

## Paddlesport Risk Assessment - Amber

<b>Name of activity/ event/ location</b>	Paddlesports to include canoes, kayaks, bell boats, SUPs at LOPC	<b>Date of risk assessment</b>	24th March 2021	<b>Name of who undertook this risk assessment</b>	Jeremy Pole
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<b>Hazard Identified? / Risks from it?</b>	<b>Who is at risk?</b>	<b>How are the risks already controlled? What extra controls are needed?</b>	<b>What has changed that needs to be thought about and controlled?</b>
<i><b>Hazard</b> – something that may cause harm or damage. <b>Risk</b> – the chance of it happening.</i>	<i>Young people, Leaders, Visitors?</i>	<i><b>Controls</b> – Ways of making the activity safer by removing or reducing the risk from it. For example - you might use a different piece of equipment or you might change the way the activity is carried out.</i>	<i>Keep <b>checking</b> throughout the activity in case you need to change it...or even <b>stop</b> it! This is a great place to add comments which will be used as part of the review.</i>
General COVID risks for site	All	<p>Follow the LOPC RA for accessing the site</p> <ul style="list-style-type: none"> <li>- Wash hands / sanitise on arrival at site and after activity</li> <li>- Keep a register of who attended the site, names, contact details and date/time</li> <li>- Equipment to be taken out of and returned to stores by leaders to avoid crowding confined spaces</li> <li>- Follow signed one way system</li> <li>- Groups to be met in the car park by leaders and taken to the activity - restrict access beyond car park.</li> </ul> <p>Anyone displaying COVID related symptoms should not attend the session or visit the site.</p>	
General COVID risks for paddlesports	All	<p>Maximum section group size is recommended, but not limited, to 20, comprising maximum 15 youth members with up to 2 section leaders and 3 canoe leaders.</p> <p>Up to 3 section groups can be accommodated at LOPC with staggered arrival and departure times which will keep each section separated.</p> <p>All activities should maintain a 1m plus gap between participants where possible.</p> <p>Paddlesport sessions are available to all age groups. Beaver sessions will be delivered using multi-occupancy craft such as Bell Boats and Kata-Canoes. Older sections can use any craft, primarily using solo kayaks, canoes and SUPs, but tandem canoes and Bell Boats will be</p>	

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		<p>used if this provides a safer paddling session for the age group and/or weather conditions.</p> <p>Leaders to carry masks and gloves and use them where social distancing cannot be maintained when appropriate to do so.</p> <p>All participants advised that there is no normal access to the building to use showers. Changing facilities are available but use should be limited, ideally to get dry/changed after a session. Paddlers should arrive ready to paddle and be prepared to travel home in the kit they paddled in. Access to the building to use the changing and shower facilities will be permitted if the Canoe leader deems it appropriate that a participant must change/shower to warm up or get clean.</p> <p>Toilets are available but use should be minimised and toilets need to be cleaned by leaders after use.</p>	
Cross-contamination from use of kit	All	<p>All paddlers to use their own personally owned equipment where possible.</p> <p>Where paddlers have to use the group or shared kit the following measures are to be enforced;</p> <p>Soft kit such as BAs and spray decks are to be taken from the standard pool of shared kit, and returned to dedicated and day marked storage so that it is not used for 72 hours.</p> <p>Paddles are to be taken from the standard pool of shared kit and returned to the same location after being wiped down with an appropriate cleaner after use, or returned to the day marked storage so they are not used for 72 hours. Cleaner is available at LOPC. Paddles must not be swapped or shared once allocated to a paddler.</p> <p>Boats are to be taken from and returned to the standard pool of shared kit. Boats should not be cleaned with alcohol spray or wipes as it may damage the soft fixings/materials.</p>	
Water / Drowning	All	<p>Access restricted to bankside gates/ropes/signage. Only those wearing a Buoyancy Aid (BA) allowed bankside or on to the water.</p>	

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		<p>Paddlers to put their own BA on, supervised by an instructor. All BAs are to be visually checked by an instructor, supported by verbal instructions to the paddler to ensure they fit correctly and are fit for purpose. Instructor to wear a mask if the paddler needs 'hands-on' help fitting the BA.</p> <p>Safety briefing delivered to paddlers by instructors before going on to the water. Participants briefed on what to do in the event of a capsize including self-rescue guidance to minimise the need for close contact.</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p> <p>Instructors will carry out emergency rescue techniques, socially distanced where possible, but general safety of the individual and group, and the preservation of life will override social distancing and COVID restrictions.</p>	
<p>Entrapment in boat and capsize</p>	<p>All</p>	<p>Safety briefing delivered to paddlers by instructors before going on to the water. The briefing will include clear instructions on how to exit a boat, and what to do in the event of a capsize.</p> <p>Paddlers will be briefed on a self-rescue process.</p> <p>Instructors to check participants clothing for loops that may lead to entrapment and take measures to remove the loop.</p> <p>Boats checked to ensure they are an appropriate size for the paddler by an instructor.</p> <p>Boats fitted with sufficient buoyancy to ensure they float when capsized. Instructors trained in emptying boats and getting paddlers back into the boat.</p> <p>Activities and games delivered during the session should be relevant to the paddlers' ability and designed to minimise the risk of capsizing resulting in an instructor rescue.</p> <p>Instructors will carry out emergency rescue techniques, socially distanced where possible, but general safety of the individual and group,</p>	

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		<p>and the preservation of life will override social distancing and COVID restrictions.</p> <p>Instructors holding a British Canoeing FSRT must be present on each session. Instructor to participant ratios to be adhered to in line with Scout Activity permit</p>	
cold wind, cold water/hypothermia	All	<p>Advice is given to participants about appropriate clothing (windproof/waterproof outer layer and synthetic layers including headwear - no heavy cotton or wool) ahead of the session. Clothing checked by instructors. Those with inappropriate clothing will not be allowed to take part.</p> <p>Instructors to carry spare clothes and emergency blankets for longer journeys. If these are used they are to be taken home in an appropriate bag and washed before being re-used.</p> <p>All paddlers monitored during the session by instructors and appropriate action is taken (return whole group or individual paddler to HQ, or change wet clothing for dry clothing).</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit</p>	
heat and sun/dehydration and sunburn	all	<p>Advice is given to participants about appropriate clothing (light synthetic layers, hat and sunscreen) ahead of the session. Clothing checked by instructors. Those with inappropriate clothing will not be allowed to take part.</p> <p>Instructors to carry water for longer journeys in named bottles to prevent sharing.</p> <p>All paddlers monitored during the session by instructors and appropriate action is taken.</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p>	
Slips, trips and falls	All	<p>Hazards at the site (slopes, metal ramps and steps) pointed out to participants during a safety briefing given by instructors.</p>	

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		<p>Hazards of boats and paddles on the floor pointed out during the safety briefing.</p> <p>No running on the landing stage or bankside area.</p> <p>Numbers of people and boats on the landing stage and bankside area to be controlled.</p> <p>Any additional portage points to be assessed before use by participants and safety information provided.</p>	
Manual handling	All	<p>Correct procedures for lifting and carrying boats demonstrated during the Instructors briefing and monitored during the session.</p> <p>Safety briefing to include checking the area in front and behind the boat or paddle before moving and turning when carrying with an awareness of overall length.</p> <p>Particular care to be taken when lifting or moving water swamped boats.</p>	
Paddles/impact injury	All	<p>Safety briefing delivered to paddlers by instructors before going on to the water, identifying the hazard associated with paddle blades hitting another participant.</p> <p>Instructors to monitor and control paddle use through the activity.</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p>	
general impact injury	All	<p>Safety briefing delivered to paddlers by instructors before going on to the water.</p> <p>Helmets are worn when an injury is likely from the activity. Helmets are available, but not required for general paddling and majority of sessions, but must be worn when shooting weirs in any craft, for SUP paddling or on any whitewater graded water.</p>	

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		Instructor to participant ratios to be adhered to in line with Scout Activity permit.	
Wind	All	Instructors to check conditions in advance and monitor during the activity, cancelling or finishing the activity early if the wind results in a change of remit, or is too dangerous to continue.  In the case of sudden changes in conditions on longer journeys, shelter on or off the water to be sought.	
Water contamination and litter/infection	All	Instructors to check water conditions visually before and during the activity, taking appropriate action as required.  Safety briefing delivered to paddlers by instructors before going on to the water, highlighting that litter or other objects should not be picked up from the water.  All participants advised to wash hands or use a hand sanitiser as soon as possible after finishing the activity and before any food or drink is consumed.  Shower to be taken at home after the session to limit the risk of water-borne infections.	
Other water users and obstructions	All	Safety briefing delivered to paddlers by instructors before going on to the water, identifying the hazards associated with moored boats, passing boats, fisherman and lines, weirs, low bridges, overhanging trees, submerged objects with advice to keep away from all of these.  Individual hazards to be identified and controlled by instructors throughout the activity.  Instructor to participant ratios to be adhered to in line with Scout Activity permit.	
First aid and emergencies	All	Appropriately trained first aiders will accompany the group, carrying a first aid kit appropriate for the activity and size of the group.	

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		<p>Leaders to carry waste bags, masks, aprons and gloves and use them when appropriate to do so when giving first aid. Any items used must be double bagged and disposed of appropriately.</p> <p>At least one instructor must have a mobile phone to summon help.</p> <p>Participants requiring emergency medication must be identified to the instructors. Asthma inhalers, Auto-firing injectors for Anaphylaxis and food/medication for Diabetics should be carried by the participant if appropriate or by the instructor.</p> <p>Additional controls set out in the COVID RA for First Aid will be adhered to where possible, but may not be possible in a paddlesport setting. Instructors will assess the injury and carry out appropriate first aid, socially distanced where possible, but the preservation of life will override social distancing and COVID restrictions.</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p>	
<p><b>Review due:</b> <i>A risk assessment needs reviewing if circumstances change but also schedule regular reviews to ensure they are current, perhaps every 12 months? The review must include a detailed look at each element of the risk assessment in order to establish if any change is required.</i></p>			

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