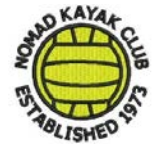




<b>NKC Risk Assessment – Pool Sessions</b>			
<b>Location: Chalfont Leisure Centre</b>		<b>Assessed by: Michael Quinn</b>	<b>Date: 20/11/2021</b>
<b>Purpose of session – Members practice skills in warmer water conditions during the winter months. Members support each other and share techniques to help develop support strokes and eskimo rolling. Session supervised by Pool Lifeguard and NKCC Coaches</b>			
<b>What are the hazards?</b>	<b>To who?</b>	<b>Is the risk adequately controlled and how?</b>	<b>What further action is necessary?</b>
<b>Disturbing Pool Cleanliness</b>	All paddlers, Coaches	1. Clean all kayaks, paddles, spray decks and equipment in clean water prior to arrival at the pool. 2. Pool tests to be undertaken by trained staff 3. Pool sessions to be avoided when conditions are not suitable  <b>Is risk adequately controlled: yes</b>	None
<b>Manual handling</b> whilst lifting/carrying the kayaks	All paddlers, Coaches	1. Coaches to demonstrate correct technique. 2. Paddlers/Coaches to assist each other when lifting boats on/off roof racks 3. Ideally Paddlers/Coaches to carry kayaks in pairs where possible.  <b>Is risk adequately controlled: yes</b>	None
<b>Slippery Floors</b> leading to slip or fall causing injury	All paddlers, Coaches	1. Obey pool rules and ensure Lifeguard (First Aider) is on duty at all sessions. 2. Members will assist in the moving of boats in and out of the building and around the pool.  <b>Is risk adequately controlled: yes</b>	None
<b>Capsize Entrapment</b> causing injury or drowning	All paddlers	1. Obey pool rules and ensure Lifeguard is on duty at all sessions. 2. Take care whilst entering the sides of the pool. 3. Teach wet exit and capsize drill, including means for summoning assistance. 4. Experienced paddlers observe and respond  <b>Is risk adequately controlled: yes</b>	None



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<b>What are the hazards?</b>	<b>To who?</b>	<b>Is the risk adequately controlled and how?</b>	<b>What further action is necessary?</b>
<b>Overcrowding</b> causes injury to other paddlers	All paddlers	1. Ensure people advised of dangers. The edge of a blade in the face is a real hazard. 2. There should be a realistic limit on the number of boats in the pool at any one time and, if necessary, participants will take turns. Max 12, however this may be increased depending on what activities are happening in the pool  <b>Is risk adequately controlled: yes</b>	Safe increase in number of boats on the water to be assessed by Coaches
<b>Hypothermia</b>	All paddlers, Coaches	Coaches / leaders / experienced paddlers should be aware of, and watch out for, the signs and symptoms of hypothermia.  Appropriate and clothing should be worn for the conditions.  <b>Is risk adequately controlled: yes</b>	None
<b>Head Injury</b> – Paddlers striking head on side of pool	All paddlers	1. Paddlers to be briefed on when and where to capsize i.e. the side of the pool. 2. Paddlers to be briefed on use of side of pool for hip flick practice.  <b>Is risk adequately controlled: yes</b>	None
<b>COVID 19</b> – Transmission of infection	All paddlers/ coaches and pool staff	1. Members not to attend session if they are displaying signs or symptoms of COVID-19. 2. Hand sanitiser will be available in the Leisure Centre 3. The wearing of masks within the Leisure Centre is a personal choice. 4. Paddlers to maintain social distance on water and limit face to face contact. Upturning of kayaks should be done from the rear of the kayak	None