

Risk Assessment Eden Classic

Date:	17/01/2026
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Assessors Name:	Jamie Christie	Review Date:	10/09/2026
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Description of assessment	Wild Water Event Specific Risk Assessment: River Eden Classic
Organisers and Experience	Jamie Christie, Current White-Water Coach with 40 years paddling experience and 20 years' experience running canoeing competitions, Nicky Cresser, Current White-Water Coach and assessor with 30 years paddling experience and 10 years' experience running canoeing competitions,
Event Safety Officer	Jamie Christie, last event Safety course completed January 2025 Nicky Cresser, last event Safety course completed February 2025
Safeguarding	Jamie Christie, has completed a Scouting and Paddle UK Safeguarding courses.

Location Details	River Eden Classic. The race starts approximately 5-8 minutes paddle downstream for the get in at Lazonby https://maps.app.goo.gl/qQKLFwR69yHXKYj48 and finishes by the last high cliffs which are a 15 minute paddle from the get out at Armathwaite https://maps.app.goo.gl/AMLEQKQ6ZLeJpGrb9 . The Eden is a well white-water river with easy slow moving flat sections of water with shingle shallow grade 2 rapid with narrower sections creating easy grade 3 rapid which run out into flatter section so river. There is a natural fall/weir just before the get out at Wetheral which is grade 4 and can be inspected or portaged river right. Under normal river conditions the river has a very pleasant forgiving rapids with stunning views. In higher water conditions the rapid become less technical but the size of the wave and the overall power of the water can increase dramatically but can still be raced comfortably. In very high conditions trees can become a significant hazard and paddling the final fall can become a significant challenge.
Safety Plan	No safety cover is provided other than the provision details below. Starter and finisher paddle to the start and finish location and carry mobile phones. Once all the competitors have starts the starter access a sweeper of the course
Emergency Plan	In the Event of an Emergency or suspected emergency the organisers should be notified and the emergency services called. The nearest hospital is Cumberland Infirmary, Newtown Rd, Carlisle CA2 7HY

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Welfare and Safeguarding Plan	The event adopts the Paddle Uk policy for welfare and safeguarding, in the event of a suspected incident the organisers should be notified, and the emergency services will be contacted if required.
Evacuation Plan	The get on and off points are located on public land close to small villages and evacuating these areas would be the responsibility of the emergency services. If the race course needs to be evacuated any paddlers that have not left the get on will be prevented from doing so and the starter will escort any paddlers on the water the get off or safe access points along the course. Any suitable point along the river left bank can be used, a small road follows the river left bank which would be found by walking directly away from the river at approximately 90 degrees.
Incident reporting	Following any Safety, Emergency, Safeguarding or evacuation incident a Paddle UK incident form shall be submitted as a record of the situation.

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
Lack of Paddler Competence	Paddlers	All entrants, and parents of junior entrants (or adults acting "in loco Parentis" where a parent isn't present) must complete a separate WWR entry form stating the paddler is competent and fit to race given the conditions prevailing on the day.. 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. All Paddlers and parents must follow instructions and comply with any safety, plans and directions from the organisers. It	Any new competitors to the race are asked to come and speak to the organisers immediately after the briefing	Event Organiser and competitor	At the briefing	

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		is their responsibility to acquaint themselves with this. Event description clearly describes the severity of course, and the fact that paddlers need to be self-supporting on the river section. The Event is not suitable for novices. Organisers will assess conditions on the day and reserve the right to cancel a paddlers entry and or cancel the race at short notice if they believe conditions are not suitable.				
Other water users	Paddlers	The river is open to other rivers users such as fishermen, boats owners and other recreational paddlers, Competitors should be aware of this and treat anyone they interact with politely and assist if they come across anyone in difficulty.				
Missing Paddler(s) & or Children	Paddlers	All paddlers will have a start number and start time allocated. Start and finish numbers will be compared. Start list is organised as per the current rolling ranking system so those without a ranking start before more experience paddles who have a ranking and competed in other races.	Event team to be in contact throughout the event to ensure that all expected paddlers are accounted for. Paddlers briefed as to their responsibility to others throughout the event. Paddlers/parents briefed on recommendation that no paddler under 16 should be	Event Organiser Start and Finish Team	On the day and at the Briefing	

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		Paddlers will be briefed on ensuring they do not leave the race area without first reporting their withdrawal.	allowed to move around the Venue for any reason e.g. taking canoes to the river, going to the toilets etc., on their own (nor be left on their own).			
Injury to Non-Paddlers and Members of the Public	Public Event Team Spectators	First Aider is available	Paddlers briefed: - not to block footpaths - take care when they move boats and equipment around the site. - boats to be secured in windy weather.	Event Organiser Paddlers	On the day	
Moving Water	Paddlers Event Safety Team Starter Spectators	All WWR paddlers or officials getting on the water MUST wear a buoyancy aid, helmet and spray deck if applicable. 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. No on the water safety cover is provided at this event paddlers are responsible for their own and the safety of fellow competitors when on the water. Any competitor coming across another competitor in trouble must stop and give assistance. Each competitor must wait on the water at the finish for the next 2	Paddler safety to be discuss at the briefing	Event Organiser	On the day at Briefing	

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		competitors to finish before leaving the water. Chaperones are allowed to accompany less competent paddlers during the race				
Drowning	Paddlers	All paddlers are required to wear and approved buoyancy aid, each paddler is responsible for ensuring the buoyancy aid is in good condition and suitable for the event. Any competitor coming across another competitor in trouble must stop and give assistance.	Reminder given at the race briefing	Event Organiser	On the Day	
Head Injury	Paddlers Organisers	Helmets are mandatory. Paddlers must ensure it complies with the current WWR rules. <u>Paddle UK Head Injury Guidance</u> to be followed	First Aider is available	Event Organiser	On the Day	
Injury - body, inc manual handling	Paddlers Event Team	All WWR canoes and Kayaks must comply with the current <u>WWR safety rules</u> Other types of craft such as Sprint/Marathon, slalom, surf ski, sea kayaks and canoes must contain enough buoyancy to prevent them sinking in the event of a capsize.	First Aider is available	Event Organiser/First Aider	On the day	

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		Other craft such as stand up paddle boards, coracle or dragon boats must contain enough buoyancy to prevent them sinking in the event of a capsized. Stand up paddle boarders are advised not to use a leash. Volunteers and Safety Team briefed on Manual Handling				
Slips and Trips	Paddlers Event Team Spectators	River banks are often slippery even when dry, un-even and be covered in natural debris washed up by the river.	Paddlers & Volunteers briefed to take care getting in and out of WWC due to slippery banks First Aider is available	Event Organiser/First Aider Paddlers & volunteers	On the day	
Entrapment or injury from hazards on the course - Trees - Boats - damaged WWC - Throwlines	Paddlers Event Team	The river is a natural water course which is lined by trees, bushes and other plants, under normal river conditions these pose little risk. As the river level increases, and the flow increases, and the risk of a paddler or swimmer being inadvertently pushed into a tree or bush and becoming entrapped increases.	River conditions are assessed on the day and competitors are advised of any specific risks at the briefing. River conditions are assessed on the day of the race and the course can be shortened or an alternative course can be raced down stream which reduce the risk of entrapment in trees. River conditions are assessed on the day of the race and the course can be shortened or an alternative course can be raced down stream which reduce the risk of entrapment in trees.	Event Organiser	On the day at the briefing	

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Poor Water Quality	Paddlers Event Team	Water quality is not monitored, and competitors compete at their own risk. Event has an Emergency Plan to be followed, including evacuation procedures	Paddlers briefed to wash hands and shower after being on and around the water	Event organiser	At the Briefing	
ILL HEALTH and or INJURY	Paddlers Event Team	Event has an Emergency Plan to be followed, including evacuation procedures	First Aider is available Paddlers briefed - pull to a safe area if possible and rest on the bank - Report to safety team/organisers or first aid - look out for each other and assist paddlers in trouble.	Event organiser/First Aider Paddlers	On the Day	
HYPOTHERMIA / HEAT STROKE	Paddlers Event Team Spectators	Event Venue is run from personal vehicles at the get in and get off, local amenities are close by.	First Aider is available Paddlers briefed - wear clothing appropriate to conditions and that suits your own bodily temperature control needs	Event Organiser First Aider		
High water levels	Paddlers Event Team	The river is a natural water course and river levels increase or decrease depending on weather conditions preceding the event.	Review water levels and weather conditions in the days running up to the event to prepare additional mitigations if required. E.g. live gauges upstream will be monitored https://check-for-	Event Organiser	On the day	

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			flooding.service.gov.uk/station/5138			
Lightning Strike	Paddlers Event Team Spectators	If there are concerns about potential storms. Lightning will be tracked using a site such www.lightningmaps.org . If lightning is within 10km of the event, racing will immediately stop, paddlers will be removed from the water as quickly as possible and all will be advised to seek shelter.	Monitoring of lightning in place	Event Organiser	On the day	
High Winds	Paddlers Event Team Spectators	Boats and paddlers equipment secured when not in use	Review conditions on the day	Event Organiser	On the day	
WEILS DISEASE	Paddlers Event Team	Washing Facilities are available in the pub toilets	Paddler and volunteer briefing on hazards and symptoms: Precautions: - Avoid capsize drill or rolling in stagnant or slow moving water - Wash or shower after canoeing Cover minor scratches on exposed parts of the body with water-proof plaster - Use foot-wear to avoid cutting feet Should you become ill after canoeing (2-19 days) with a flu-like illness	Event Organiser Paddlers Event Volunteers	On the Day	

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			(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 Paddlers briefed to report any infection to Paddle UK incident reporting			
Safeguarding or Welfare incident	Paddlers Event Team Spectators	Paddle UK Safeguarding processes to be followed Trained Event Safeguarding Officer to manage concerns during the event.	U18 or vulnerable paddlers to be the responsibility of & supervised by parent / coach / club throughout the event	Event Organiser	Monitored during the event	
Equipment Failure (Catastrophic)	Event Team Paddlers	All Competitors are responsible for ensuring their equipment is fit for purpose and meets manufacturer specifications Event has an Emergency Plan to be followed	,			
Equipment Failure (Organisational Risk)	Event Team Paddle UK	Equipment maintained and regularly checked	Back-up manual system available if required			

Office use only (to be completed by a risk assessment sampler if selected for sampling)

Sampled by		Position:		Date:	
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