

Lakes - Risk Assessment

Activity	Paddling	Site	Lakes
Date of assessment	08/04/2021	Assessment review date	08/04/2022
Assessment undertaken	John McAllister	Signed by	<i>J McAllister</i>

What are the hazards?	Water Level Variance	To whom?	Is the risk adequately controlled and how?	Action by whom	Control Variance
Collecting and returning equipment from/to club store and carrying boats		Paddlers, Coach, Helpers	Coach to explain safe lifting and handling	Paddlers to ensure safe lifting and double up to carry	May need more than 2 people per boat depending size and strength
Loading and unloading boats from cars/trailer		Paddlers, Coach, Helpers	Coach to explain safe lifting and handling, Boats secured correctly	Paddlers/drivers to ensure boats secure before moving off	May need 2 people or more per boat depending size and strength
Vehicles in car park or on road. Other users	None	Paddlers, Coach, Helpers	Dynamic risk assessment Warn paddlers of potential hazards Exercise appropriate Group Control	Coach Coach	None
Launch and paddle	Move launch position to suite water level	Coach,Paddlers	Ensure correct equipment and clothing is being worn Boats fit and are fitted with sufficient buoyancy Ensure safe and correct fitting spray decks if used and buoyancy aids Paddle as a group with front and back marker	Coaches to take charge and keep control of group Paddlers responsible for own equipment	Wind and wave level, keep tighter control of group and vary route to stay close to edge of lake and/or seek sheltered area Ensure activity and clothing appropriate If weather conditions inappropriate move or cancel session
Collision		Paddler/Coach	Brief group about collision risk with Third Parties	Coach	
Drowning	None	Coach,Paddlers	Use of Buoyancy Aids (BA) in good working order and fitted correctly	Coaches must ensure <ul style="list-style-type: none"> BA's worn by all paddlers BA's meet CEA standards BA's are correct size and fitted correctly 	None
Impact Injury	None	Coach,Paddlers	Exercise appropriate group control	Coach	None
Capsize	Greater awareness	Coach,Paddlers	Boat buoyancy, rescue training, awareness of water conditions, groups ability	Coach to ensure <ul style="list-style-type: none"> Adequate buoyancy to float capsized boat They are trained in emptying boats and rescues Boat and groups ability are appropriate for the conditions 	
Tree entanglement	Greater Awareness	Coach,Paddlers	Keep away trees	Coaches <ul style="list-style-type: none"> To ensure paddlers are aware hazard Carry saw in rescue kit Maintain good control over group 	Restrict area if weather poor
Inherent risk – Cuts, bruises, Sunstroke, Hyperthermia, Hypothermia, water borne infection,, blisters, joint injury, surfers ear etc.	None	Coach,Paddlers	Safety brief on risks and hazards Safe paddling practice Adequate clothing Details of existing medical conditions First aid kit on hand Qualified First Aider Sun block as appropriate	Coaches:- <ul style="list-style-type: none"> Give safety brief Promote safe paddling practice Ensure appropriate clothing equipment worn Are First aid trained and carry First aid kit including sun screen Aware of medical condition Stress need to wash hands before eating, shower after paddling 	None

Lakes - Risk Assessment

Activity	Paddling	Site	Lakes
Date of assessment	08/04/2021	Assessment review date	08/04/2022
Assessment undertaken	John McAllister	Signed by	<i>J McAllister</i>

Overcome by darkness	None	Coach,Paddlers	Be aware of time and length of session. Keep torch in kit	Coaches	Greater awareness in poor weather conditions
Site specific hazards		Coach,Paddlers	Dynamic risk assessment	Coach	
Getting Lost		Coach, paddlers	Keep visual contact with bank for reference points. Carry Map	Coach, Paddlers	
Cooking on BBQ's		All members of group	Keep BBQ under control Group control	Adults First Aid kit on hand	