



NKC Risk Assessment – Canoe Polo			
Location: NKC Facility/Bury Lake		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 kayaks leading to injury due to poor manual handling technique.	All paddlers, Bank-based helpers	Appropriate briefing about carrying kayaks and correct lifting must be provided to all paddlers and helpers. Assistance in moving heavier equipment is recommended. Is risk adequately controlled: yes	None
Dangerous/unsuitable/poorly fitting equipment leading to injury or entrapment	All paddlers	Coaches/session leaders/experienced paddlers to examine equipment prior to use to identify loose fittings, sharp edges & 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. Is risk adequately controlled: yes	Replace / repair equipment as necessary
Weather conditions affecting safety of group on 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 too low. Coach/leader/experienced paddler performs dynamic risk assessment prior to/during the polo session. 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	Warm up will be provided as part of coached sessions, however all paddlers should be advised that an appropriate warm up should be completed. Water shoes or similar suitable footwear must always be worn when ashore. Experienced polo players may remove footwear whilst afloat. First aid kit is available in the clubhouse. Coaches/leaders must be first aid trained, and it is recommended that experienced paddlers should undertake first aid training. Paddlers are advised to wear sunscreen if necessary. Participants should provide details of any existing medical conditions that may affect their ability to participate in paddlesport to the coach/leader. Is risk adequately controlled: yes	None
Injury through: - collision of boat/paddle - collision of ball and person	All paddlers	Polo buoyancy aids and helmets with faceguards to be worn. Bumpers on boats reduce the impact of collisions. Players to be taught how to tackle legally within the rules of the game. Players to obey rules. Player competency to be assessed prior to commencing contact drills. Is risk adequately controlled: yes	None



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Hypothermia	All paddlers	Coaches/leaders/ experienced paddlers should be aware of, and watch out for, the signs and symptoms of hypothermia. Activities and clothing should be appropriate for conditions. The club keeps a variety of cags which can be used to supplement personal kit. Coaches/experienced paddlers undertake dynamic risk assessment to judge additional controls that would be necessary for the prevailing conditions. Paddlers will not be allowed to take part in an activity if personal kit is not suitable for the conditions. Is risk adequately controlled: yes	Coaches/leaders/experienced paddlers to undertake dynamic risk assessments
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 – BLYM, Radio controlled yachts, Swans (possible damage to NKC reputation)	All paddlers	Participants briefed on presence of other water users as appropriate. Other water users should be treated politely and courteously Take care not to disturb wildlife, give all swans on a wide berth. Is risk adequately controlled: yes	None



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Capsize and entrapment	All paddlers	All participants must have carried out a capsize drill with a spray deck from a polo kayak. Coaches/leaders should be capable of rescuing capsized kayaks and freeing entrapped paddlers 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
Drowning	All paddlers, Bank-based Helpers	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	All paddlers	Coach/leader to continually monitor participant's welfare, taking regular breaks as necessary. Is risk adequately controlled: yes	None
COVID-19 – Transmission of infection	All paddlers	Refer to current Club COVID-19 risk assessment	