.	06/10/22
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>	Risk assessment given to members prior to attending a session.	06/10/22

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## Notes:

Trinity pools safety guidance signs are displayed in waiting/changing areas and pool side.

Wet exercises are where submersion while in the boat occurs this can be intentional during rolling and exiting boat practice or accidental while practicing support strokes.

Membership forms ask for members to be able to swim 50m in light clothing.

RLSS:- <https://www.rlss.org.uk/>

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