

Regents Canoe Club

Risk Assessment - Introduction to White Water Kayaking & other courses for non-members - Participants only



Risk Assessment for:	Assessment undertaken:	Assessment next review:
Regents Canoe Club, 16-34 Graham Street, London N1 8JX	Date: November 2016 Signed: Post: Chair	Date: June 2017

Significant Hazards	People at risk from identified hazards	Existing controls / where information may be found Further actions necessary to control the risk
Slips, trips, falls	All course participants	Students should be made to wear suitable footwear at all sessions and made aware of any trip hazards. First Aid kit kept with Duty Officer Box on site at canal
Back Injury	All course participants	All students must be instructed in good manual handling practices before being allowed to move equipment. All coaches and assistants to correct course participants if they observe unsafe practices and to set a good example.
Injury from missiles on the canal	All course participants	Students should be made aware of occasional verbal abuse and throwing of items from members of the public (especially young people). Instructors to set up group activities / sessions away from public on the bank and fishermen. On no account should anyone get out of their boat and approach missile throwers or get involved in verbal altercations. For serious incidents, police to be called.
Drowning	All course participants	All students to wear buoyancy aids whilst on the water or pontoon. Adequate supervision of course participants i.e. 2 instructors to 6 students. At least one instructor to be on water before any students. Students briefed on how to get out of upturned kayak and what to expect from a rescue before being allowed on the canal. Capsize drill undertaken as early as possible in course. Students must be able to swim at least 50 m and sign form to confirm. Instructors should be able to carry out an 'X' rescue on flat water and be capable of towing a swimmer on their boat.
Infection / Illness / Injury	All course participants	Consider water quality, provide advice on Weil's Disease and recommended precautions. Participants to advise course organiser of any injury or illness, which may have a bearing on their participation.
Sunburn /hypothermia/ dehydration	All course participants	Adequate information regarding risks must be provided to all students in a clearly understandable format. Advice should be given on ways to avoid obvious hazards and on suitable personal equipment for trips e.g. sun tan lotion, water bottles, medication, appropriate clothing.
Accident / injury / drowning on the day trip or weekend away	All course participants	Adequate number of suitable instructors should supervise the sessions. Participants should be provided with the full range of safety equipment - well fitted buoyancy aid, helmet and cag. Suitable buoyancy, drain plug in boat and spray deck. Instructors to check. Students should be split into small manageable groups and safety cover agreed and discussed at the start of the day. Safe access and egress points should be identified. Obvious hazards such as trees and other water traffic should be discussed in the early part of the trip. First Aid kit, spare clothing and rescue gear should be carried by Instructors. Each course trip on moving water should aim to have a level 3 coach or new Level 2 coach with moving water endorsement, in line with British Canoeing guidance. If unavoidable, or if conditions or circumstances suggest, the trip should be accompanied by an increased ratio of competent instructors - in safety & rescue, first aid and moving water skills. Students should be made aware of the situation and offered alternative options to any grade 2 water if they choose. Suitable venue(s) identified for day and weekend trip and conditions on the day taken into consideration before getting onto the water. Participants sign to acknowledge kayaking and canoeing is an 'assumed risk water based' sport and provide emergency contact details.
Transport	All course participants	All cars used for transport on trips to have full insurance and valid MOT certificate. Drivers should not drive under the influence of alcohol. It is advisable to belong to a driving association such as RAC or AA in case of accident or breakdown.
Weather	All course participants	All members are advised not to paddle if there is a storm with lightning