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| **Date:** | 2023-01-07 | | |  |  |  | |  |  |  |
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| **Assessor's Name:** | | **Rhian Davies** | | **Review Date:** | | | 2024-04-05 | | | |
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| **Description of Assessment:** | | | **Hazards and controls that could be identified for a General Club Trip** | | | | | | | |
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| **Location Details:** | | | **Paddling trip venue. e.g river, sea, lake** | | | | | | | |

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| **What are the hazards?** | **Who might be harmed and how?** | **What are you already doing to control the risks?** | **What further action do you need to take to control the risks?** | **Who needs to carry out the action?** | **When is the action needed by?** | **Done** |
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|  |  | GENERAL PADDLING RISK ASSESSMENT APPLIES |  |  |  |  |
| Injury or drowning  while paddling on a  river | Participants and Volunteers  Participants - Drowning,  Secondary drowning,  Hypothermia, Entrapment  Sharps injuries | Buoyancy aids (BA) appropriately sized and fitted  All Leaders/Coaches have been deployed by the club including first aid and WWSR training as appropriate.  Appropriate First Aid kits available and are to be taken out on trips  All trip members briefed as required  Ensuring that all participants are competent for the trip in the conditions of the day.  Consider options to suspend the trip early if required due to changing situation. |  |  |  |  |
| Slip, Trips and Falls | Participants and General Public:  Head contact  Strains, Sprains and Breaks | All areas to be kept tidy at all times to remove trip  hazards  All members to be briefed at the beginning of activity  Care to be taken at launching/egress points to reduce the possibility of slips/trips while entering/exiting boat. Particular care when inspecting or portaging features. Consider keeping throw line in hand if difficult ground. |  |  |  |  |
| Head injuries | Participants and Volunteers | EN1385 approved helmets to be worn on all moving water trips and all beginner trips.  If concussion is suspected, participant should attend  further medical assessment |  |  |  |  |
| Illness | Participants and Volunteers  Leptospirosis, Viral/bacterial  illness Blue green algae  Blood borne illness | Members to be educated on potential risks  All Leaders and Coaches first aid trained  Participants advised to wash their hands before eating  First aiders to use appropriate PPE when dealing with wounds. |  |  |  |  |
| Manual Handling | Participants and Volunteers  Musculoskeletal harms | Members briefed on good manual handling techniques  for boats/kit. Tying boats onto cars is left to the  discretion of individual car owners  Members to be advised to share carrying boats/kit  where possible  Airbags MUST be fitted and inflated on all moving water trips. SHOULD be fitted and inflated wherever possible on flat water trips. |  |  |  |  |
| Hypothermia | Participants and Volunteers | Members briefed at induction.  Coaches and Leaders all first aid trained  Participants kit to be checked for appropriateness to the prevailing conditions before commencing paddle. |  |  |  |  |
| Equipment Failure | Participants and Volunteers  Lacerations  Entrapment | Annual checks of equipment  Members briefed at induction on the procedure for checking kit before sessions and how to report  Any faulty equipment reported and removed from use  Spare equipment (split paddler, BA, deck, helmet) taken on club trips |  |  |  |  |
| Change in Weather  Conditions | All Participants | Members suitably equipped for prevailing conditions  and groups carrying sufficient supplies to cope  Flow rates/wave heights to be monitored to stay within the competence of the group. Consider getting off the river early if required. |  |  |  |  |
| Lightning strike | All Participants | If thunder and lightning are audible/visible, there is a  risk of a lightning strike. The safest option is to check in advance and not to get on the water if thunder and lightning are forecast |  |  |  |  |
| Pre-existing medical  conditions | Participants and Volunteers | Understanding who is on the trip and their needs.  Coaches and leaders to carry details of medical conditions and emergency contact details for participants on the trip |  |  |  |  |
| Group Separation | Participants and Volunteers | Members must observe good group practices to ensure that group dispersal does not increase the risk of other hazards |  |  |  |  |
| Weirs and man-made  features | Paddlers  Coaches | Coaches/Leaders to inspect all man-made features, and portage if inappropriate for the ability of the group |  |  |  |  |
| Over hanging tree or strainers | Paddlers  Coaches | Paddlers advised to negotiate around trees,  both overhanging and floating  Advised as to correct action in event of  entanglement |  |  |  |  |
| Travelling in Vehicles | Participants, General Public | Vehicles to be in a good state of repair.  Drivers to be alert, sober and appropriately licensed. Rest breaks to be provided for longer journeys.  Roof and internal cargo to be fully secured to prevent shift. |  |  |  |  |
| Injury in the swimming pool environments | Participants, Coaches | Helmet and Buoyancy aid to be worn by those in the water to protect from boats moving around. |  |  |  |  |

Office use only (to be completed by a risk assessment checker if selected for sampling)

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| **Checked by:** |  | **Position:** |  | **Date:** |  |

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| Notes: |