

# Maldon Canoe Club Risk Assessment

## Lee Valley Legacy Hire

Date	10 <sup>th</sup> Dec 2024	Assessed by	Steve Hunter (Chairman), Adrian Harding (Safety Officer)
Review Date	Reviewed annually and following any reported incidents.		

### Introduction

Kayaking is assumed a risk sport, and carry some inherent risk. These risk assessments mitigate but can never completely remove this risk. All paddlers should therefore make their own assessments on risk before getting on the water.

Club Safety Officer : Appointed representative from the Club responsible for safety of the paddling session.

Coach: A person approved by the Club to act as a Coach on club session, whether they hold formal qualifications or not.

Coached Participants: Anyone paddling under the direct supervision of a Coach

MCC: Maldon Canoe Club

LVWWC: Lee Valley White Water Centre

### Location : Lee Valley White Water Centre

This risk assessment covers all activities taking place during a private hire of the Legacy course.

What are the hazards?	Who might be harmed and how?	What are we already doing to control the risks?	Probability of occurrence with control.	Further action
Vehicles / traffic	All	LVWWC is well designed to minimise traffic hazards to pedestrians. Recommend pair-carrying of boats to ensure good visibility when crossing trafficked areas. Report incidences of dangerous driving to Club Safety Officer.	Low	

Muscular / skeletal injury when lifting / carrying boats	All	Coaches to practise & model safe manual handling techniques. Coaches to brief participants on safe manual handling techniques. Encourage pair- or multiple-person carrying of boats.	Low	
Abuse / discrimination	All	MCC has formal rules and codes of conduct for both members and coaches. MCC has an appointed trained Welfare Officer with terms of reference set by PaddleUK. All coaches to have completed Safeguarding training and refreshers as mandated by PaddleUK. All coaches have undergone Enhanced DBS checks.	Low	
Slips, trips and falls - bankside	All	LVWWC is well designed to minimise slip & trip hazards All to wear suitable footwear No equipment to be left on footpaths etc. Damage or other issues to footpaths etc. should be reported to Club Safety Officer and mitigation measure put in place as appropriate.	Low	
Falling in water	All	LVWWC is well designed to minimise hazards of falling in water. Only members wearing appropriate PPE (helmet & BA as a minimum; more may be required depending on the level of engagement with the session) should cross the barrier between footpath and whitewater courses.	Low	
Pollution / Infection	All	LVWWC monitors and chlorinates water so risk of significant pollution is low. LVWWC to advise Club of any adverse conditions. Members to be advised to cover cuts & grazes and to avoid swallowing water. Members to be advised to wash hands (or better, shower) after using the course. Handwashing and shower facilities are provided. Members to be advised of Weil's disease (leptospirosis) symptoms and advised to visit their GP if they develop flu-like symptoms.	Low	
Hypothermia / Hyperthermia	All	Coaches to ensure appropriate clothing worn by participants in coached sessions. Coaches to monitor participants in coached sessions and take remedial action as appropriate. Bank Safety to observe paddlers and offer advice if appropriate.	Low	
Equipment failure - club	All users of club equipment	Club Equipment Officer inspects all equipment regularly in line with current Club equipment policies. Unsafe equipment to be clearly labelled or put beyond use. Coaches to check equipment used by their coached participants and notify Club Equipment Officer of any issues. All members to notify Club Equipment Officer of any issues discovered.	Low	
Equipment failure – private	All	All members to ensure that any private equipment they use is safe and fit for purpose. Coaches and Club Equipment Officer will offer advice if requested. All members paddling independently will have been assessed as competent	Low	

		for paddling the Legacy course and this includes inspecting and outfitting kit correctly.		
Medical Emergency	All	Trained First Aiders are on site at all times. First Aid Kits are located bankside with Bank Support. All coaches are trained first aiders; LVWWC Desk has access to First Aider & First Aid Kits. Members requiring emergency medication (e.g. EpiPen, inhalers) are recommended to keep this in a waterproof bag on their person. In certain circumstances it may be prudent for members to notify Bank Safety of any medical issues. Coaches to check paddlers' Medical Declaration and reiterate at safety briefing.	Low	
Muscular injuries while paddling	All paddlers	All members to be advised to perform warm-up exercises appropriately during coaching briefings, inductions & assessments. Coaches to monitor coached participants to ensure good technique. Coaches to set level of challenge appropriately for their coached participants	Low	
Poor coaching	Coached participants	Only persons approved by the MCC Committee may act as coaches during Club activities	Low	
Lightning	All	Water activities will be cancelled in event of a lightning storm following the <a href="#">RoSPA 30/30 rule</a> .	Low	
Poor Bank Safety	Bank Safety volunteers and paddlers	Only suitably trained and assessed members may act as Bank Safety. All Bank Safety staff are qualified coaches or have a WWSR award. Regular review to ensure current best practice is being followed. Any changes to best practice to be communicated clearly to all Bank Safety volunteers. Bank Safety volunteers to be supported by Club Safety Officer to ensure best practice is being followed.	Low	
Bank slips, trips, and falls	Bank Safety volunteers and paddlers	LVWWC is well designed to minimise slip & trip hazards. All to wear suitable footwear. No equipment to be left bankside. Throwlines to be left out of the way until they can be repacked. Damage or other issues to footpaths etc. should be reported to Club Rep and mitigation measures put in place as appropriate.	Low	
Muscular / skeletal injury when lifting / carrying boats	Bank Safety volunteers	Bank Safety volunteers to be taught appropriate manual handling techniques as part of their induction / training. Where paddlers are assisting Bank Safety volunteers to lift boats, give clear instructions to ensure safe manual handling.	Low	
Bank Safety falling in water	Bank Safety volunteers	Bank Safety volunteers to wear appropriate PPE, including helmet and Buoyancy Aid.	Low	
Lack of paddler competence	Coached participants	Coaches to observe coached participants on flat water before taking them on the course, and only then decide whether to take them on course.	Low	

Course damaged leading to paddler injury	All	LVWWC has a robust process for inspecting and maintaining the course and will notify us of any issues. Bank Safety staff to visually inspect the course before session start and notify the Club Safety Officer of any concerns	Low	
Entrapment – on course	All	LVWWC is well designed so risk of entrapment in the course is low. Bank Safety volunteers will remain vigilant.	Low	
Entrapment – in craft	All	Coaches should ensure that their coached participants can perform a capsize drill with spraydeck on moving water at the earliest opportunity. Bank Safety volunteers to monitor paddlers for “clean line principle” during the session, and intervene if required.	Low	
Entrapment – in throwlines	All	Bank Safety volunteers are trained to minimise the risk of entangling either the swimmer or other paddlers during rope rescues. All members to remain vigilant for Bank Safety volunteers using ropes. Only that session’s active Bank Safety volunteers are permitted to use ropes during a session.	Low	
Entrapment – in travelators	All	LVWWC is well designed to minimise the risks of becoming entrapped, or injuring fingers etc., in the travelators. Emergency Stop buttons are located on the travelators. Members are advised during assessment to keep hands off the travelator and to remain in their craft. Coaches to brief their coached participants to keep hands off the travelator and to remain in their craft.	Low	
Collision with other paddlers.	All	Coaches to brief / remind coached participants of water etiquette – give way to upstream, always look before leaving eddies. All members to appreciate and show awareness of other users and show consideration for those in less control. Bank Safety volunteers to report concerns with individual paddlers to the Club Safety Officer. Maximum number of paddlers on Legacy course is 30 for club session. Experienced paddlers need to recognise that the Legacy course is used by less-experienced paddlers who are less able to take evasive action. The onus is therefore upon them to ensure that upstream paddlers have an unimpeded route over waves and drops.	Low	
Collision with blocks	All	Coaches should set challenges suitable for the level of their coached participants to minimise this risk. Members have been assessed to have a level of competence sufficient to minimise this risk. Coaches should ensure their coached participants can perform both defensive swimming and active / aggressive swimming to self-rescue as swiftly as possible.	Medium	
Head injuries	All	Helmets meeting the appropriate CE or BS safety standard to be worn at all times on the course. Bank Safety volunteers are First Aid trained and should ask for support if suspecting a Head Injury by using their whistle.	Low	

Incapacitated person or person with suspected spinal injury	All	Bank Safety Volunteers to undertake rescue through appropriate rescue technique, using other bank staff and/or coaches for support. Bank Safety Volunteers to wade into eddies where appropriate and instruct other paddlers to support where needed to stabilise the person. Bank Safety Volunteers to ask other course users to activate course emergency stop if appropriate. Bank Safety Volunteers to radio Club Safety Officer who will call emergency services and liaise with LVWWC and request their Spinal Extraction Board.	Low	
Drowning	All	Bank Safety volunteers are trained to rescue swimmers and paddlers. Bank Safety volunteers to remain vigilant.	Low	
Injury from pumps; equipment loss to pumps	All	LVWWC is well designed to minimise hazards from the pumps, and have their own Health & Safety around these. Bank Safety volunteers briefed to use emergency stop buttons if necessary to retrieve equipment before it can enter the pumps. No loose equipment to be carried in boats or tied to boats.	Low	