

MATLOCK CANOE CLUB GENERIC RISK ASSESSMENT

Date:	27/06/2024
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Assessors Name:	Peter Montgomery	Review Date:	27/06/2025
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Description of assessment	Paddlesport activity
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Location Details	
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What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
Drowning	Coach Athlete Volunteer/Parent	<ul style="list-style-type: none"> ● Coaches to hold appropriate British Canoeing Awarding Body (BCAB) coaching qualifications and valid first aid award. ● Athletes/volunteers to be made aware of the hazards. ● Appropriate Athlete to Coach Ratios as per BCAB guidance HERE, ensure adherence to relevant site specific rules. ● Any coaches/volunteers providing bank based throwline support will ideally 	none	Coach	Prior to Session	

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		<p>have completed appropriate, formal rescue training, but at a minimum must have received appropriate rescue training along with a site specific induction from an appropriately qualified person and be supervised by a qualified coach.</p> <ul style="list-style-type: none"> ● Coach is responsible to ensure athletes have declared they are competent swimmers. ● Appropriate personal floatation devices and personal protection equipment used by athlete/coach/volunteer based on environment, conditions and user competence ● Coach to inspect appropriately that water is free of hazards before the start of each session-do not assume ● Coach to be satisfied that all athletes can eject from their craft effectively and safely. ● When hired/borrowed equipment is being used the athlete/coach is to check its suitability before use. ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements).. 				
Hypothermia	Coach Athlete Volunteer	<ul style="list-style-type: none"> ● Coaches to hold an appropriate 'in date' first aid award. ● Appropriate clothing and equipment is to be worn at all times. ● Coaches aware of signs and symptoms of hypothermia and close monitoring of individuals throughout the session, remove athletes from the water/session if required 	None	Coach in Charge	Before and during session	

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		<ul style="list-style-type: none"> ● Coaches to mitigate session plan appropriately based on athlete ability and environment conditions ● Accessible area suitable to provide emergency shelter and warmth away from the elements. Coaches to consider need for safety blanket to provide for athlete and coach recovery from cold. ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements). 				
Head Injury	Coach Athlete Volunteer	<ul style="list-style-type: none"> ● Follow guidelines outlined in the UK Concussion Guidelines for non-elite (grassroutes sport) ● Coaches to hold an appropriate 'in date' first aid award. ● Awareness of recognised first aid room or personal first aid equipment. ● Remove to Hospital/Medical Centre for further observation if required. ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements). 	none	Coach	After Head injury and suspected concussion	
Entrapments	Athlete	<ul style="list-style-type: none"> ● Appropriate rescue equipment accessible at every session.. ● Coach to be satisfied that all athletes can eject from their craft effectively and safely. ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements). 	none	Coach	Before and during session	

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Sun Burn/Heat Exhaustion	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Athletes to bring water as appropriate for session needs. • Appropriate use of a high factor waterproof sun cream . • Appropriate clothing and equipment is to be worn at all times. • Close monitoring of individuals for signs and symptoms during the session. 	Regular reminders and checks	Coaches and Guardians	Before sessions	
Entanglements	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Any straps within the boat to be appropriately fitted so as to not pose a risk of entanglement during capsizes. • Athletes to be warned of site specific risks for trapped finger hazards - Conveyor Belt, Blocks, rocks etc. 	Regular reminders and checks	Coaches	Before sessions	
Slips, Trips and Falls	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Tidy, unhindered working area around the activity site. • Suitable footwear to be worn when moving around the activity site 	On-going house keeping	Coaches Athletes Volunteers	Before sessions	
Manual Handling of Equipment	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Correct lifting and manual handling techniques to be used at all times 	Regular reminders when lifting	Coaches Athletes Volunteers	Immediately prior to lifting	
Leptospirosis (Weils Disease)	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Athletes to avoid swallowing water • Cuts, grazes, broken skin to be covered • Kit recommended to be washed after use 	Regularly reinforce	Coaches Athletes Volunteers Guardians	Prior to and regularly during and	n/a

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		<ul style="list-style-type: none"> • Athletes recommended to shower after every session • Coaches, Volunteers to wash hands as a minimum before eating • If anyone develops Flu like symptoms after exposure to the water, a visit to the Doctors is advisable 			after sessions	
Blue Green Algae (Cyanobacteria)	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Not usually a problem on the Derwent but can be on inland ponds and lakes • Ensure guidance is followed if the water has a scum or bloom on the surface • If anyone develops Flu like symptoms, gastroenteritis after exposure to the water, a visit to the Doctors is advisable. 	Follow operator protocol	Coaches Athletes Volunteers Guardians	Before session	
Cold Water immersion	Coach Athlete Volunteer	<ul style="list-style-type: none"> • Athletes and coaches to be dressed appropriately for the conditions. 	Check before session	Coaches Athletes Guardians	Before session	
Collisions	Athlete	<ul style="list-style-type: none"> • Water etiquette to be followed at all times-give way to upstream, follow site specific circulation patterns and always check before you start • Athletes to have the correct skill set to avoid other athletes 	none	Coaches Athletes	During sessions	
Medical emergency	Athlete	<p>Coaches to have easy access to personal first aid equipment</p> <ul style="list-style-type: none"> • Responsibility of the athlete to come equipped to sessions with required personal medication and to appropriately inform the coach. • Coaches must have appropriate access to and have read individual 	Check before session	Coaches	Before session	

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		<p>participants Medical & Emergency Contact information.</p> <ul style="list-style-type: none"> ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements). ● Coaches to hold an appropriate first aid award ● Awareness of recognised first aid room or personal first aid equipment and location of nearest Defibrillator. ● Remove casualty to Hospital/Medical Centre for further observation or treatment as required. ● Coaches to capture and report any incidents, near misses and any notable incidents with British Canoeing ● Coaches should understand site specific risk assessment, including emergency response plan. 				
Electrical Storm, Strong Wind	Coach Athlete Volunteer	<ul style="list-style-type: none"> ● Coaches are to check local weather before sessions and plan accordingly. ● Activities to be cancelled in high winds and lightning following the 30/30 rule (if flash to bang is 30 seconds in length or less, seek shelter and stay inside until 30 minutes past the last clap of thunder) ● Coaches to have the ability to summon appropriate emergency help and assistance (in line with any site specific requirements). 	none	Coaches	Immediately	
Equipment failure	Athlete	<ul style="list-style-type: none"> ● Athletes to check all personal equipment for safety prior to going on the water. 	Check before use	Athletes Coaches	Before session	

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		<ul style="list-style-type: none"> Any safety item showing damage is not to be used. 				
Spreading or contracting of infectious diseases	Coach Athlete Practitioners Volunteer People within the households of the above	<ul style="list-style-type: none"> Observing basic hygiene (regular hand washing and covering sneezes in the elbow) pre and post session. When indoors, try to maximise ventilation to reduce risk of spread. Individuals testing positive for or have any Covid-19 symptoms should not enter the training environment. 	Monitor wellbeing and set clear protocols	Coaches	Before and during sessions	
Incident of abuse, malpractice or any form of harm to a child or adult at risk, or perceptions or allegations of such	Athletes Guardians Coaches Practitioners Volunteers	<ul style="list-style-type: none"> Coaches and volunteers to work at all times in compliance with Paddle UK's Safeguarding Policies and the Code of Conduct for Coaching Workforce. Coaches and volunteers to have an appropriate DBS check (see P.UK's DBS Guidance Flowchart), relevant Safeguarding & Protecting Children training as required by P.UK's Safeguarding Training Requirements (3 yearly refreshers as required) and the associated elearning for P.UK's Code of Conduct for Coaching Workforce. Guardians and athletes to be informed of reporting procedures for concerns. Where applicable, the Club Welfare Officer to be introduced to the athletes, parents/carers, coaches, and volunteers. 	Monitor the situation. Maintain approachability	Athletes Guardians Coaches Practitioners Volunteers	Ongoing or in response to an incident or report	

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Unsuitable training programme	Athlete	<ul style="list-style-type: none"> ● Training programmes appropriate to the age and stage of development for each athlete to be written by appropriately qualified coach ● Coach must have appropriate access to and have read individual participants Medical & Emergency Contact information. ● Appropriate Athlete to Coach Ratios as per BCAB guidance, ensure adherence to relevant site specific rules. ● Coaches/volunteers to have an awareness of any existing or pre-existing medical/physical conditions of athlete and to consider appropriate mitigations to training programme. ● Athletes/parent (or guardian) to declare any condition that might impact on appropriateness of session participation ● Coaches to follow the graduated phased return to play guidance for Concussion where cases are confirmed in order to return an athlete to normal training. 	none	Coach	Ongoing	
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Office use only (to be completed by a risk assessment sampler if selected for sampling)

Sampled by		Position:		Date:	
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