



NKC Risk Assessment – Recreational Paddling on Home waters (including ‘Taster Sessions’)			
Location: NKC Facility/Bury Lake, Grand Union Canal River Chess, River Colne & River Gade		Assessed by: Michael Quinn	Date: 18/02/2022
What are the hazards?	To who?	Is the risk adequately controlled and how?	What further action is necessary?
Manual handling (including emptying) of canoes/kayaks leading to injury due to poor manual handling technique.	All paddlers, Bank-based helpers	Appropriate briefing about carrying canoes/kayaks and correct lifting must be provided to all paddlers and helpers. Canoes should be carried/moved by at least two people. Use the Canoe trolley wherever possible. Assistance in moving other boats in to and out of the container is recommended. Is risk adequately controlled: yes	None
Dangerous/unsuitable/poorly fitting equipment leading to injury or entrapment	All paddlers	Coaches/leaders/experienced paddlers to examine equipment prior to use to identify loose fittings, sharp edges, entrapment potential, poorly fitted buoyancy aids. If required, simple repairs must be effected if possible. If not, equipment must not be used and must be reported to the equipment officer or another committee member. Personal equipment should also be subject to the same checks when used for club activities. For ‘Taster’ sessions/beginners, the coach/leader will check personal equipment for damage and correct fit prior to getting on the water. For experienced paddlers, the use a buddy system is recommended to complete these checks for each other. Is risk adequately controlled: yes	Replace / repair equipment as necessary
Weather conditions affecting safety of group and classification of water	All paddlers	Weather conditions must be appropriate for the activity. Session cancelled if there is excessive wind or extreme low temperature or if water level is unsuitable for planned activity. Coach/leader/experienced paddler performs dynamic risk assessment prior to the activity. Is risk adequately controlled: yes	Coaches/leaders /experienced paddlers to undertake dynamic risk assessments



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Minor injuries. (blisters, cuts, muscle/joint injury, sunburn)	All paddlers	<p>All ‘Taster’ session participants/beginners should be given a safety brief and should be advised to complete an appropriate warm up activity. Warm up will be provided as part of coached sessions, however all paddlers should be advised that an appropriate warm up should be completed.</p> <p>Water shoes or similar must be worn.</p> <p>First aid kit is available in the clubhouse and coaches / leaders / experienced paddlers should carry first aid kit for any activity away from the clubhouse stretch of the river.</p> <p>Coaches/leaders must be first aid trained, and it is recommended that experienced paddlers should undertake first aid training.</p> <p>Paddlers are advised to wear sunscreen if necessary.</p> <p>Participants should provide details of any existing medical conditions that may affect their ability to participate in paddlesport to the coach/leader.</p> <p>Is risk adequately controlled: yes</p>	None
Hypothermia	All paddlers	<p>Coaches/leaders/experienced paddlers should be aware of, and watch out for, the signs and symptoms of hypothermia.</p> <p>Activities and clothing should be appropriate for conditions. The club keeps a variety of cags which can be used to supplement personal kit.</p> <p>Coaches/experienced paddlers undertake dynamic risk assessment to judge additional controls that would be necessary for the prevailing conditions.</p> <p>Paddlers will not be allowed to take part in an activity if personal kit is not suitable for the conditions.</p> <p>Is risk adequately controlled: yes</p>	Coaches/leaders/experienced paddlers to undertake dynamic risk assessments



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Infection or other illness associated with water quality (Weil’s disease, gastro-intestinal (GI) infection)	All paddlers	Cuts should be covered with waterproof plasters before paddling. Hands should be washed after activity and before eating. Participants briefed on signs/symptoms of common paddle sport illness e.g. GI infection. Participants briefed on signs/symptoms of Weil’s disease Is risk adequately controlled: yes	None
Other water users and wildlife – Bury Lake: BLYM, Radio controlled yachts, Waterbirds & Swans Grand Union Canal & Rivers: Canal Boats & Anglers	All paddlers	Participants briefed on presence of other water users as appropriate. Other water users should be treated politely and courteously Activity area should be chosen to avoid other water users if possible. Take care not to disturb wildlife, give all swans on a wide berth. Is risk adequately controlled: yes	None
Capsize and entrapment	All paddlers	All participants must be briefed on capsize drill for kayaks/canoes. Canoes/kayaks checked for paddler entrapment hazard prior to use. Coaches/Leaders should be capable of rescuing capsized/entrapped canoes and kayaks and freeing crew if necessary. Coached/led groups must be briefed to take up safe position whilst coach/leader deals with capsize. Is risk adequately controlled: yes	None



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Drowning	All paddlers	All persons taking part in any water-based activity (canoeing, kayaking, swimming), or bank based activity where there is a possibility of falling or being pulled into the water (e.g. throw-line practice) must wear a suitable buoyancy aid and should be able to swim 25m. Coaches/leaders must be first aid trained and able to administer CPR. Is risk adequately controlled: yes	None
Fatigue/exhaustion	Inexperienced paddlers	Coach/leader to continually monitor participant's welfare, taking regular breaks as necessary. Coach/leader should be prepared to tow/aid paddlers if necessary. Is risk adequately controlled: yes	Dynamic risk assessment should be carried out.
Hazards specific to paddling games used in taster/coaching sessions	All paddlers	Coach/leader provides a safety brief on the activity and monitors safety during the activity. Any games/activities that introduce hazards, additional to those covered above, must be risk assessed prior to the activity taking place. It is the responsibility of the coach in charge to provide this risk assessment. Is risk adequately controlled: yes	Additional risk assessment may be required if new hazards are identified.
Weirs	All paddlers	Coach/leader to inspect weirs to prior to shooting. Helmets to be worn when paddling over/below weirs. Clear communication between those at the bottom of weirs and those waiting at the top. Is risk adequately controlled: yes	



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Canal Locks	All paddlers	All locks on the Grand Union Canal to be portaged. Is risk adequately controlled: yes	None
Over hanging trees or strainers	All paddlers	Participants to be briefed on tree hazards prior to paddling down local rivers. Participants to follow line of coach/leaders when navigating near/around trees. Is risk adequately controlled: yes	None
COVID-19 – Transmission of infection	All paddlers	Refer to current Club COVID-19 risk assessment	