

### Risk Assessment: Canoeing

Reviewed: September 2021

Next Review Date: September 2022

Assessment undertaken by: Chris Martlew, Chief Instructor

L = LOW M = MEDIUM H = HIGH

Hazards	Effects	Who might be effected	Risk		Methods to Avoid/Reduce Risk
			Likelihood	Consequence	
Canoeing					
Drowning	Death, serious illness	Group	L	H	Buoyancy aids must be worn at all times, and must be checked every 8 weeks. Minimum qualification for lead and assistant instructor (see minimum qualification sheet) Good group control BCU guidance ratios must be adhered to and BC Environmental Definitions document used. A thorough safety briefing must be conducted Uncontrolled immersion to be minimised A mobile phone must be carried by the instructor on the water and instructor to carry pre agreed contact numbers. When multiple instructors are on the water the centres radios should be used to help with group control and to aid communication between instructors.
Falling out of the canoe	Back/neck injury/head, Hypothermia, bruising.  Shock, asthma, panic attack.	Group	H	L	Capsize procedure to be clearly explained before launching crafts Appropriate safety kit carried for group and prevailing weather conditions Warm drink to be carried if weather dictates Check personal medication is carried
Being hit by a car walking across the car park or down the road.	Back / arm / shoulder / head / leg injury	Individual	L	M	Group to be monitored carefully and closely on the walk to the river

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Canoeing					Canoeing
Entrapment	Death, drowning, panic, shock	Individual	M	M	Clear briefing, constant observation by the instructor. Instructor to stay close to the group and keep good group control at all times. Instructors to always carry a river knife on session.
Lifting and carrying	Back/arm/shoulder injuries Cuts bruises, broken limbs	Group	L	M	Staff trained in manual handling Instructor brief and demo to participants 2 adults or multiple children to lift boats First aid kit to be carried
Damaged unsuitable equipment	Cuts, grazes, splinters	All	L	M	Pre-use equipment checks carried out Equipment fitting supervised and checked by instructors Unserviceable equipment dealt with accordingly Any rough parts on the wooden seats, Yokes or Thwarts to be sanded to prevent any splinters.
Collision with other boats	Bruises, trapped fingers, arms	All	M	L	Safety briefing and awareness by instructor River etiquette explained to participants
Launching/landing	Injury though slipping, falling or collision	All	H	L	Instructor briefing and awareness Staff training in manual handling Show consideration and keep distance from other users
Loading and unloading trailers	See the 'trailer' risk assessment	All	L	M	See the trailers risk assessment

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Canoeing					Canoeing
Contaminated water	Loss of group control	All	L	H	Consider alternative location River condition checked prior to session Consider alternative activity Shower after activity (if fully immersed) Instructor to be aware of water quality All cuts covered Wash hands and arms up to the elbows after activity
Flooded river (in spate)	Loss of group control Increased potential for injury/drowning	Group	H	L	Consider alternative location River condition checked prior to session Consider alternative activity
River obstacles e.g. strainers, weirs, trees in the river and overhanging branches	Increased potential for entrapment, or injury, particularly to upper body/head	All	H	M	Consider alternative location/activity Avoid and work downstream of overhanging trees/branches, remove if possible
Weather – heat, cold and rain	Sunburn/sunstroke, hypothermia/hyperthermia, shock.	All/individual	H	M/H	Appropriate clothing/kit carried for group Hot/cold drinks available if necessary Consider alternative activity All level one coaches or BC Paddlesport instructors to be site specifically trained by a level 3 coach or higher.
Insect bites	Stings, allergies, reactions, anaphylactic shock	Individual	L	H/M/L	Any personal medications should remain available and instructor to be aware of any medical conditions.
Jumping into the river at the end of the session	Cuts and Bruises, Injury particularly to upper body/head & Shock.	All	L	M	This must be done in a controlled instructed manor. Safety instruction to be clearly explained including bending their knees due to river depth, where to get out and especially no flips

					or dives. Any participant with limited upper body strength must have an adult in the water with them at all times. A second adult will be required to lower them from the side to the adult in the water.
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