



Risk Assessment

<p>The Stour Descent Paddle-Craft Race: a 13.5 mile paddle between Sturminster Newton Mill DT10 2DQ and Bryanston School Boathouse DT11 0PX.</p> <p>Persons Undertaking Event: Race participants and Race Marshalls.</p> <p>Nearest Access Points: Emergency vehicles can gain access to the river at Sturminster Newton Mill DT10 2DQ, Fiddleford Mill DT10 2BX, Hammoon Weir DT10 2DA, Haywards Bridge DT11 0QY, Durweston Mill DT11 0QD and Bryanston School (Boathouse) DT11 0PX.</p> <p>Nearest Accident and Emergency Department: Dorset County Hospital, Williams Avenue, Dorchester DT1 2JY</p> <p>Assessment completed by: Tony Fowler (Club Secretary), Rob Mooring (Club Safety Officer) of the management committee of the Stour Valley Canoe Club</p> <p>Date Assessment Created/Completed: 20th November 2017</p> <p>Date of Next Review: See below</p>	<p>Race Controller:</p>	
	<p>Marshalls Sturminster Mill: TBC TBC</p> <p>Marshalls Fiddleford Weir: TBC TBC TBC TBC</p> <p>Marshalls Hammoon Weir: Reps from Bournemouth Canoes - (TBC)</p> <p>Marshalls Haywards Bridge: TBC TBC TBC TBC</p> <p>Marshalls Durweston Weir: TBC TBC TBC TBC</p>	
	<p>Emergency contacts: Dorset County Hospital South Western Ambulance Service</p>	<p>01305 251150 01305 269969</p>

HAZARD	RISK BEFORE CONTROL MEASURES	PERSONS AT RISK	CONTROL MEASURES	COMMENTS ACTIONS	RESIDUAL RISK RATING
<p>Accidental capsize of Kayak, Canoe or SUP and subsequent immersion in water</p>	<p>Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains</p>	<p>Participants and Marshalls</p>	<p>Junior participants (under 18 on the first day of the year of the race) are required to wear buoyancy aids.</p> <p>During the pre-race briefing a recommendation that all participants wear buoyancy aids will be given.</p> <p>Kayaks, Canoes and SUPs to have adequate inherent buoyancy to prevent sinking and to provide a floating object for the participants to hold on to. Marshalls on the water at Sturminster Newton Mill to check boats before the start of the race.</p> <p>A two person 'chase boat' will follow down the river immediately behind the back most race participant. This craft will carry a first aid kit, survival bags, fleece blankets, warm drinks and chocolate. Those paddling this craft will carry mobile phone with the race controller's and emergency services' contact numbers saved to the device allowing them to contact both when necessary. Chase boat paddlers will swap at each muster point- Fiddleford Weir, Hammoon Weir, Haywards Bridge, Durweston Weir.</p> <p>During the pre-race briefing participants will be made aware of their responsibility to ensure that they are adequately dressed for the prevailing weather conditions and possess the level of fitness required to complete the race. Additionally, participants will be prompted to carry in their crafts fluids and food supplements.</p> <p>There will be teams of Marshalls at each of the following muster points Fiddleford Weir, Hammoon Weir, Haywards Bridge, Durweston Weir. They will facilitate portages and assess condition of participants- if they assess that a participant is unfit to carry-on they will 'pull'</p>	<p>Marshalls at each muster point will have mobile phones with the race controller's and emergency services' contact numbers saved to the device allowing them to contact both when necessary.</p> <p>Marshalls at each muster point will carry a throw lines and rescue tapes, first aid kit, survival bags, fleece blankets, spare warm clothing, warm drinks and chocolate.</p> <p>At least one Marshall at each muster point will be First Aid Trained.</p>	<p>Low</p>

			<p>them from the race.</p> <p>At each muster point there will be a nominated Lead Marshall. All Marshalls will be dressed for the prevailing weather conditions and the tasks that may befall them- dry suits and appropriate thermal underclothing, buoyancy aids, spray decks and helmets.</p>		
Overhanging trees and branches hidden under the surface of the water causing capsize and/or entrapment	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants and Marshalls	<p>During the pre-race briefing participants will be made aware of the nature of the race course with its overhanging trees</p> <p>The course clearing crew where possible will cut back obstructing overhanging branches on the Thursday prior to the race.</p>		Low
Collision with other participants boats and/or paddlers causing capsize	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants	During the pre-race briefing participants will be reminded of their responsibilities to look out for the welfare of both themselves and other participants		Medium
Slips and trips when portaging	Drowning, Cold Water Shock, Hypothermia, and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants	<p>During the pre-race briefing participants will be reminded of their responsibilities to look out for the welfare of both themselves and other participants</p> <p>Marshalls will both advise and support participants at portages- employing tapes and karabiners as necessary</p>		Medium
Being caught in a 'stopper' after shooting a weir	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, dislocations, lacerations, sprains	Participants and Marshalls	<p>Level 3 coach or Level 2 coach with a moderate water endorsement to assess the safety of stoppers prior to the start of the race. If the water level on the day of the race necessitates- too low or too high- Fiddleford and Hammoon Weirs will become a compulsory portages. Durweston Weir is a compulsory portage.</p> <p>During the pre-race briefing the nature of both Fiddleford</p>		Low

	and strains		<p>Weir and Hammoon Weir will be described to the participants.</p> <p>There will be Marshalls with both experience and knowledge of weirs at Fiddleford, Hammoon and Durweston Weirs. They will set-up/ establish safety prior to the start of the race- throw ropes, safety craft, etc.</p>		
Capsizing after accidentally shooting Fiddleford Weir	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains, strains and additionally damage to craft	Participants	<p>Markers will be placed in the bank prior to the weir by the course clearing crew.</p> <p>One of the Marshalls at this muster point will stand upstream of the weir to warn participants of their imminent arrival at this obstacle.</p>	In the event of a craft being damaged the Lead Marshall where necessary will advise the participant not to continue the race and contact the Race Controller to arrange collection/pick-up. If the paddler of the damaged craft is under eighteen where necessary they will be pulled from the race	Low
Capsizing after accidental shooting of Durweston Weir	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains, strains and additionally damage to craft	Participants	<p>Markers will be placed in the bank prior to the weir by the course clearing crew.</p> <p>One of the Marshalls at this muster point will stand upstream of the weir to warn participants of their imminent arrival at this obstacle.</p>		Low
High water levels- increasing risk of capsize in fast flowing water	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants and Marshalls	<p>All participants will be required to wear buoyancy aids. Marshalls to assess the ability of participants and where necessary advise them not to participate.</p> <p>Marshalls to exercise extra caution above and below weirs.</p>		Medium
Negotiating weirs in high	Drowning, Cold	Participants	Level 3 coach or Level 2 coach with a moderate water		Low

water levels- increasing risk of entrapment in stoppers and under bridges	Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains		endorsement to assess the safety of stoppers prior to the start of the race. If the water level on the day of the race is too high- Fiddleford and Hammoon Weirs will become compulsory portages. Markers will be placed in the bank prior to Hammoon Weir and one of the Marshalls at this muster point will stand upstream of the weir to warn participants of their imminent arrival at this obstacle.		
Negotiating bridges in high water levels- increasing risk of entrapment under bridges	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants	The two foot bridges at Shillingstone and one at Child Okeford to be assessed prior to the start of the race- if necessary additional portages will be established with teams of Marshalls. During the pre-race briefing the participants will be informed of the additional portages		Low
Encounters with Wild Life particularly Swans causing capsizes	Drowning, Cold Water Shock, Hypothermia, Exhaustion and Physical Injury- head injury, broken bones, lacerations, sprains and strains	Participants	During the pre-race briefing the 'Race Controller' will remind participants that they share the river with Wild Life including Swans		Low
Exacerbation or triggering of pre-existing Medical Conditions- Diabetes, Angina, Epilepsy, asthma, etc	Allergic reaction, Seizure, Asthma attack, Hypoglycaemia	Participants and Marshalls	During the pre-race briefing the 'Race Controller' will ask participants to make known any pre-existing medical conditions. Details of participants with pre-existing medical conditions will be forwarded to Lead Marshall at each muster point together with advice/instruction on how to treat/respond in the event that a participant fall victim to their particular condition. Participants will be instructed to carry in their racing craft any necessary medications- Inhalers, Epi-pens, etc. Marshalls with pre-existing medical condition to carry necessary medications and brief their colleagues on how to treat/respond in the event that they fall victim to their particular condition.		Low

Competitive drive leading to over-exertion and difficulty controlling body temperature	Hypo/Hyperthermia, Dehydration, Heat exhaustion, Sprains and Strains	Participants	During the pre-race 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 the tasks they are to undertake, and carry sufficient food and fluid to sustain them for the duration of the race	Marshalls will assess participants condition as they pass each muster point and where necessary advise individuals stop racing- if under eighteen participants where necessary will be pulled from the race	Low
Infection from water born diseases	Weil's disease, stomach upsets	Participants and Marshalls	During the pre-race briefing the 'Race Controller' will remind participants of the dangers of water born diseases and recommend that they avoid swallowing river water and use common sense when consuming food and drink.		Low
Paddling in the same area as rowing and sculling boats at Bryanston School resulting in collisions between participants' racing craft and rowing/sculling boats		Participants	BSBC to be made aware of this event in order that they suspend racing and sculling on the day of the race.		Low

Date Reviewed: Master copies held with committee and reviewed annually	Person Reviewing: Rob Mooring
Position in Stour Valley Canoe Club Committee: Club Safety Officer	Signature of Reviewer: <i>Rob Mooring</i>