

# Hampton Canoe Club Risk Assessment -Hampton Paddler Courses and Kayak Assessments

This document highlights the potential risks and hazards involved in running Hampton Paddler Courses, and doing kayak Assessments at Hampton Canoe Club.

## Background information

The aim of the Hampton Paddler Course is to train people up to a competent standard to be safe and in control of their craft on the water, and be able to rescue themselves and others on the water. This is the minimum requirement to join the club.

The aim of the kayak assessment is to assess if potential new members, who are experienced kayakers, are up to a competent standard to be safe on the water and in control of their craft on the water, and be able to rescue themselves and others on the water

## Location

This course or assessment takes place on the river Thames at Hampton, 1 mile upstream from Molesey lock and weir, and 4 miles downstream from Sunbury lock and weir.

This section of river can be very busy with pleasure cruisers, rowers, fisherman and other kayaking and canoeing clubs, but we are always vigilant of other river users.

There are several islands around Hampton with sheltered waters behind them, out of the main river navigation, and with minimal river traffic. These are the areas we use most for covering the basic skills of forward paddling, reversing and turning. Then we move to one of the beach areas on the Hurst park side of the river to cover capsize and rescue skills. We also take the trainees on a short journey upstream to Sunbury, just below the lock, and back for them to improve their newly required skills.

## Risks

The type of craft we use to coach the Hampton Paddler are K1 racing kayaks which have large open cockpits and don't require a spray-deck and there's a very low risk of entrapment if they capsize.

Please note that all activities involving water have a degree of risk attached.

This document doesn't look to remove that risk, but identifies the risks, controls and management that are necessary, and identifies any further actions that may be required by either the club or its members.

Safety is the responsibility of everyone involved in paddlesport within the club and the appropriate management of risk takes place when all those involved contribute to the process.

The Risk Management process has been split into two separate parts:

1. A Generic risk assessment for basic canoeing activities
2. Dynamic risk assessments that are completed by each coach or leader, prior to the commencement of a session

Of these the generic assessment is recorded within this document; the dynamic assessment is completed by each instructor or leader as the session takes place and progresses. This is not recorded but enables the instructor to alter the session according to conditions and the paddlers within the group.

The club has a policy of reviewing all incidents and near misses to ensure that any appropriate revisions can be made to this document.

This document is to be reviewed every year.

Generic Risk Assessment

Hazard	Who is at Risk	Severity	Likelihood	Existing control measures	Risk	Further controls / other action
Drowning	Coaches Paddlers	High	Low	All paddlers to wear club BA's that have been correctly fitted	Low	
Hypothermia	Coaches Paddlers	Medium	Low	Instructors to ensure that all participants appropriately equipped with sufficient clothing of an appropriate type  Club policies with regard to Winter paddling to be adhered to.  Coaches should ensure that participants have a change of clothing available.	Low	All new paddlers to be issued with guidance and advice at their first session
Hyperthermia /Heat exhaustion	Coaches Paddlers	High	low	Instructors to ensure that all participants appropriately equipped with sufficient clothing of an appropriate type  Make sure drink enough water, wear sun protection eg. Hat, sun cream.  Rapid cooling is required and seek medical advice	Low	All new paddlers to be issued with guidance and advice at their first session
Back Injuries	Coaches Paddlers	Medium	Medium	All paddlers shown correct manual handling techniques  Equipment stored appropriately in a safe manner  Junior boats to be stored on lower racks or removed from higher racks by adults	Low	All new paddlers to be issued with guidance and advice at their first session

Weil's Disease	Coaches Paddlers	Medium	Low	All new paddlers to be given clear guidance on Weil's Disease, how to prevent it and other waterborne infections.	Low	Details of the disease and what to do about it to be on display on the club notice board.
Shoulder and upper limb injuries	Coaches Paddlers	Medium	Low	All coaching to be overseen by BC qualified and competent coaches	Low	
Head Injuries	Coaches Paddlers	Medium	Low	Activities to be closely supervised and participants warned about dangers from paddles and activities in close proximity to the bank, obstacles and fellow paddlers.	Low	To be especially careful during the summer when there are many new and inexperienced paddlers
Slips, trips and falls	Coaches Paddlers Spectators	Low	Medium	All those near the water to be warned especially after rain or after boats have been emptied	Medium	Parents especially to be warned if helping at end of sessions
Collision with other river craft	All those participating	Medium	Low	All paddlers to be aware of the rules of the river.  Paddlers to avoid marinas and moored boats wherever possible.  An extra vigilant watch is to be kept for un-coxed rowing craft which cannot see other river users.		