

Paddlesport Risk Assessment

Name of activity/ event/ location	Paddlesports to include canoes, kayaks, bell boats, SUPs at LOPC	Date of risk assessment	16 th May 2024	Name of who undertook this risk assessment	Jeremy Pole
Hazard Identified? / Risks from it?	Who is at risk?	How are the risks already controlled? What extra controls are needed?		What has changed that needs to be thought about and controlled?	
<p>Hazard – something that may cause harm or damage. Risk – the chance of it happening.</p>	<p>Young people, Leaders, Visitors?</p>	<p>Controls – 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.</p>		<p>Keep checking throughout the activity in case you need to change it...or even stop it! This is a great place to add comments which will be used as part of the review.</p>	
<p>General risks for site</p>	<p>All</p>	<p>Follow the LOPC RA for accessing the site.</p>			

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<p>General risks for paddlesports</p>	<p>All</p>	<p>Maximum paddling group size is recommended, but not limited, to 20. Larger groups may be split to assist with group management.</p> <p>Paddlesport sessions are available to all age groups. Beaver sessions will be delivered using multi-occupancy craft such as Bell Boats, Kata-Canoes or Canoes with an adult paddler on board.</p> <p>Older sections can use any craft, primarily using solo kayaks, canoes and SUPs, but tandem canoes, Bell Boats etc will be used if this provides a safer paddling session for the age group and/or weather conditions.</p>	
		<p>Changing facilities and showers are available. Paddlers should arrive ready to paddle and be prepared to travel home in the kit they paddled in.</p>	

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Appropriate clothing/kit	All	<p>Please make sure your cub/beaver/scout/explorer has appropriate clothing suitable for water-based activities and the weather conditions. Typically these will be synthetic material rather than cotton and wool which absorb water.</p> <p>Long trousers, no jeans or heavyweight jogging bottoms.</p> <p>Warm tops, layers if cold. Ideally no hoods, but they must be tucked in if present.</p> <p>Windproof jacket. Ideally no hoods, but they must be tucked in if present.</p> <p>Water shoes, pumps or old trainers. No boots, flip flops or wellies.</p> <p>Hat or cap.</p> <p>If glasses need to be worn for the activity, please ensure they have a head strap or neck cord or come with a length of string to tie the glasses to the buoyancy aid.</p> <p>Towel, shower gel and a full change of clothes to go home in.</p> <p>Buoyancy aids will be provided and must be worn for all activities.</p>	
Appropriate clothing/kit	Leaders	<p>At least one leader per group must take a first aid kit and charged mobile phone.</p> <p>At least one leader per group should carry</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>BAs are to be visually checked by an instructor to ensure they fit correctly and are fit for purpose.</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 where appropriate for the craft and age group.</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> <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 as required and in line with rescue training.</p>	
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Entrapment in boat and capsize	All	<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>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>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> <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>	
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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.</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> <p>Jumping from the bank into the river is only permitted if the water levels are sufficient to prevent injuries arising from hitting the riverbed. There should be at least one leader in the water and one on the riverbank. Participants to be given a specific safety briefing relevant to the conditions and group.</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>	

Additional information can be found in the *Safety Checklist for Leaders* and other information at scouts.org.uk/safety.

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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, 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	<p>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.</p> <p>In the case of sudden changes in conditions on longer journeys, shelter on or off the water to be sought.</p>	
Water contamination and litter/infection	All	<p>Instructors to check water conditions visually before and during the activity, taking appropriate action as required.</p> <p>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.</p> <p>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.</p> <p>Shower to be taken after the session to limit the risk of water-borne infections.</p>	

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Other water users and obstructions	All	<p>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.</p> <p>Individual hazards to be identified and controlled by instructors throughout the activity.</p> <p>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p>	
First aid and emergencies	All	<p>Appropriately trained first aiders will accompany the group, carrying a first aid kit appropriate for the activity and size of the group.</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>Instructor to participant ratios to be adhered to in line with Scout Activity permit.</p>	

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<p>Craft specific controls</p>		<p>Mega/Giant SUP – entanglement – no leashes to be worn.</p> <p>Canoes, Bell Boat, Kata Canoes – entanglement – painters/ropes to be coiled and stored.</p> <p>Bell Boat – impact injury/falls – special care required when moving around the craft if it is moving – ideally three points of contact and no paddles to be carried.</p> <p>All – capsize/impact injury – do not exceed the recommended number of occupants (1 per seat) and recommended weight limit per craft. Jobe Mega SUP is max 6 people up to a total capacity of 450kg.</p> <p>All - impact injury/falls – ensure craft is in deep water, away from obstacles and paddlers have sufficient room around them before any activities that involve standing on their craft.</p> <p>All – crush injury – when rafting up ensure paddlers do not put any part of their body between the boats.</p> <p>All – drowning/entrapment – no games or activities that involve paddlers submerging and going under a craft. The exception is specific rescue training under 1 on 1 supervision.</p>	
<p>Review due: <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>			