



Risk Assessment: Paddlesport Activities

Introduction

This is a **Generic Risk Assessment** for Club paddling activities on lochs rivers, sea and surf. The risk assessment excludes swimming pools.

Risk Assessment

The Key injuries to individuals are:

- Personal Injury
- Drowning
- Infection

Hazards	People who are at risk	Risk	Control Measure(s)
<p>Uneven Ground</p> <p>Creating slip and trip hazards</p>	<p>All Canoe Club participants</p>	<p>Personal Injury (eg broken limb)</p>	<ul style="list-style-type: none"> ■ Where possible use established footpaths ■ Appropriate footwear to be worn ■ Appropriate carrying method for kayaks including the potential use of trolleys
<p>Vegetation</p> <p>Overhanging trees, trees in rivers Vegetation at access and egress points Creating slip and trip hazards</p>	<p>All Canoe Club participants</p>	<p>Personal Injury (eg drowning)</p>	<ul style="list-style-type: none"> ■ Whilst paddling, avoid routes where trees or other vegetation could cause entrapment. Where this is not possible, leaders to inspect route and brief group accordingly



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Hazards	People who are at risk	Risk	Control Measure(s)
			<ul style="list-style-type: none"> ■ Brief paddler on action to take in the event of a capsize ■ Leaders to carry suitable rescue equipment
<p>Water</p> <p>(Temperature; level)</p>	<p>All Canoe Club participants</p>	<p>Personal Injury (eg Drowning, hypothermia)</p>	<ul style="list-style-type: none"> ■ Swimming will only be permitted when under direct supervision. ■ A personal flotation device is to be worn ■ Appropriate clothing to be worn for the water taking into account the time of year and water temperature) ■ On rivers, group leaders to check water levels are suitable for the groups ability ■ Appropriate safety equipment carried by group / group leader (including first aid kit, and means to summon help



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<p>Water Quality (contamination).</p> <p>Sewage, hydrocarbons,</p>	<p>All Canoe Club participants</p>	<p>Infection</p>	<ul style="list-style-type: none"> ■ Where possible avoid paddling in areas with evidence of pollution. ■ Avoid capsize exercises in areas of polluted water ■ Prevention measures against water borne infection are:- <ul style="list-style-type: none"> ○ Cover all cuts and abrasions with waterproof plasters ○ Always wear footwear to avoid cutting the feet ○ Avoid capsize or rolling practice in suspected water. ○ Where possible shower soon after the activity ○ As a minimum always wash your hands after paddling and before eating or drinking. ■ If within 3–19 days after paddlesport a participant



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Hazards	People who are at risk	Risk	Control Measure(s)
			<p>feels ill with a temperature, influenza-like illness and/or joint and muscle pain and possibly jaundice, they should see their doctor immediately and inform the doctor that they have been taking part in water sports and where they have been paddling and mention that Weils Disease / Leptospirosis is suspected.</p>
<p>Vehicles</p> <p>Vehicle Collisions, impact injury to pedestrians.</p>	<p>All Canoe Club participants</p> <p>Members of the Public</p>	<p>Personal Injury</p>	<ul style="list-style-type: none"> ■ Where possible use established footpaths ■ Park in recognised car parks laybys ■ Where possible avoid crossing roads. If roads need to be crossed extra care should be taken



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<p>Water Users (Commercial & Pleasure craft)</p> <p>Collisions, interference with other water users</p>	<p>All Canoe Club participants</p> <p>Other water Users</p>	<p>Personal Injury (eg Drowning)</p>	<ul style="list-style-type: none"> ■ Where possible avoid paddling in recognised shipping channels. ■ Minimise time crossing Cross shipping channels. ■ Brief participants on surfing etiquette ■ Helmets to be worn when surfing ■ Carry VHF radio in areas where ships yachts and motor boats maybe encountered ■ Appropriate safety equipment carried by group / group leader (including first aid kit, and means to summon help
<p>Fishing Activities (Commercial and Pleasure)</p> <p>Entanglement and entrapment</p>	<p>All Canoe Club Participants</p>	<p>Personal Injury (eg Drowning)</p>	<ul style="list-style-type: none"> ■ Avoid paddling near people fishing ■ Avoid capsize / rescue practice near buoys, fishing nets/lines ■ Where possible on rivers, make contact with



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			individuals fishing to agree route to pass.
Vermin Rats, Mice	All Canoe Club Participants Members of the Public Other harbour users	Infection (eg Weils disease)	<ul style="list-style-type: none"> ■ General prevention measures against infection are:- <ul style="list-style-type: none"> ○ Cover all cuts and abrasions with waterproof plasters ○ Always wear footwear to avoid cutting the feet ○ Avoid capsize or rolling practice in suspected poor water quality. ○ Where possible shower soon after the activity ○ As a minimum always wash your hands after paddling and before eating or drinking. ■ If within 3–19 days after paddlesport a participant



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			<p>feels ill with a temperature, influenza-like illness and/or joint and muscle pain and possibly jaundice, they should see their doctor immediately and inform the doctor that they have been taking part in water sports and where they have been paddling and mention that Weils Disease / Leptospirosis is suspected.</p>
<p>Weather</p> <p>Wind, Sun, Temperature</p>	<p>All Canoe Club Participants</p>	<p>Personal Injury (eg hypothermia; Sunburn / Heat / Stroke / Drowning)</p>	<p>The designated leader /coach/ event organisers of the event will:</p> <ul style="list-style-type: none"> ■ Have a valid first aid certificate. ■ Check that the weather forecast is suitable for the event and participants taking note of potential wind chill ■ Ensure that suitable clothing is worn



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Hazards	People who are at risk	Risk	Control Measure(s)
			<ul style="list-style-type: none"> ■ Encourage the use of suncream; wearing of hats and sunglasses ■ Monitor participant for signs and symptoms during the event especially after a capsize. ■ Ensure that spare clothing is available ■ Ensure that participants have a suitable drink and food. ■ Carry appropriate safety equipment including survival bag
Equipment Damage / Failure	All Canoe Club Participants	Personal Injury Equipment Damage	<ul style="list-style-type: none"> ■ Club equipment to be visually inspected prior to use ■ Regular maintenance of equipment ■ Buoyancy aids tested regularly (normally at start Summer) ■ Equipment cleaned and stored safely



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			<ul style="list-style-type: none"> ■ Appropriate safety equipment is carried by group / group leader appropriate for the activity (including appropriate repair kit and first aid kit)
<p>Shallow Water</p> <p>Potential for impact injuries to head</p>	<p>All Canoe Club Participants</p>	<p>Personal Injury (eg Head Injury)</p>	<ul style="list-style-type: none"> ■ The designated leader /coach/ event organisers of the event will ensure appropriate safety equipment is worn. ■ Helmets to be worn whilst surfing and kayaking on rivers. The wearing of helmets during other paddlesport activities will be decided by the coach / leader taking into account the risks associated with the activity. The wearing of helmets during rescue practice is recommended. Helmets should meet the relevant standards for the



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			<p>sport, this is currently EN1385.</p> <ul style="list-style-type: none"> ■ For river kayaking, new participants are briefed on safe swimming techniques
<p>Wildlife</p> <p>Danger from attack/injury</p> <p>Disturbance</p>	<p>All Canoe Club Participants</p>	<p>Personal Injury</p>	<ul style="list-style-type: none"> ■ Respect local wildlife habitats. ■ Adhere to the Scottish Canoe Association's Sea Paddling Guide to Good Practice with the overarching principle to minimise any disturbance that you might cause to the animals / habitats ■ Pass wildlife slowly and quietly allowing plenty of space. ■ Avoid rescue practice were there are blooms of jellyfish

Venue Risk Assessments

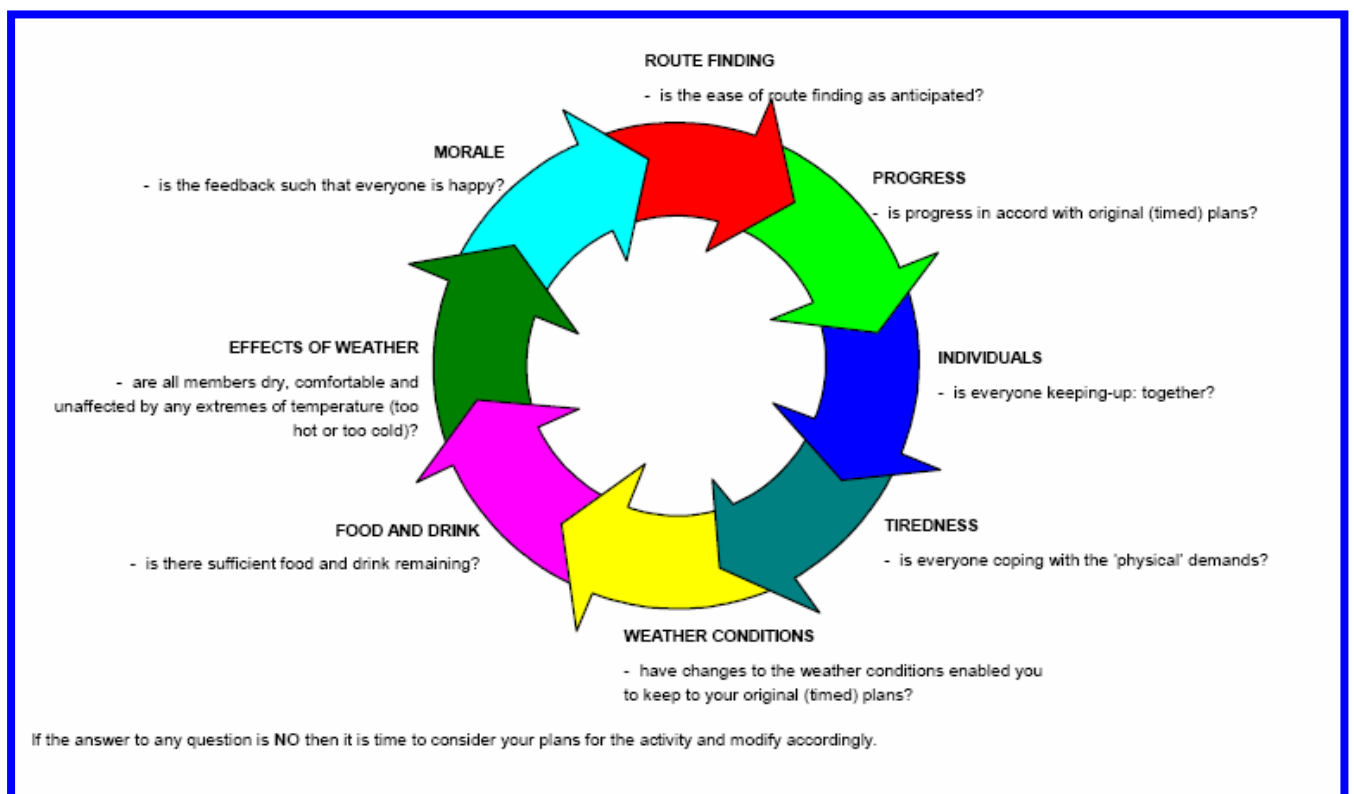


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Coaches / leaders / event organisers of events will undertake a risk assessment of the venue prior to the start and advise participants of any significant hazard. Particular attention will be paid to potential hazards as a result in change of weather, tides and river levels.

Dynamic Assessment

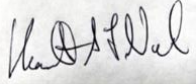
Coaches / leaders / event organisers will carry out dynamic risk assessments throughout the duration of the event / trip. The diagram below should be used as an aide memoir to the process.





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The above risk assessment was carried out by

Name:	Ken Nicol
Signature:	
Designation:	Secretary / L5 Coach
Date:	12 April 2023

The review date for this assessment is 31 December 2025.