



### Risk Assessment

<b>Coaching Sessions at CIWWC:</b> Paddling around the artificial course in Cardiff. <b>Persons Undertaking Event:</b> Session participants and Session Leaders <b>Required Competence:</b> SVCC Nominated Session Leader/s will be experienced Grade Three paddlers who have completed a Whitewater Safety and Rescue Course. Participants will have at least some experience of paddling on moving water- Hammoon and Blandford Weirs- and will have previously demonstrated the ability to break in and out of moving water and to confidently and competently undertake a 'Wet Exit'. It will be up to the discretion of the 'Leader' to determine who is competent enough to take part in these sessions. Under 18's will either be accompanied by a parent or will have arranged to paddle with a 'Responsible Adult'- and necessary paperwork undertaken. <b>Nearest Access Points:</b> CIWWC<,Watkiss Way, Cardiff CF11 0SY <b>Nearest Accident and Emergency Department:</b> University Hospital of Wales, Heath Park Way, Health Park, Cardiff CF14 4XW <b>Assessment completed by:</b> Tony Fowler (Club Secretary), Rob Mooring (Club Safety Officer) of the management committee of the Stour Valley Canoe Club <b>Date Assessment Created/Completed:</b> 27 <sup>th</sup> June 2018 <b>Current Review date:</b> see below	<b>Session Leader:</b> Nominated by SVCC Management Committee.	
	<b>Emergency contacts:</b> University Hospital of Wales	029 2074 7747

HAZARD	RISK BEFORE CONTROL MEASURES	PERSONS AT RISK	CONTROL MEASURES	COMMENTS ACTIONS	RESIDUAL RISK RATING
Accidental capsizes of Kayak	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants and Session Leader	<p>Buoyancy aids and Helmets will be worn by all participants and Session Leaders.</p> <p>Session Leaders will provide Novice paddlers with a safety induction at the beginning of their first session. This induction will be recapped at the beginning of each subsequent session.</p> <p>Novice paddlers will not be allowed onto the course until a nominated Session Leader is on the water.</p>	<p>Session Leader/s to ensure Novices' buoyancy aids correctly fitted.</p> <p>CIWWC provide Safety Marshalls equipped with throw-lines throughout the course.</p>	Low

			Novice paddlers will be accompanied around the course by experienced paddlers until they demonstrate both the competence and confidence to paddle without support/instruction.		
Collision with other paddlers causing capsize	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants and Session Leader	During safety induction Novice paddlers will be made aware of possibility of colliding with other paddlers and advised on how to take appropriate/avoiding action.	CIWWC provide Safety Marshalls throughout the course equipped with throw-lines.	Medium
Slips, trips and falls whilst carrying boats to and from the launch area	Drowning, Cold Water Shock, Hypothermia, and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants and Session Leader	Helmets and appropriate footwear to be worn by Session Leaders and participants	Novice paddlers will have been trained to lift correctly before being invited to join one of these coaching sessions.	Low
Being caught in the course's stoppers	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, dislocations, lacerations, sprains and strains	Participants and Session Leader	All participants will have demonstrated the ability to competently undertake a wet exit from their craft prior to attending a coaching session at CIWWC	CIWWC provide Safety Marshalls throughout the course	Low
Over exertion	Hypo/Hyperthermia, Dehydration, Heat exhaustion, Sprains and Strains		The Session Leader will ensure that Novice paddlers are dressed appropriately for the prevailing weather conditions and the tasks they are to undertake, and carry sufficient food and fluid to sustain them for the duration of the session.	The Session Leader will when they adjudge necessary ask Novice paddlers to bring their session to an end and leave the water.	Low
Exacerbation or triggering of pre-existing Medical Conditions- Diabetes, Angina, Epilepsy, asthma, etc	Allergic reaction, Seizure, Asthma attack, Hypoglycaemia	Participants and Session Leaders	The Session Leader will ensure that they have details of participants with pre-existing medical conditions prior to the start of the session.  Where necessary Session Leader/s will carry participant's medications- Inhalers, Epi-pens, etc.		Low

Pollution and water quality	Stomach upsets and Weil's disease	Participants and River Leaders	During the safety induction Novice paddlers will be advised not to swallow water and to spit out any water that finds its way into their mouths. Additionally they will be advised to bathe soon after immersion.		Low
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<b>Date Reviewed:</b> Master copies held with committee and reviewed annually	<b>Person Reviewing:</b> Rob Mooring
<b>Position in Stour Valley Canoe Club Committee:</b> Club Safety Officer	<b>Signature of Reviewer:</b> <i>Rob Mooring</i>