

# GB Wild Water Racing

## Site Specific Risk Assessment: The River Eden, Cumbria, England

Risk Assessment completed by: Hannah Brown

Date: 2<sup>nd</sup> January 2024

Reviewed and updated by: N/A

Race Organiser Hannah Brown 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 pre-race briefing will take place on the morning of the race in the top car park (Carpark along B6413 Lazonby) to ensure all competitors are aware of the timings of the race weekend and paddler etiquette on and off the water</p> <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</p>	L

		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.	
<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 for both paddlers and walkers and so 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 is also located mid-way through the classic course, paddlers and organisers must be mindful of egress points and stick to allocated footpaths where possible.	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.  Any official or spectator holding a throw bag must also be wearing a bouyancy aid.  Paddlers to be careful getting in and out and request assistance if required.	M
<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	The River Eden is reliant upon rain fall, the race will be run in low to moderate river levels. In exceptional weather conditions the river can reach flood conditions. If the level is deemed to High the race course is subject to move or the race cancelled. The race organiser will coordinate with the organiser team and communicate via verbal and social media post (website) to changes or cancellations.	M

			The River Eden 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.	
<b>CONDITIONS</b> <b>WIND,WEATHER ETC.,</b>	<b>E.G.</b>	Paddlers and Spectators	<b>Monitor during the week prior to the race</b>  <b>Review on day of race. Option includes course changes shorter or circular nearer to the start or cancellation</b>	L
<b>BOATS MOORED</b> <b>AND</b> <b>CHAINS/ROPES</b>		Paddlers	N/A	L
<b>RIVER TRAFFIC</b>		Paddlers	Popular river with recreational paddlers. Therefore likely to have boat traffic on the river especially other canoeists and rafts, treat other craft with respect. Clear communication when passing other water users.	L
<b>OVER HANGING</b> <b>BRANCHES ETC</b>	<b>TREES</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	<b>IN ALL CASES THE PADDLER TAKES PRIORITY OVER SAVING BOAT AND/OR EQUIPMENT</b>  <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>  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.  <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>	L
<b>BOAT SPECIFIC</b>				
<b>SAFETY CLOTHING</b> <b>AND</b> <b>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	Paddlers can withdraw from race by attracting other paddlers' attention.  Wear clothing appropriate to conditions and that suits your own bodily temperature control needs.	L
<b>WEILS DISEASE</b>	Paddlers	<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. Precautions: <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> Should you become ill after canoeing (2-19 days) with a flu-like illness (temperature, aching limbs & 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.	L
<b>FIRST AID</b>	All Participants	Hannah Brown 07590925804 is the qualified first aider on site for the event.	
<b>EVENT SAFETY OFFICER</b>	All Participants	Ian Tomlinson/Hannah Brown/Jamie Christie 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>  <b>Closest Hospitals with A&amp;E departments are Torbay, Exeter and Plymouth</b>	L