

Bristol Canoe Club - Risk Assessment

Flat Water / Placid Water

V1.0 (2nd April 2018)

The following risk assessment covers typical paddling trips on flat water such as canals, lakes, and other inland waterways such as Bristol harbour, in the UK and abroad. The hazards present and their severity will vary depending on the river.

These risk assessments are used as the basis of the Club's safety policy. Those using this risk assessment should note that the dynamic and varied nature of the sport of canoeing does not allow a completely comprehensive risk assessment to be made. Paddlers, particularly those leading groups, should carry out their own informal and dynamic risk assessments before and during any canoeing activity.

Hazard	Risks	Probability	Control measures	Notes
Travel	Road accidents	L	Follow the Highway code.	
	Insecure loads on roof-racks	M	Train members to secure boats (2* training). Check roof racks before travel.	
	Trailers	L	Tow at correct speed and take extra care.	
Long days	Exhaustion	L	Adjust trip length to suit participants. Carry food and drink.	
	Hypothermia (cold)	M	Dress correctly for the conditions. Ensure that appropriate supplies are carried within each group: hot drinks, spare clothing, group shelter and/or exposure bags.	
	Hyperthermia (overheating)	L	Carry cold drinks on hot days.	
Water	Accelerated / Immersion Hypothermia	M	Rescue swimmers quickly. Teach rolling.	
	Drowning	L	Require that all members are competent swimmers. Instruct on capsize drill, rolling and swimming for self-rescue. Teach rescue techniques. Carry appropriate rescue equipment.	
	Waterborne	L	Try not to ingest water. Wash hands as soon as practicable when off the water.	

Hazard	Risks	Probability	Control measures	Notes
	diseases		Ensure that any existing cuts and wounds are covered up. Take further precautions when there is a known problem.	
	Changing weather conditions	M	Be aware of the weather conditions likely during the trip.	
River bank or harbour side	Falling & slipping on bank and/or into water	L	Take extra care on harbour areas with embedded railway lines, etc. Wear appropriate footwear.	
Equipment	Entrapment in boat	L	Inspect equipment. Teach capsized drill. Keep area between legs clear.	
	Breakage or loss	H	Inspect equipment and use appropriate equipment for conditions. Carry spare paddles (splints) within each group if appropriate.	
	Manual handling injuries	M	Take care when lifting boats, particularly onto roof-racks. Teach good technique at all levels. Ask for assistance when required.	
Other water users	Collisions	L	Ensure that paddlers within a group are appropriately spaced out. Do not mix paddlers with swimmers. Watch out for other craft, especially in Bristol harbour. Move out of the way of other water users. Use appropriate lighting after dark.	