



NORTH SOMERSET PADDLESPORTS CLUB

Activity	Canoeing/Kayaking/SUP above sheltered water
Minimum competence for activity – Under 18s Over 18s	Relevant coaching/leadership British Canoeing qualification for the water Committee to decide on suitably competent trip leaders/coaches
Ratios	1:6
Date Reviewed	06/08/2023

Identified Hazards	Who is at risk	Causes	Control measures	Reviews/Remarks
Injury to participants e.g. broken bones, cuts, slips	All Participants	<ul style="list-style-type: none"> Jewellery/clothing becoming caught Slipping on jetty Poor lifting techniques Exhaustion Impacts with rocks/obstacles 	<ul style="list-style-type: none"> Long hair or dangling straps are tucked away. Remove or tape over any jewellery. Prior safety briefing about the hazards of the launch area and lifting techniques. Trip leader to ensure all participants are still fit and able to the trip throughout and adjusts trip for the group. Trip leaders to use good leadership to avoid any obstacles and brief the group appropriately to the risks and dangers of the river. Appropriate PPE worn to protect from obstacles – helmets etc if deemed needed by the trip leader. All white water trips a helmet must be worn. 	
Becoming unwell due to weather conditions	All Participants	Rain, Snow, High winds causing hypothermia Sun/heat causing hyperthermia	<ul style="list-style-type: none"> Ensuring all participants are dressed suitably to the weather conditions, with adequate PPE 	



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Medical emergency	All Participants	Prior medical condition	<ul style="list-style-type: none"> • All participants to inform the trip leader in advance of the event any medical conditions that may effect them during the trip • In the very unlikely event that a participant should suffer from a medical emergency (i.e. heart attack, stroke epileptic fit, diabetic emergency) emergency services will be contacted. Appropriate First aid treatment administered. • At the earliest opportunity the SACC committe will be informed and emergency procedures instigated if appropriate 	
Becoming unwell due to water borne diseases	All Participants	Weil's disease	<ul style="list-style-type: none"> • Inform the group of the risks and what to do if they become ill • Make sure groups wash their hands at the end of the trip 	
Drowning	All Participants	<ul style="list-style-type: none"> • Equipment failure • Cold water shock • Members not being able to swim • Becoming knocked unconscious • Becoming entrapped - pinning on obstacles 	<ul style="list-style-type: none"> • All participants to wear buoyancy aids and helmets when on/near the water that are appropriate for the trip • Participants informed about the cold water • All equipment to be checked by the trip leader in a suitable manner. • Instructor to give a safety brief about the activity and craft so all participants are informed of what to do during the event of a capsize. • Trip leader should lead a brief at the beginning of the trip to ensure all participants are aware of any dangers and know what to do in the event of a swim/emergency. • When on SUPs waist leashes to be worn if participants are properly trained or no leashes to be worn if participants aren't trained suitably or don't have a waist leash. 	



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Activity	Canoeing/Kayaking/SUP up to Sheltered Water
Minimum competence for activity	Committee to decide on suitably competent trip leaders/coaches
Date Reviewed	06/08/2023

Identified Hazards	Who is at risk	Causes	Control measures	Reviews/Remarks
Injury to participants e.g. broken bones, cuts, slips	All Participants	<ul style="list-style-type: none"> Jewellery/clothing becoming caught Slipping on launching Poor lifting techniques 	<ul style="list-style-type: none"> Long hair or dangling straps are tucked away. Remove or tape over any jewellery. Prior safety briefing about the hazards of the launch area and lifting techniques Helmets to be worn if deemed needed by the trip leader 	
Becoming unwell due to weather conditions	All Participants	Rain, Snow, High winds causing hypothermia Sun/heat causing hyperthermia	<ul style="list-style-type: none"> Ensuring all participants are dressed suitably to the weather conditions. Ensuring that participants have sun cream and enough fluids for the activities. 	
Medical emergency	All Participants	Prior medical condition	<ul style="list-style-type: none"> All participants to inform the trip leader in advance of the event any medical conditions that may affect them during the trip In the very unlikely event that a participant should suffer from a medical emergency (i.e. heart attack, stroke epileptic fit, diabetic emergency) emergency services will be contacted. Appropriate First aid treatment administered. 	



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			<ul style="list-style-type: none"> At the earliest opportunity the SACC committee will be informed and emergency procedures instigated if appropriate 	
Becoming unwell due to water borne diseases	All Participants	Weil's disease	<ul style="list-style-type: none"> Inform the group of the risks and what to do if they become ill Make sure groups wash their hands at the end of the session 	
Drowning	All Participants	<ul style="list-style-type: none"> Equipment failure Cold water shock Clients not being able to swim Becoming knocked unconscious Becoming entrapped 	<ul style="list-style-type: none"> All participants to wear buoyancy aids when on/near the water that are appropriate for the trip Participants informed about the cold water All equipment to be checked by the trip leader in a suitable manner. Instructor to give a safety brief about the activity and craft so all participants are informed of what to do during the event of a capsize. Trip leader should lead a brief at the beginning of the trip to ensure all participants are aware of any dangers and know what to do in the event of a swim/emergency. 	

Activity	Canoeing/Kayaking/SUP in a Swimming Pool
Date Reviewed	06/08/2023

Identified Hazards	Who is at risk	Causes	Control measures	Reviews/Remarks
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Risk of slipping on wet tiles.	All Participants	Wet Tiles from boats being emptied, participants entering and exiting the water	<ul style="list-style-type: none"> • Have trained up to date first aider on site at all times. • No running • No messing around • Ensure members are shown correct entry and exit methods with kayaks. 	
Injury to participants	All Participants	<ul style="list-style-type: none"> • Capsize • Drowning • Head Injury from paddle or pool side Injury 	<ul style="list-style-type: none"> • Ensure competent and experienced supervisor is present at all times • Ensure canoeists know how to capsize and get out of boat safely. • No 'sharp' edged boats / surf boards etc permitted. • Ensure a maximum of 1 to 6 ratio between coaches and students. 	
	Young members	<ul style="list-style-type: none"> • In-appropriate messing around • Capsizing • Drowning • Injury to others or selves through in-experience 	<ul style="list-style-type: none"> • Ensure adult supervision • Children under 18 to be accompanied by parent / guardian • Ensure experienced and competent supervisor at all times 	
Injuries through Moving Equipment	All Participants	<ul style="list-style-type: none"> • Injury to backs through incorrect lifting technique • Injury to others whilst moving 	<ul style="list-style-type: none"> • Ensure new members are shown how to lift and carry equipment. • Ensure they are made aware of the risk of hitting others. 	



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Personal Equipment - Contamination of pool	All Participants		<ul style="list-style-type: none"> All personal equipment should be thoroughly washed before entering the pool A hose pipe is available near the entrance. 	
Equipment - Not fit or safe for use	All Participants		<ul style="list-style-type: none"> Club equipment should be assessed and passed as safe on an annual basis. Un-safe equipment should be re-paired or removed straight away Ensure there is suitable range of equipment for all age ranges. Ensure new members are shown correct and safe method for using equipment 	
Overcrowding and increased risk of contact and potential injury	All Participants		<ul style="list-style-type: none"> A maximum of 15 kayaks should be allowed in the pool at any one time 	