

## Regents Canoe Club Risk Assessment – Pool Sessions

Assessment to follow the 5 step process as recommended by the HSE and set out below.  
Further information can be found online: <http://www.hse.gov.uk/risk/controlling-risks.htm>

- 1) Identify any hazards
- 2) Decide who might be harmed and how
- 3) Evaluate the risk and decide on precautions
- 4) Record your findings
- 5) Review and update as necessary

**Assessment undertaken:** July 2019

**Signed:** Kate Balderson

**Post:** Chair

**Next review due:** July 2020

Significant Hazards	People at risk from identified hazards	Precautions taken to minimise the risk
<b>Slips, trips, falls</b>	All users	Members to follow leisure centre rules and not to run on the poolside or other wet surfaces.
<b>Back injury</b> - Lifting boats in and out of store - Emptying water from boats	All users	All RCC members are given guidance on safe lifting and carrying of boats when they join the club. This applies equally to pool sessions.  Boats are stored in an accessible location.
<b>Drowning</b>	All users	Britannia Leisure Centre ensures a lifeguard is present at all sessions. The Leisure Centre will not allow the session to go ahead unless a lifeguard is present.  In addition a designated RCC pool session helper will be present at every session.  RCC pool session helper to supervise spraydeck tests for new members. If several new members require a spray deck test, RCC pool session helper to ensure an appropriate number of other experienced members are present to help, or carry out spraydeck tests one at a time.  RCC members confirm that they can swim at least 50m in light clothing when they join the club.
<b>Injury from equipment – boats and paddles</b>	All users	Ensure number of boats in the pool is appropriate to the activity being undertaken.  As guidance, it is recommended that no more than 16 boats are in the water at the same time during a general pool session. If playboats are being used and playboating techniques are being practiced, more space will be required (so fewer boats in the water).

		Participants to keep an eye on each other and move as necessary to avoid overcrowding
<b>General injury</b>	All users	<p>RCC pool session helper to supervise the session and advise members on safe practice (e.g. number of boats in the pool, asking people to spread out to avoid overcrowding etc.)</p> <p>Experienced members are encouraged to offer advice to newer members if they see unsafe practice – e.g. risk of shoulder injury due to poor technique</p> <p>If an injury occurs the Lifeguard should be alerted and Britannia Leisure Centre first aid equipment can be used.</p>