

| <b>Activity</b>                                                          | River trips                                 | <b>Site</b>                   | Eden – Lazonby to Armathwaite                                                                                                                                     |                                                                                                                                                                                      |                                                     |
|--------------------------------------------------------------------------|---------------------------------------------|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| <b>Date of assessment</b>                                                | 08/04/2021                                  | <b>Assessment review date</b> | 08/04/2022                                                                                                                                                        |                                                                                                                                                                                      |                                                     |
| <b>Assessment undertaken</b>                                             | John McAllister                             | <b>Signed by</b>              | <i>J McAllister</i>                                                                                                                                               |                                                                                                                                                                                      |                                                     |
| <b>Hazard</b>                                                            | <b>Water Level Variance</b>                 | <b>Who might be harmed</b>    | <b>General Risk Control</b>                                                                                                                                       | <b>Action by whom</b>                                                                                                                                                                | <b>Special circumstances, Control Variance</b>      |
| Collecting and returning equipment from/to club store and carrying boats |                                             | Paddlers                      | Safe lifting and handling                                                                                                                                         | Paddlers to ensure safe lifting and double up to carry if required                                                                                                                   | None                                                |
| Carrying boats down to and back from river                               |                                             | Paddlers                      | Safe lifting and handling                                                                                                                                         | Paddlers supervised by coaches and double up to carry if required                                                                                                                    | None                                                |
| Flood conditions                                                         |                                             | Paddlers                      | Assess condition of river and competence of group on the day. Cancel if necessary                                                                                 | Coach                                                                                                                                                                                |                                                     |
| Launch and paddle                                                        | Move launch position to suite water level   | Paddlers                      | Ensure correct equipment and clothing is being worn<br>Paddle as a group with front and back marker<br>Group leader to clearly indicate breakout points along way | Coaches to take charge and keep control of group<br>Paddlers responsible for own equipment                                                                                           | Wind and river level, keep tighter control of group |
| Drowning                                                                 | None                                        | Paddlers                      | Use of Buoyancy Aids (BA)<br>Everyone able to swim                                                                                                                | Coaches must ensure <ul style="list-style-type: none"> <li>BA's worn by all paddlers</li> <li>BA's meet CEA standards</li> <li>BA's are correct size and fitted correctly</li> </ul> | None                                                |
| Head Injury                                                              | None                                        | Paddlers                      | Wearing helmets which are properly fitted                                                                                                                         | All paddlers and Coaches                                                                                                                                                             | None                                                |
| Entrapment in boat                                                       | None                                        | Paddlers                      | Ensure safe and correct fitting of spray decks, everyone familiar with capsize drill                                                                              | Coaches and paddlers                                                                                                                                                                 | Extra care in high winds or water conditions        |
| Tree entanglement                                                        |                                             | Paddlers                      | Keep away trees                                                                                                                                                   | Good supervision. Coaches ensure safe use of equipment                                                                                                                               | Extra care in high winds or water                   |
| Cuts and bruises                                                         | None                                        | Paddlers                      | First aid kit on hand with first aider                                                                                                                            |                                                                                                                                                                                      | None                                                |
| Sunstroke, Hyperthermia, Hypothermia                                     | None                                        | Paddlers                      | Make sure people use sun bloke<br>Wear hats and appropriate clothing for weather conditions                                                                       | All members of party                                                                                                                                                                 | None                                                |
| Over come by darkness                                                    | None                                        | Paddlers                      | Be aware of time and length of session<br>Keep torch in kit                                                                                                       | Coaches                                                                                                                                                                              | Greater awareness in poor weather conditions        |
| Getting off river                                                        | Vary get off point depending on water level | Paddlers                      | Safe exit off water and safe lifting and handling                                                                                                                 | Coach to make sure everyone is off water safely before leaving water . Supervise equipment going back to club                                                                        | Move exit point depending on river height           |
| Health and safety – water borne infections                               | None                                        | Paddlers                      | Advise paddlers to wash and shower after being on river                                                                                                           | Coach to advise                                                                                                                                                                      | None                                                |
| Weirs                                                                    | None                                        | Paddlers                      | Dangers explained at a safe distance. Provide safety. Portage where unsafe to paddle,                                                                             | Coach                                                                                                                                                                                | None                                                |
| Rapids                                                                   | None                                        | Paddlers                      | Assess line, breakout points from safe distance. Provide safety. Portage where necessary                                                                          | Coach and paddlers                                                                                                                                                                   | None                                                |