

Risk assessment Sea Trips on Blackwater & Crouch Estuary /& other local venues Kayak ,Canoes, and Paddle boards

Hazard rate	x	Risk Rating	=	Likelihood Rate
1 Negliable	4 Death	1 Negliable	4 Highly likely	
2 Bumps and cuts medical	5 Mutable deaths	2 unlikely	5 Occurs consistently	
3 Sprain strains & Fractures		3 likely		

1 Hazard	2 Problem	3 Hazard level 1-5	4 Control measures in place	5 Risk rate 1-5	6 over all score Multiply column 3 & 5
Canoes Trip transport to venue normally cars of members	Members / Public falling over canoes	3	Difficult as individuals cars news letter /sop web contain notes on safe journey planned stops and procedure, members encouraged to avoid blocking paths,& exits, and to be courteous	1	3
Canoe venue	Change of river/sea grade due to conditions	5	Knowledge of tides /winds on shore off shore Dynamic Assessments made on day by qualified coaches / leaders back up venue & emergency exit plan advised	1	5
Manual handling	Sprains and strains	3	Warm up and team up when moving boats use of trolleys to reduce lifting, standard procedure to assist lifting and moving kayaks	2	6
River obstacle's/jetties moorings	Entrapment under jetties	4	Awareness of currents due to tide flowing under obstacles. Warning signage on jetty, paddlers made aware of risks by coaches	2	8
Injuries to canoeists on tour	Hypothermia due to Capsize	3	Briefing planned for paddlers, buoyancy aids to be worn, first aid kits carried coaches versed in rescue procedures & first aid groups leaders have means of communication radio /phones plb	2	6
Boats on river	Collision	5	Power should give way to us but we are able to avoid and paddle into shallower water then larger craft using the river, lights and glow sticks used on night paddles	2	10
Illness	medical condition	4	Local hospital & knowledge of individuals Medical conditions on membership form details listed on pack for trip leader .members encouraged to carry own medical details	2	8
Group splitting	slower fatigued paddlers	4	Awareness of coach/leader head counts conducted by all of the group, tow ropes carried and communication between paddlers	1	4

Nearest AED Bradwell Green man Marina & Bradwell outdoor centre & Burnham marina , Rio burnham **john davey carries AED**

Risk Assessment for Pool sessions at /Woodham Leisure Centre

	Hazard rate	x	Risk Rating	=	Likelihood Rate
1	Negligible		1	Negligible	
2	Bumps and cuts medical		2	unlikely	
3	Sprain strains & Fractures		3	likely	
4	Death		4	Highly likely	
5	Multiple deaths		5	Occurs consistently	

1 Hazard	2 Problem	3 Hazard Level 1-5	4 Control Measures in place	5 Risk Rate 1-5	6 overall score Multiply column 3 & 5
Canoes / Equipment blocking entrance	Build up of canoes at the start / end of the sessions on poolside. trips and falls	3	Canoes to be placed on poolside until pool cleared access via fire exit by pool deep end review each month for problems	1	3
Canoes trip Hazard whilst being loaded and unloaded from cars	Members and Customers falling over canoes	3	Difficult to monitor as canoes arrive on individuals cars procedure notes to appear on news letter SOP and web page cars to be parked as close to fire exit as possible and in well lit areas see sop procedure	1	3
Canoes being blown Round	Unloading of canoes in centre car park. Manual handling	3	Care of canoes & manual handling should be detailed in club newsletter loading and tying canoes should be covered in canoe awards which the	1	3

			club will work towards		
Injuries to instructors in the pool	Being hit by canoes or paddles	2	Sections allocated for coaching coaches are qualified aware of issues and first aid trained. Lifeguards available	2	4
Injuries to canoeists in the Pool	Bouncing against the pool side to pop kayak onto poolside. collisions	4	Lifeguards do not allow this activity this will be enforced by coaches.	1	4
Injuries to canoeists in the Pool	Polo matches	3	Recommend BC guidelines followed full face helmets and buoyancy aids worn,	2	6
Fire	Centre staff fire trained	5	Centre staff on duty take charge all safety equipment checked and staff attend staff training.	1	5
Structural Failure	Recent revamp of centre	5	Centre staff on duty trained to take charge monthly training in place	1	5
Power cuts	Unable to see	3	Centre staff on duty trained to take charge & emergency lights are in place	1	3
Paddle boards	Falling off board	4	Coaches lifeguards and users aware of the danger of hitting edge of poolside, users warned to use middle of pool	2	8

Nearest AED is at the leisure Centre

Risk assessment White water ,Canoe / Kayak Trip Tryweryn, Dee, Wye, Dart

Hazard rate x Risk Rating = Likelihood Rate

- | | |
|---|--|
| 1 Negligible
2 Bumps and cuts medical
3 Sprain strains & Fractures
4 Death
5 Mutable deaths | 1 Negligible
2 unlikely
3 likely
4 Highly likely
5 Occurs consistently |
|---|--|

1 Hazard	2 Problem	3 Hazard level 1-5	4 Control measures in place	5 Risk rate 1-5	6 overall score Multiply column 3 & 5
Canoes Trip transport to venue normally cars of members	Public + club members falling over canoes	5	individuals cars members responsible for own canoes news letter to contain notes on safe journey planned stops and driver experience	1	5
Canoe venue	Change of river grade due to conditions	5	Knowledge of rapids guide book, Dynamic Assessments made on day by qualified coaches / experienced paddlers Club / P,UK guidelines back up venue & emergency exit plan advised	1	5
Manual handling	Sprains and strains	3	Warm up and team up when moving boats	2	6
Injuries to canoeists on rapids	Bouncing against the rocks due to Capsize	3	Personnel ,Inspection of rapids, buoyancy aids and helmets worn, first aid kits carried coaches first aid trained & ww safety course completed	2	6
Injuries to canoeists on trips	Surf / flows and currents	3	Planned trips to check forecasts training of coaches in use of radios	1	3
Illness	Local hospital & knowledge of individuals medical condition	4	Medical conditions on membership form details listed on pack for trip leader members encouraged to carry own medical details	1	

Risk assessment Chelmer Canoe Kayak Trips

Hazard rate	x	Risk Rating	=	Likelihood Rate
1 Negliable		1 Negliable		
2 Bumps and cuts medical		2 unlikely		
3 Sprain strains & Fractures		3 likely		
4 Death		4 Highly likely		
5 Mutable deaths		5 Occurs consistently		

1 Hazard	2 Problem	3 Hazard level 1-5	4 Control measures in place	5 Risk rate 1-5	6 overall score Multiply column 3 & 5
Canoes Trip transport to venue normally cars of members	Members / Public falling over canoes	5	Difficult as individuals cars news letter to contain notes on safe journey planned stops and procedure cars parked in car parks at hoe mill. Sandford, Beeleigh	1	5
Flooded roads & fords	Entrapment /Car damage	5	Common sense papermill and hoe mill roads flood coach knowledge	2	10
Canoe venue	Change of river grade due to high water conditions	4	Knowledge of weirs inspections, Dynamic Assessments made on day by qualified coaches / experienced paddlers Club/ BC guidelines back up venue & emergency exit plan advised	1	4
Manual handling	Sprains and strains	3	Warm up and team up when moving boats	2	6
Injuries to canoeists on weirs	Bouncing against the weir due to Capsize	3	personnel ,Inspection of weirs, buoyancy aids and helmets advised to be worn, first aid kits carried ww/leader / touring coaches first aid trained	2	6
Papermill & other flushing weirs	Currents where both weir jets meet	3	Coaches aware of weir can be shot in high water local play spot	2	6
Rushes & holding weirs	Entrapment in high levels	4	Coaches aware of weir good at low moderate levels throw ropes carried by coaches	2	8
Illness/ weils disease	Local hospital & knowledge of individuals medical condition	2	Medical conditions on membership form details listed on pack for trip leader, awareness of river contamination, checks on sewage being leaked	2	4

Head injuries	Low bridges slips /trips	2	Helmets recommended when in weirs & low bridges such as Chelmsford town centre rarely peddled coaches aware of bridges	2	4
Wild life	Swans /wasps other wildlife	3	Knowledge of which part of the Chelmer the aggressive swans are / sting relief in first aid kits for insect bites	1	

Nearest AED Langford village hall, Paper mill tea room Heybridge jolly sailor, tescos, Ulting (Woodham phone box)

Risk assessment Safeguarding issues for Children & vulnerable adults

Hazard rate	x	Risk Rating	=	Likelihood Rate
1 Negligible		4 Death	1 Negligible	4 Highly likely
2 Bumps and cuts medical , bullying		5 Mutable deaths	2 unlikely	5 Occurs consistently
3 Sprain strains & Fractures assaults			3 likely	

1 Hazard	2 Problem	3 Rate 1-5	4 Control measures in place	5 Risk rate 1-5	6 overall score Multiply column 3 & 5
Cars	Enclosed space	4	Children /VA should be in the back seat to avoid hand contact when changing gear	1	4
Cars	Alone with children & VA	4	This should be avoided at all times	1	4
Changing rooms	Public changing rooms	3	Conform with polices of public changing rooms at swimming pools and other venues, avoid being in the same changing room as juniors changing robes highly desirable for coaches	1	3
Camping	Adult Conversation	5	Should not happen on club events especially when children are on location parent must accompany child see sop committee meetings guidelines	1	5
Bunkhouse	Sleeping	5	Children accompanied by parent accepted on trip if separate / family room available.	1	5
Pool sessions	Changing rooms	4	We use the same rules as public coaches advised to avoid changing in cubicles next to children.	1	4
Paddle day trip		4	Children accompanied by parent accepted on trip by Coach	1	4
Social media	bullying	2	Not accepted media monitored by club administrators coaches/ members not to engage minors directly	1	2
photos	inappropriate	5	Members have to inform club if any issues of photos being taken at club events	1	5
Coaches	In appropriate action	5	Our coaches are dbs checked and safe guarding qualified, coach meetings and records checked no in appropriate Physical verbal or one to one contact	1	5

Risk assessment White water Yorkshire / Kayak Trip

Hazard rate x Risk Rating = Likelihood Rate

- | | | | |
|---|----------------------------|---|---------------------|
| 1 | Negliable | 1 | Negliable |
| 2 | Bumps and cuts medical | 2 | unlikely |
| 3 | Sprain strains & Fractures | 3 | likely |
| 4 | Death | 4 | Highly likely |
| 5 | Mutable deaths | 5 | Occurs consistently |

1 Hazard	2 Problem	3 Hazard level 1-5	5 Control measures in place	5 Risk rate 1-5	6 overall score Multiply column 3 & 5
Canoes Trip transport to venue normally cars of members	Public + club members falling over canoes	5	individuals cars members responsible for own canoes news letter to contain notes on safe journey planned stops and driver experience	1	5
Canoe venue	Change of river grade due to conditions	5	Knowledge of rapids guide book, Assessments made on day by qualified coaches / experienced paddlers Club / BC guidelines	1	5
Manual handling	Sprains and strains	3	Warm up and team up when moving boats	2	6
Injuries to canoeists on rapids	Bouncing against the rocks due to Capsize	3	Personnel ,Inspection of rapids, buoyancy aids and helmets worn, first aid kits carried coaches first aid trained & ww safety course completed	2	6
Injuries to canoeists on trips	currents	3	Planned trips to check forecasts training of coaches in use of radios	1	3
Illness	Local hospital & knowledge of individuals medical condition	4	Medical conditions on membership form details listed on pack for trip leader members encouraged to carry own medical details	1	

Risk assessment Sea Trips farns and abbs head

Hazard rate

- 6 Negliable
7 Bumps and cuts medical
8 Sprain strains & Fractures

x

- 4 Death
5 Mutable deaths

Risk Rating

- 1 Negliable
2 unlikely
3 likely

=

Likelihood Rate

- 4 Highly likely
5 Occurs consistently

1 Hazard	2 Problem	3 Hazard level 1-5	4 Control measures in place	5 Risk rate 1-5	6 over all score Multiply 6column 3 & 5
Canoes Trip transport to venue normally cars of members	Members / Public falling over canoes	3	news letter /sop web contain notes on safe journey planned stops and procedure, members encouraged to be courteous	1	3
Canoe venue	Change of river/sea grade due to conditions	5	Knowledge of tides /winds on shore off shore Assessments made on day by qualified coaches / leaders back up venue advised pre planning for trip tides and flows checked by other leaders	1	5
Manual handling	Sprains and strains	3	Warm up and team up when moving boats use of trolleys to reduce lifting, standard procedure to assist lifting and moving kayaks	2	6
River obstacle's/jetties moorings	Entrapment under jetties	4	Awareness of currents due to tide flowing under obstacles. Warning signage on jetty, paddlers made aware of risks by coaches	2	8
Injuries to canoeists on tour	Hypothermia due to Capsize	3	Briefing planned for paddlers, buoyancy aids to be worn, first aid kits carried coaches versed in rescue procedures & first aid groups leaders have means of communication radio /phones plb	2	6
Boats on river	Collision	5	Power should give way to us but we are able to avoid and paddle into shallower water then larger craft using the river,	1	5
Surf strength of waves	Collision	4	Helmets & BA worn by group use of sheltered part of beaches lisse with beach lifeguards vhf & verble. Could split group to act as spotters beach safety	2	8
Illness	medical condition	4	Local hospital & knowledge of individuals Medical conditions on membership form details listed on pack for trip leader .members encouraged to carry own medical details	2	8
Group splitting	slower fatigued paddlers	4	Awareness of coach/leader head counts conducted by all of the group, tow ropes carried and communication between paddlers	1	4

Nearest AED John Davey carries one Beadnell bay, abbs head surf shop has AED nearest hospital Northumbria 1 hr drive

Reviewed 18th Dec 2024

Signed Steve Hunter

Risk assessment Sea Trips Ardmaddy Scotland

Hazard rate

9 Negliable

10 Bumps and cuts medical

11 Sprain strains & Fractures

x

4 Death

5 Mutable deaths

Risk Rating

1 Negliable

2 unlikely

3 likely

=

Likelihood Rate

4 Highly likely

5 Occurs consistently

1 Hazard	2 Problem	3 Hazard level 1-5	4 Control measures in place	5 Risk rate 1-5	6 over all score Multiply column 3 & 5
Canoes Trip transport to venue normally cars of members	Members / Public falling over canoes	3	news letter /sop web contain notes on safe journey planned stops and procedure, members encouraged to be courteous	1	3
Canoe venue	Change of river/sea grade due to conditions	5	Knowledge of tides /winds on shore off shore dynamic Assessments made on day by qualified coaches / leaders back up venue advised pre planning for trip tides and flows checked by other leaders	1	5
Manual handling	Sprains and strains	3	Warm up and team up when moving boats use of trolleys to reduce lifting, standard procedure to assist lifting and moving kayaks	2	6
River obstacle's/jetties moorings	Entrapment under jetties	4	Awareness of currents due to tide flowing under obstacles. Warning signage on jetty, paddlers made aware of risks by coaches	2	8
Injuries to canoeists on tour	Hypothermia due to Capsize	3	Briefing planned for paddlers, buoyancy aids to be worn, first aid kits carried coaches versed in rescue procedures & first aid groups leaders have means of communication radio /phones plb	2	6
Boats on river	Collision	5	Power should give way to us but we are able to avoid and paddle into shallower water then larger craft using the river,	1	5
Surf strength of waves	Collision	4	Helmets & BA worn by group use of sheltered part of beaches lisse with beach lifeguards vhf & verble. Could split group to act as spotters beach safety	2	8
Illness	medical condition	4	Local hospital & knowledge of individuals Medical conditions on membership form details listed on pack for trip leader .members encouraged to carry own medical details	2	8
Group splitting	slower fatigued paddlers	4	Awareness of coach/leader head counts conducted by all of the group, tow ropes carried and communication between paddlers	1	4

Nearest AED John Davey carries AED nearest hospital Oban 1 hr drive

Reveiwed 1st Dec 2024 Signed Steve Hunter