


British Canoeing – Duddon Canoe Club

Safety Checklist for WWR race

Name of activity:	South Lakes Summer Series
Description of activity:	WWR event. Suitable for novice Paddlers. This will be a 900m classic race.
Activity date & time:	Sat.9 th July 2022 10am to 11am for race start 12 noon
Activity venue:	River Crake, Greenodd.
Start:	Penny Bridge road bridge.
Finish:	Greenodd below the weir.
Route:	Paddle up stream to start the race down to finish.
Escape route(s):	Either side of river.
Contingency Plans:	Very low water may result finish moving up stream.
Event officials:	Organize – John Sherwen/ Cari Taylor. Safety officer – Scott Wilson. Welfare officer – Carol Stringer. First aid - at race control – All coaches on site
Race control:	Vehicle/ table at finish area.
Facilities:	The nearest public toilets are at the car park 1000m down the A590 towards Ulverston. There is a café and fish and chip shop 100m from race control.

Risk control summary (see risk assessment for full details)

Do not get on the water before race organizer / safety officer have consulted to ensure the course is safe, safety is in place, ready to race.	
Suitable PFD – Helmet – Footwear must be worn. Boat buoyancy must be used. Only paddlers deemed experienced enough for the conditions will be allowed to race.	
If you capsize swim to the bank and get out of the water. If safe to do so, keep hold of boat and paddle and take them with you to the shore.	
Cover cuts / wash hands before eating – Alcohol gel at race control.	
If you bring a boat from another catchment ensure it is washed / dried out before and after the event to avoid transfer of invasive species.	

Emergency response information

Emergency Contact details	John Sherwen (prior to event) 01229 462905 or 07914 424220
Police / coastguard Contact Details	Give 999 operator – Greenodd LA12 7RE What 3 words:- attending-brink-chin Grid ref. SD 315 827
Medical Services Contact Details	Use 999 (Furness General Hospital 01229 870870)