



### Risk Assessment

<p><b>Swanage to Studland Sea Paddle:</b> Approximately 5km paddle from Swanage Beachfront to Old Harry Rock and then on to Middle Beach Studland.</p> <p><b>Persons Undertaking Event:</b> Sea Paddle Leader and trip participants.</p> <p><b>Required Competence:</b> Sea Paddle Leader will be somebody who possesses necessary experience of Sea Kayaking and has completed a Whitewater Safety and Rescue Training course. Participants will have demonstrated the ability 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 undertake such activities. Under 18's will either be accompanied by a parent or will have arranged to paddle with a 'Responsible Adult'- and necessary paperwork undertaken.</p> <p><b>Access Points:</b> Swanage Beachfront BH19 1LA and Studland Middle Beach BH19 3AX.</p> <p><b>Accident and Emergency Departments:</b> Poole Hospital, Longfleet Road, Poole, BH15 2JB.</p> <p><b>Assessment completed by:</b> Tony Fowler (Club Secretary), Rob Mooring (Club Safety Officer) of the management committee of the Stour Valley Canoe Club</p> <p><b>Date Assessment Created/Completed:</b> 9<sup>th</sup> July 2018</p> <p><b>Date of Next Review:</b> see below</p>	<p><b>Sea Paddle Leader:</b> Nominated by SVCC Management Committee</p>	
	<p>SVCC management committee will nominate a Sea Paddle Leader- somebody who possesses necessary experience of Sea Kayaking and has completed a Whitewater Safety and Rescue Training course.</p>	
	<p><b>Emergency contacts:</b> Poole Hospital</p>	01202 665511

HAZARD	RISK BEFORE CONTROL MEASURES	PERSONS AT RISK	CONTROL MEASURES	COMMENTS ACTIONS	RESIDUAL RISK RATING
Accidental capsize of Kayak	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Sea Paddle Leader and trip participants	<p>Sea Paddle Leaders and participants to wear Buoyancy Aids and Helmets</p> <p>The Sea Paddle Leader will provide a safety briefing prior to the paddle being undertaken. The briefing will include a brief description to the main characteristics of the paddle, approximate time it will take to complete the journey</p> <p>During the safety briefing the Sea Paddle Leader will also determine how the journey will be undertaken- buddying-up novices with more experienced paddlers or inviting experienced paddlers taking it turns to lead and a 'Tail End Charlie' identified. Additionally, the 'Leader' will</p>	The Sea Leader will check that all Novice paddlers have appropriately secured Buoyancy Aids and Helmets prior to the river descent.	Low

			determine the 'Signs' used to communicate during the paddle. Prior to the paddle being undertaken the Sea Paddle Leader will ensure that all Kayaks being used by Novice paddlers have adequate inherent buoyancy to prevent sinking and to provide a floating object for the participants to hold on to in the event of a wet exit.		
Collision with other participants boats and/or paddlers causing capsizing	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Sea Paddle Leader and trip participants	During the safety briefing participants will be reminded of their responsibilities to look out for the welfare of both themselves and other participants		Low
Slips and trips when portaging	Drowning, Cold Water Shock, Hypothermia, and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Sea Paddle Leader and trip participants	Sea Paddle Leader to prompt Beginner/Novices to lift correctly and to ask for help carrying craft to and from the water's edge when the tide is out.		Low
Large Swell and hence increased Wave Height- increasing risk of capsizing.	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- sprains and strains	Sea Paddle Leader and trip participants	Sea Paddle Leader will determine in advance who possesses the requisite stamina and paddling ability to undertake this journey.		Medium
Exacerbation or triggering of pre-existing Medical Conditions- Diabetes, Angina, Epilepsy, asthma, etc	Allergic reaction, Seizure, Asthma attack, Hypoglycaemia	Sea Paddle Leader and trip participants	During the safety briefing the sea leader will ask Beginner/Novice paddlers to make known any pre-existing medical conditions. Participants will be instructed to carry in their Kayaks any necessary medications- Inhalers, Epi-pens, etc. If under eighteen the Surf Leader will designate an adult to carry necessary medications.		Low
Over-exertion and difficulty controlling body temperature	Hypo/Hyperthermia, Dehydration, Heat exhaustion, Sprains and Strains	Participants	During the safety briefing participants will be reminded of their responsibilities to look out for their own welfare- ensuring they are dressed appropriately for the prevailing weather conditions and carry fluids.		Low
Change in sea state and /or prevailing weather	Hypothermia, Exhaustion	Sea Paddle Leader and	Sea leader to check weather forecast / wind direction and sea state. Night before and just prior to getting on		Low

conditions (high winds /fog etc)		trip participants	the water. Sea leader to carry a compass and a VHF radio (or at least a mobile phone with useful emergency numbers pre-programmed in). Spare warm kit and warm drink to be carried by sea leader. During the safety briefing participants will be reminded that if the sea leader is incapacitated then participants should head immediately for shore and call for emergency assistance. Sea leader to confirm who else will carry mobile phones on the water and make all participants aware who has them.		
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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>