

# GB Wild Water Racing

## Site Specific Risk Assessment: The River Trweryn, Bala, Wales

Risk Assessment completed by: Jamie Christie

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Reviewed and updated by: Jamie Christie 28th March 2022

Race Organiser Jamie Christie on behalf of the WWRC

### RISK ASSESSMENT

L=LOW RISK (IF ADVICE FOLLOWED); M=MEDIUM RISK AND H=HIGH RISK

HAZARDS	RISK TO WHOM	RISK AVOIDANCE, ACTIONS AND ADVICE	RATING IF PRECAUTIONS ETC FOLLOWED
<b>PADDLER CONTROL</b>	Paddlers	<p>A briefing will take place before the event in the form of a short meeting or by the issue of briefing notes depending on covid restrictions at the time of the race</p> <p>All entrants or person in “loco Parentis” must complete a separate WWR entry form stating paddler is competent and fit to race the WWR race on the conditions and distance etc. on the day.</p> <p>All Paddlers and parents must follow instructions and comply with any safety, plans and directions from the organisers. It is their responsibility to acquaint themselves with this.</p>	L
<b>RACE ORGANISER</b>	Organisation	Wild Water Racing Committee as part of British Canoeing either individual or as a member of a British Canoeing affiliated club: Hold a 10 million pound third party liability insurance.	L
<b>MEMBERSHIP</b>	Organisation and Paddlers	All competitors are required to be a current member of one of the National Associations (BC,SCA,Canoe Wales,CANI)	L
<b>COMPETENCE</b>	Paddlers	<p>Paddlers are solely responsible for their own competence, medical fitness, endurance to complete the race and issues and welfare undertaking the race in the conditions present on the day.</p> <p>All entrants will complete an online entry form stating competence. For Under 18 paddlers, an adult with “Loco Parentis” for them entering and attempting the race and with knowledge of their ability will be required to sign as to their competence to race on the conditions on race day.</p>	L

<b>START AND FINISH NUMBERS MATCHING</b>	Organisation and Paddlers	All paddlers will have a start number and start time allocated. Start and finish numbers will be compared. Paddlers will be briefed on ensuring they do not leave the race area without first reporting their withdrawal. Contact details will be held on entry forms if needed.	L
<b>SITE SPECIFIC</b>			
<b>NON PADDLERS &amp; MEMBERS OF THE PUBLIC</b>	Both	The location is a tourist attraction and can be full of people and children. Paddlers should watch when they move boats around, paddles etc. Also it is suggested no paddler under 16 should be allowed to move around the centre for any reason e.g. taking canoes to river, going to the toilets etc., on their own (nor be left on their own).	L
<b>PROTECTED LAND AND PRIVATELY OWNED LAND</b>	Both	Much of the classic race course is through private land and should only be used in the case of emergency. Areas of private property which must be respected by all. The Sprint course and slalom site have public access along the river left footpath.	L
<b>WATER GETTING IN AND OUT</b>			
<b>GETTING IN AND OUT SLIPWAY</b>	Paddlers and spectators	All WWR paddlers or officials getting on the water MUST wear a buoyancy aid. ALL paddlers MUST also wear a safety helmet.  Spray decks are highly recommended  It is recommended officials doing start and finish and parents, spectators etc., if on the bank and potentially prepared to intervene in a rescue wear a buoyancy aid.  Paddlers to be careful getting in and out and request assistance if required.	L
<b>MUDDY BANKS</b>	Paddlers and Spectators	The banks can be very slippery and the mud much deeper than you think, ensure you get in and out on firm ground/banks	L
<b>RIVER CONDITIONS</b>	Paddlers	River Tryweryn under normal circumstance is dam controlled and there is not enough water to navigate the course unless the dam is releasing water. Opening the Dam creates a sudden and unexpected increase in water level. In exceptional weather conditions the river can reach flood conditions even when there is no water release, the race will be cancelled under these flood conditions. The Tryweryn is a natural river with many natural obstacles it is lined with trees and other hazards. Even at low water levels these can present a hazard of entrapment around rock or in trees. Paddlers must familiarise themselves with these risks and participate at their own risk. Any specific hazards will be highlighted during the briefing.	M
<b>CONDITIONS WIND,WEATHER ETC.,</b>	<b>E.G.</b> Paddlers and Spectators	<b>Review on day of race. Option includes course changes shorter or circular nearer to the start or cancellation</b>	L

<b>BOATS MOORED AND CHAINS/ROPES</b>	Paddlers	N/A	L
<b>RIVER TRAFFIC</b>	Paddlers	There may be some boat traffic on the river especially other canoeists and rafts, treat other craft with respect.	L
<b>OVER HANGING TREES BRANCHES ETC</b>	Paddlers and Spectators	The river often has low hanging trees or fallen trees in the water which can present an entrapment risk. Any specific hazards will be highlighted during the briefing or detailed in the briefing notes.	M
<b>CAPSIZE</b>			
<b>CAPSIZE</b>	Paddlers	<p><b>IN ALL CASES THE PADDLER TAKES PRIORITY OVER SAVING BOAT AND/OR EQUIPMENT</b></p> <p><b>WWR code of conduct requires all paddlers to offer support to other paddlers when requested or if they see someone in potential difficulty with penalty of disqualification for life from competitive canoeing unless at risk/danger themselves.</b></p> <p>The paddler should get to the bank as quickly as possible with their canoe and paddle if they can. If they need help they MUST stop the next paddlers by calling for help from them. The water current may be strong and some paddlers may have difficulty in swimming against this. The finished paddlers must be alert to the paddlers on the race course and go to help immediately. Experienced paddlers will be asked to stay on the water (if they agree) to assist with safety in addition to the two finish paddlers on standby.</p> <p><b>NB: If a boat is lost downstream then please let the race organisation know so emergency service can be notified to prevent any unnecessary searches being started.</b></p>	L
<b>BOAT SPECIFIC</b>			
<b>SAFETY CLOTHING AND EQUIPMENT</b>		Paddlers are required to ensure their safety clothing and equipment is in accordance with current safety regulations in WWR.	L
<b>CANOE FLOTATION</b>	Paddlers	All boat must comply with the current wwr safety rules	L
<b>ILL HEALTH INJURY</b>			
<b>ILL HEALTH and or INJURY</b>	Paddlers	If you can pull to the side or a safe bank area, or an area you can beach boat or hold on safely to something if you can get out and rest on bank. Call for help in any situation and report to the race organiser for first aid or treatment on site or wider help. Contact to race first Aider.	L
<b>HYPOTHERMIA/HEAT STROKE</b>	Paddlers and spectators	<p>Paddlers can withdraw from race by attracting other paddlers' attention.</p> <p>Wear clothing appropriate to conditions and that suits your own bodily</p>	L

		temperature control needs.	
<b>WEILS DISEASE</b>	Paddlers	<p><b>WEIL'S DISEASE</b> Weil's Disease is a RARE but very serious illness which is caused by bacteria carried in the urine of rats (and some other animals). It can be contracted anywhere but especially around waterways. The descending scale of risk is: Stagnant water, canals and slow moving rivers (particularly after flash floods), swifter streams.</p> <p>Precautions:</p> <ul style="list-style-type: none"> <li>• Avoid capsize drill or rolling in stagnant or slow moving water</li> <li>• Wash or shower after canoeing Cover minor scratches on exposed parts of the body with water-proof plaster</li> <li>• Use foot-wear to avoid cutting feet</li> </ul> <p>Should you become ill after canoeing (2-19 days) with a flu-like illness (temperature, aching limbs &amp; joints) call your doctor and tell him/her you are a canoeist and may have come into contact with the Leptospirosis bacteria - see your Yearbook Contact the British Canoeing Office for more information – see for standard handout please.</p>	L
<b>FIRST AID</b>	All Participants	Jamie Christie 07736 959396 is the qualified first aider on site for the event.	
<b>EVENT SAFETY OFFICER</b>	All Participants	Ian Tomlinson has completed and BC Event safety course	
<b>EMERGENCY</b>			
<b>EMERGENCY</b>	Paddlers and Spectators	<b>Call 999 or 112 and request the correct service, explain the situation and contact the race organiser as soon as possible.</b>	L

## COVID SPECIFIC RISK ASSESSMENT, **Will only be applied if Government of BC Policies require it**

<b>Entries</b>	Paddlers/organisers	Entries should be made online via the website <a href="http://www.wildwater.org.uk">www.wildwater.org.uk</a> late entries will not be ranked in the startlist and added to the end of the start list	L
<b>Start List</b>	Paddlers/organiser	Start list will be published on the wwr website and social media shortly after closing of entries, no start list will on display at the venue to avoid participants congregating	L
<b>Race Numbers</b>	Paddlers	Bibs will be issued for the weekend.	L
<b>Travel to the Event</b>	All participants	Is outside the control of the organisers. It is advised everyone attending the event should check the latest government advise before travelling with regards the car sharing and minibus travel and social distancing.	L
<b>Accommodation</b>	All Participants	Is outside the control of the organisers. Overnight accommodation, should be	L

		permitted by the time of the event, participants need to assess the level of risk present to them as an individual and take any precautions necessary.	
<b>Camping</b>	All Participants	No Camping is available on site.	L
<b>Toilet Facilities</b>	All Participants	Basic toilet facilities are available on site in the centre.	L
<b>When on site</b>	All Participants	Each individual needs to maintain social distancing when possible.	L
<b>Briefing</b>	Paddlers	A briefing may take place prior to the race or briefing notes will be issued depending on covid restrictions at the time. If an actual briefing is required Social distancing will be maintained. Face masks are advised to be worn at the briefing. A timetable of briefings will be published with the start list along with the briefing notes on WWR website and social media.	L
<b>Practice</b>	Paddlers	Any practice of the race course is outside the organisers control and at the paddlers own risk.	L
<b>Classic Course shuttles</b>	All	Car sharing is permitted but the number of people you share a car with should be kept to a minimum and facemask worn if travelling with members not in your household and make sure the vehicle is well ventilated	L
<b>Race Organisers Starters and Finishers</b>	Organisation	Organisation should be able to maintain social distancing and when this is not possible masks will be worn.	L
<b>Boat Scrutineering</b>	Paddler/Organisers	The Scrutineer will wear gloves and face mask and will check without touching equipment, condition of buoyancy aid, helmet and that airbags are present only.	L
<b>Crew Boats</b>	Paddlers	Crew boats are permitted but greatly increase the risk of transmitting Covid, participants need to understand these risks and decide for themselves if they are want to partake. The Organisation assumes that crews train together regularly and do not mix and match.	L
<b>The Race</b>	Paddlers	The race is Time trial format with starts at 1 minute intervals and social distancing should be possible at all times. Paddlers should take care at the start during their warm up and at the finish whilst doing their safety cover and warm down before leaving the water.	L
<b>Results</b>	All Participants	No results will be published at the site, these will be posted on the website and social media as soon as possible. After publishing, a 15 minute protest time will be allowed after which time if no protests are made they will become the official results.	L
<b>Post race</b>	All Participants	All individual should maintain social distancing.	L
<b>Timing Equipment</b>	Organisers	We will have backup cameras at the start and finish. Timers packs will be prepared a few days prior to the event and issued to the timers at the event.	L

		<p>Each timer will keep the same pack for the entire event. It will contain Stopwatches, clipboards, start sheets, pens.</p> <p>All organisers will be given a small jar of hand sanitiser to use as they require through the event.</p> <p>No other shared equipment is required.</p>	
<b>Track and Trace</b>	All Participants	As part of the entry process each paddler must add the details of anyone they will be travelling with which will be passed to track and trace services if required should the need arise.	
<b>Signage</b>	All Participants	There will be limited signage at the event to remind participants of social distancing, regular reminders will be sent to all participants via social media during the event from the organisers.	
<b>Covid event officer</b>	All Participants	Covid event officer is Helen Christie	