



Cheltenham Canoe Club



Up To Grade 3 White Water Paddling Risk Assessment.

Trips up to Grade 3 Water. (This will be taken to mean any trip where there is a noticeable downstream flow to the water . May include small drops – The paddler will require a simple line to negotiate the rapid).

Hazard	Activity	Possible Consequences	Possibility	Control Measures	Risk.	Action to be taken if incident occurs.
Downing	Whilst on water	Very Serious/ Death	Medium	Any person taking charge of a group of people should ensure that they are wearing their spray deck correctly. Any doubt about competency with a neoprene deck should result in use of a nylon deck. Persons must have been taught capsize drill in the pool before using a spray-deck outside. Paddlers should be in groups where there is a 'line of site' between all members.	Low	Call 999. Begin CPR if appropriate. <i>Suggest minimum 2h CPR first aid training for those on the key list.</i>



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From hitting head on underground obstruction.	Whilst on water	Very Serious/Death	Medium	Helmets must be worn. BA's (Buoyancy Aid) must be worn. Rolling and capsize training must be approached with care as to the depth of the water. T- Rescues should only be offered using good technique and when the call for help has been given by three taps to the bottom of the kayak. Group leader should ensure that safety (boat based or land based) is used where the groups ability requires this.	Low	Call 999. Begin CPR if appropriate. Suggest minimum 2h CPR first aid training for those on the key list.
Foot entrapment.	Whilst on water.	Very serious/Broken limbs/Death.	High	It should be made very clear to beginners at the beginning of a session that they are not to stand up in water that is higher than knee height, and not where there is a noticeable flow.	Low	Call 999. Begin CPR if appropriate. Suggest minimum 2h CPR first aid training for those on the key list.
Hypothermia	Whilst on water.	Very Serious/Death	Medium	Clothing should be worn that are appropriate to the prevailing weather conditions and activity. Club CAG's and wetsuits should be made available for use. B.A's must be worn.	Low	Warm casualty with extra layers of clothing, warm drinks, and make sure food is given. Get casualty to a sheltered area such as a vehicle or building etc. Perform first aid if required



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Hypothermia	Whilst off water	Very Serious	Medium	Clothing should be worn that are appropriate to the prevailing weather conditions and activity	Low	Warm casualty with extra layers of clothing, warm drinks, and make sure food is given. Get casualty to a sheltered area such as a vehicle or building etc. Perform first aid if required..... Call 999.
Injury from moving or handling boats and equipment.	Whilst off/on the water.	Very serious	Medium	Members should be given brief notes on 'warming up' to members in their first trip. Warm ups should be done off the water. Group leaders should model good lifting technique and comment on bad practice where it is obvious.	Low	Seek advice from medical professional.
Paddlers going into 'the wrong' part of the river.	On the water	Very serious	Medium	River signals MUST be discussed at the beginning of every trip. There should be at least one group member capable of performing rescues on slow moving rivers. Also have had informal training in group leadership. Good leadership technique must be used at this grade Nothing should ever be run if the rapid can not be seen in advance of being committed to it.	Low	Experienced members of the group should get them out of bother.



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Infection from water born disease.	Off the water.	Serious	Medium	Group leaders should be informed on infections, particularly vials disease. This information should be passed on to others in the group for which they are taking responsibility. Open cuts must be covered up. First aid kits should be available to group leaders. Footwear must be worn.	Low	Individuals should seek advice from medical professionals.
Failure of equipment.	On the water.	Serious	Medium	Group leaders must do a visual check of the club equipment. Any damage to equipment must be recorded. All group members should take responsibility for checking and commenting on the condition and suitability of equipment of others in their group. Group leaders must carry splits.	Low	Equipment should be taken out of circulation and fixed/made unusable and replaced.
Equipment snagging on debris in the river.	On the water	Serious/Death	High	The group leader has the right to refuse to lead a member whom he/she deems their equipment to be unacceptable. Groups should be made aware that 'we hate trees'	Low	The most experienced member in the group should take charge of the situation and organise a way to get the individual out of this situation using the method that they deem best whilst taking care for their own safety.



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Pinning of the kayak.	On the water	Serious/Death	High	The group should be taught to 'love rocks – we hate trees'. Kayaks used on this grade of water or higher must have air bags and suitable grab loops. Groups must have a person trained to appropriate level of safety and rescue.	Low	The most experienced member in the group should take charge of the situation and organise a way to get the individual out of this situation using the method that they deem best whilst taking care for their own safety.
Injury (Blood, broken bones etc)	On or off the water	Serious	High	Every group must carry a first aid kit, and have a member that is first aid trained. A mobile phone must be carried.	Low	Give first aid if appropriate. Ring 999 if appropriate.