



Cheltenham Canoe Club

River Risk Assessment (to assess the risks associated with club organised river trips)

Hazard	Risks	Probability	Possible consequence	Control Measures (CM)	Additional control measures (ACM)	Responsibility for controls and completion date
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Travel	Car Accidents	Low	Serious	Follow Highway code. Do not drive when tired		CM:- Drivers
	Roof Rack Problems	Low	Serious injury/damage to persons or vehicles	Driver to check roof racks and security of boats before travel	Train paddlers to secure boats on roof rack	CM:- Drivers ACM:- Experienced paddlers on as required basis.
Long Days	a) Exhaustion b) Hypothermia c) Hyperthermia	Low / Med	Serious	a) Adjust trip length to suit the weakest paddler and carry food. b) Dress appropriate to the prevailing weather conditions carry hot drinks, spare clothing, group shelter or survival bag. c) Carry cold/hot drinks.	Promote club organised first aid courses for all	CM:- Trip leader to circulate & advise prior to trip date. ACM:- Committee
Water	PPE Failure	Low	Head injury/Drowning	Policy and procedures to inspect club helmets and PFD's annually.	Club advice for members to inspect owned equipment	CM:- QM & HS Officer ACM:- Paddlers
	Accelerated immersion Hypothermia	Med	Very serious	Rescue Swimmer Carry hot drinks, spare clothing, group shelter or survival bag. Continuous dynamic risk assessment.	Promote club organised first aid courses for all	CM:- Trip leader at 'get on' and throughout trip. ACM:- Committee



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Water				A mobile phone to be carried in group to enable evacuation off water.		
	Drowning	Low	Very serious/death	<p>Require that all members are competent swimmers. Instruct on capsize drill, rolling and swimming in moving water.</p> <p>Carry appropriate rescue equipment</p> <p>A mobile phone to be carried in group to enable evacuation off water</p>	<p>Teach rescue techniques.</p> <p>Promote club organised first aid courses for all.</p> <p>Promote Foundation Safety & Rescue training and/or white-water safety courses</p>	<p>CM/ACM:- Committee through a club pool program</p> <p>CM:- Trip leader to check prior to 'get on'.</p> <p>ACM:- Committee</p>
	Waterborne disease	Low but increases in spate water.	Very serious/death	<p>Try not to ingest water. Take further precautions when there is a known problem.</p> <p>Open cuts must be covered up. For more serious wounds paddling should be avoided. Advice on good personal hygiene before eating.</p> <p>Capsize drill when no obvious signs of pollution. No capsize drills on canals.</p>	<p>Club should, in writing, inform new/remind existing members of dangers and signs of water borne infection on a regular basis.</p> <p>Individuals should seek advice from medical professionals.</p>	<p>CM:- Trip leader to circulate & advise prior to trip date.</p> <p>ACM:- Committee and club members through documentation.</p>



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Water	Stoppers and other river features	Med	Serious	<p>Avoid by good leadership and paddling. Teach methods for</p> <ul style="list-style-type: none">- paddling through and in stoppers- swimming in and rescue from stoppers <p>Bank side safety talk at commencement of journey</p> <p>River signals demonstrated.</p> <p>Continuous dynamic risk assessment.</p> <p>Group leader should ensure that safety (boat based or land based) is used where the groups' ability requires this.</p> <p>Avoid if doubts over safety or paddler ability.</p>	Coaches, leaders and senior paddlers appropriately qualified and experienced to make decisions about safety in all organised club sessions.	<p>CM:- Trip leader at 'get on' and throughout trip.</p> <p>ACM:- Committee</p>



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Rocks	Knocked Unconscious	Low	Very serious	Wear helmet. A mobile phone to be carried in group to enable evacuation off water	Coaches, leaders and senior paddlers appropriately qualified/ experienced to make decisions about safety in all organised club sessions.	CM:- Trip leader at 'get on' and throughout trip. ACM:- Committee
	Injury	Med	Serious	Wear helmet and buoyancy aid. Avoid rocks by use of good technique. Carry first aid kit. Bank side safety talk Continuous dynamic risk assessment	Appropriate skills training encouraged for all. Group leader should ensure that safety (boat based or land based) is used where the groups' ability requires this.	
	Pinning	Med	Serious	Avoid rocks by good leadership and paddling. Know how to cope with broaching on a rock. Group leaders know how to rescue from pins	Promote club organised first aid courses for all Promote white water safety courses.	CM:- Trip leader at 'get on' and throughout trip. ACM:- Trip Leader (dynamic) and Committee



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	Entrapment	Low	Serious	Use correct technique when swimming.	Teach awareness of foot entrapment in rivers.	CM:- Paddlers ACM:- Completion of WWSR as required.
Trees	Caught in Strainer	Low	Serious	Avoid trees in river by good leadership. Knowledge of swimming techniques. Bank side safety talk at commencement of journey. River signals demonstrated. Continuous dynamic risk assessment Group leader should ensure that safety (boat based or land based) is used where the groups' ability requires this	Coaches, leaders and senior paddlers appropriately qualified/ experienced to make decisions about safety in all organised club sessions. Appropriate skills training encouraged for all. Promote club organised first aid courses for all	CM:- Trip leader at 'get on' and throughout trip. ACM:- Committee



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					Promote white water safety courses.	
Weirs	Injury, Entrapment	Low	Serious	<p>Avoid or choose paddling route by good leadership and paddling. Teach methods for</p> <ul style="list-style-type: none"> - paddling through weirs - swimming in and rescue from weir <p>Bank side safety talk at commencement of journey</p> <p>River signals demonstrated.</p> <p>Continuous dynamic risk assessment.</p> <p>Group leader should ensure that safety (boat based or land based) is used where the groups' ability requires this.</p> <p>Avoid if doubts over safety or paddler ability.</p>	Teach awareness of recirculating currents and hidden hazards.	<p>CM:- Trip leader at 'get on' and throughout trip.</p> <p>ACM:- Trip Leader</p>



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Equipment	Entrapment in a boat	Low	Serious	Individuals to inspect equipment. Keep area between legs clear.	Teach Capsize drill.	CM:- Paddlers at 'get on'. ACM:- Committee through a club pool program
	Breakage/ failure/suitability	High	Serious	Inspect equipment and use appropriate equipment for conditions and paddler ability. Individuals should check airbags, drain bungs and grab handles present before bringing on a trip. Carry splits. Check spray deck handle is outside prior to journey. Carry duck-tape on journey.	Any damaged/damage to club equipment reported to quartermaster. Regular check and maintenance of club equipment by appointed person(s).	CM:- Trip leader and paddlers prior to trip. ACM:- Trip leader and paddlers at end of trip.
	Entanglement in rescue equipment	Med	Serious	Carry throwline, knife and chest harness if trained to use these.	Learn how to use throwlines and chest harnesses properly Promote white water safety courses.	CM:- Paddlers ACM:- Paddlers and Committee.
	Manual Handling Injury	Med	Injury	Ask for assistance when required.	Teach good technique at all levels. Individual to seek medical advice	CM:- Paddlers ACM:- Paddlers and Coaches.



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River Bank	Falling Injury	Low	Injury	Wear helmet and buoyancy aid at all times. Wear appropriate footwear. Take care.	First aid kit on site Individual to seek medical advice	CM/ACM:- Trip leader and paddlers.
	Falling into River	Low	Serious	Wear helmet and buoyancy aid at all times. Wear appropriate footwear. Take care.		CM:- Trip leader and paddlers
Swans and Geese	Aggressive behaviour	Low	Injury	Dynamic risk assessment. Take avoiding action.	Educate novice paddlers about dangers.	CM/ACM:- Trip leader throughout trip.