| **NKC Trip Risk Assessment – <<insert trip Location – to completed before each trip>>** |
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| **Assessed by Trip Leader:**  | **Date:**  |
| **Experienced paddlers assisting:** |  | **Number of participantsand experience:** |  |
| **What are the hazards?** | **To who?** | **Is the risk adequately controlled and how?** | **What further action is necessary?** |
| **Weather conditions** affecting safety of group and classification of water | All paddlers | Weather conditions must be appropriate for the activity. Trip cancelled if there is excessive wind or extreme low temperature or if water level is unsuitable for planned activity.Leader/experienced paddler performs dynamic risk assessment during the activity.**Is risk adequately controlled: yes** | Leaders /experienced paddlers to undertake dynamic risk assessments |
| **Minor injuries.** (blisters, cuts, muscle/joint injury, sunburn )  | All paddlers | All paddlers should be advised to complete an appropriate warm up activity. Water shoes or similar must be worn.Leaders/experienced paddlers should carry first aid kit for any activity away from the clubhouse stretch of the river.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 Leader.**Is risk adequately controlled: yes** | None |
| **Hypothermia** | All paddlers | Leaders/experienced paddlers should be aware of, and watch out for, the signs and symptoms of hypothermia.Clothing should be appropriate for conditions and activity.Leaders/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** | 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 illnesse.g. GI infection. Participants briefed on signs/symptoms of Weil’s disease **Is risk adequately controlled: yes** | None |
| **Other water users and wildlife** – Boats, Anglers, Swans, waterbirds etc. | 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 the river a wide berth.**Is risk adequately controlled: yes** | None |
| **Capsize and entrapment** | All paddlers | All participants must have practiced the capsize drill for canoes/kayaks. Participants to be briefed on capsize, entrapment and impact hazards on the trip itinerary including but not limited to trees, undercuts, weirs, underwater hazards.Canoes/kayaks checked for paddler entrapment hazard prior to use. Leaders should be capable of rescuing capsized/entrapped canoes and kayaks and freeing crew if necessary. Led groups must be briefed to take up safe position whilst Leader deals with capsize.**Is risk adequately controlled: yes** | None |
| **Drowning** | All paddlers | All participants must wear a suitable buoyancy aid. Leaders must be first aid trained and able to administer CPR.**Is risk adequately controlled: yes** | None |
| **Fatigue/exhaustion**  | Inexperienced paddlers | Leader to assess participants’ prior paddling experience compared to the physical demands of the tripLeader should be prepared to tow/aid paddlers if necessary.Dynamic risk assessment should be carried out.**Is risk adequately controlled: yes** | Dynamic risk assessment should be carried out. |
| **Group Safety** | All paddlers  | Ratio of participants to leaders/experienced paddlers to fall within the Club’s paddling policy guidelines.Leader provides a safety brief on the trip including upcoming features, weirs, locks, portaging / mitigating opportunities and requests assistance as required from experienced paddlers.Leader and experienced paddlers monitor safety during the activity.**Is risk adequately controlled: yes** | None |
| **Spread of non-native species** |  | Check, Clean and Dry canoes/kayaks & wet equipment after use to prevent the spread and environmental damage from invasive non-native aquatic species and diseases.**Check** equipment and clothing for live organisms, plant fragments etc particularly in areas that are damp or hard to inspect.**Clean** and wash all equipment, footwear and clothing thoroughly, leaving any organisms at the water body where found.**Dry** all equipment and clothing**Is risk adequately controlled: yes** | None |
| **COVID-19** – Transmission of infection | All paddlers | Refer to current Club COVID-19 Risk Assessment |