

Risk Assessment for Braintree Canoeing Club

Sea - considerations for paddling

Hazard	Risks	Mitigating Actions	Probability
Water	Drowning	Ensure participants can swim or wear buoyancy aid Teach capsize drill	Low
Equipment	Entrapment in boat	Teach capsize drill and rolling Boats are maintained and easy to exit Spray decks are maintained	Low
Paddler inexperience	Personal safety / Group safety	Appointed trip leader(s) Trip leader(s) to assess suitability of participants	Low
Other water users	Collision	Watch out for other craft Move out of the way of other water users	Low
Rubbish	Cuts, other injuries Environment	Avoid Take first aid kit Take own rubbish home	Low
Weather	Hypothermia Immersion Exposure	Check weather forecast on the day Dress appropriately for conditions Group members monitor themselves and others in cold conditions	Low
Cold water	Hypothermia Immersion Exposure	Dress appropriately for conditions Group members monitor themselves and others in cold conditions Take survival bags / foil blankets	Low
Heavy boats	Manual handling injuries	Teach and use correct lifting and rescue techniques.	Medium
Water	Contracting illness	Do not ingest water Wash hands before eating Shower after paddling	Medium
Personal	Exhaustion	Take regular breaks Take suitable food and drink for trip Consider group members when planning length of trip	Low
	Muscular injury	Warm up Teach correct movement Teach portage techniques	Low
	Falling injuries / falling into river	Wear buoyancy aid at all times Wear appropriate footwear	Medium
Tides	Inappropriate conditions / Local conditions	Check tides Regular assessment of conditions Local or garnered knowledge of location Awareness of time	Medium
Surf	Inappropriate conditions / Local conditions	Check inshore forecast on the day Regular assessment of conditions Local or garnered knowledge of location Wear helmets	Medium
Wind direction	Being blown offshore	Check inshore forecast on the day Regular assessment of conditions	Medium
Rocks	Injuries	Wear helmets First aid equipment available Do not paddle alone	Low