

Risk Assessment for Braintree Canoeing Club

Whitewater - considerations for paddling

Hazard	Risks	Control Measures	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
Other participants	Impact injuries	Teach safety and awareness	Medium
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
Wildlife	Swan attack!	Avoid / wide berth	Medium
Location and water state	No local knowledge	Local or garnered knowledge of location contained in group Do not paddle alone	Low
Rocks	Pinning / Injuries	Safety equipment available Do not paddle alone Wear helmet First aid equipment available	Low

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Submerged items	Entrapment / Pinning / Injuries	Avoid paddling close to banks/trees Knowledge of water flows Wear helmet Do not paddle alone	Medium
Locks / Weirs	Recirculating hydraulics	Experienced person to inspect weir hydraulics before paddling into them Use appropriate white water equipment	Medium
Stoppers / holes	Drowning	Good leadership and paddling Teach methods for paddling through and in stoppers Teach method for swimming in and rescue from stoppers Safety equipment readily available Group awareness	Medium
Equipment	Breakage / Loss	Equipment is maintained Paddler knowledge of kit capabilities Airbags in boat	Medium
Personal	Injuries / unconsciousness	First aid kit available Use appropriate white water equipment	Medium