

## Risk Assessment for Braintree Canoeing Club:

### Placid Water (e.g. the Stour) - considerations for paddling

Hazard	Risks	Control Measures	Probability
<b>Water</b>	Drowning	Ensure participants can swim or wear buoyancy aid Teach capsize drill	Low
<b>Equipment</b>	Entrapment in boat	Teach capsize drill and rolling Boats are maintained and easy to exit Spray decks are maintained	Low
<b>Other participants</b>	Impact injuries	Teach safety and awareness	Medium
<b>Paddler inexperience</b>	Personal safety / Group safety	Appointed trip leader(s) Trip leader(s) to assess suitability of participants	Low
<b>Other water users</b>	Collision	Watch out for other craft Move out of the way of other water users	Low
<b>Rubbish</b>	Cuts, other injuries Environment	Avoid Take first aid kit Take own rubbish home	Low
<b>Weather</b>	Hypothermia Immersion Exposure	Check weather forecast on the day Dress appropriately for conditions Group members monitor themselves and others in cold conditions	Low
<b>Cold water</b>	Hypothermia Immersion Exposure	Dress appropriately for conditions Group members monitor themselves and others in cold conditions Take survival bags / foil blankets	Low
<b>Heavy boats</b>	Manual handling injuries	Teach and use correct lifting and rescue techniques.	Medium
<b>Water</b>	Contracting illness	Do not ingest water Wash hands before eating Shower after paddling	Medium
<b>Personal</b>	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
<b>Wildlife</b>	Swan attack!	Avoid / wide berth	Medium
<b>Locks</b>	Deep recirculating hydraulics	Avoid locks (use portage points)	Low

Note: When flooded, the placid rivers such as The Chelmer and The Stour may become far more dangerous. Additional appropriate precautions should be taken and treated as “Moving Water”.