

Coquet Canoe Club Risk Assessment

NOTE: Before completing a risk assessment please read the guidance notes document.



Date:	25.02.24
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Assessor's Name:	Linda Pooley	Review Date:	Reviewed 11.01.25
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Description of Assessment:	River Trips
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Location Details:	Variable
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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
Drowning and injuries	Participants	Ensure participants are competent for the trip Leaders have first aid and safeguarding checks Appropriate first aid kits taken Wear correctly fitting B.A.s Teach a capsized drill Good group control Have a mobile phone in case need to contact emergency services.	While on the water, leaders to monitor participants and use coaching to keep people safe on more challenging areas	Leaders and Coaches	Ongoing	
Head injuries	Leaders and participants	Helmets must be worn on club outings in white water.	No one to be allowed on the water without a helmet	Leaders and coaches	Ongoing	
Hypothermia	Participants	Dress appropriately for conditions Avoid unnecessary swims Educate in hypothermia awareness	Leaders and coaches to monitor participants before going on the water. Advise as necessary. Carry spare clothes, food and hot drink	Participants and Leaders and Coaches	Ongoing	

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		Perform efficient rescues				
Waterborne diseases	Participants	Observe water conditions and sewage alerts Make all aware of Leptospirosis Avoid ingesting water Wash hands or use hand gel before eating.	Remind coaches about Leptospirosis and ask them to carry hand gel to share	Leaders and Coaches	Ongoing	
Manual Handling Injuries	Leaders and participants	Teach and use correct lifting techniques Ask for assistance where necessary Take care when carrying or using paddles Do not overload car roof racks	Leaders and coaches advise group members of safely lifting and carrying equipment.	Leaders, coaches and participants	Ongoing	
Entrapment	Leaders and Participants	Teach a capsize drill Check footrests cannot trap feet Check footwear for loose laces etc Instruct participants to steer clear of overhanging trees	Leaders and coaches to monitor participants before going on the water, give advice where necessary	Leaders, coaches and participants	Ongoing	
Equipment failure	Leaders and participants	Inspect Equipment before use	Ask participants to check their equipment before going on the water.	Leaders and coaches to monitor and advise as necessary.	Ongoing	
Hyperthermia	Leaders and participants	Dress appropriately for conditions Be prepared with extra fluids Avoid prolonged periods in direct sun	Leaders and coaches to monitor participants for adequate clothing for the trip	Leaders and coaches to carry spare clothes	Ongoing	
Sunburn	Leaders and participants	Ensure everyone wears appropriate clothing and uses sunscreen Avoid prolonged periods in direct sun	Leaders and coaches to remind group members to apply sunscreen and take some with them.	Leaders and coaches to carry spare sun cream and spare clothes	Ongoing	
Lightning Strike	Leaders, participants	Do not get on the water if thunder and lightning are forecast and especially not if they are	Leaders and coaches to make a decision quickly to keep the group safe.	Leaders and coaches	Ongoing	

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		audible or visible. If on the water when an unexpected lightening strikes, egress as soon as possible and wait until the storm passes before continuing the trip.				
Falling into water	Leaders, participants	Wear BA when close to the water's edge.	Leaders and group members monitor the group as equipment is being moved near the waters edge.	Everyone in the group	Ongoing	

Office use only (to be completed by a risk assessment checker if selected for sampling)

Checked by:	LP	Position:	S e c r e t a r y	Date:	1 1 .0 1 .2 5
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Notes:

Dynamic assessments to be carried out as progress is made along the river and acted on accordingly.

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