



# Cheltenham Canoe Club

## River Risk Assessment.



Hazard	Risks	Control Measures	Prob.
Travel	Car Accidents	Follow Highway code. Do not drive when tired	Low
	Roof Rack Problems	Train members to secure boats (2* training). Check roof racks before travel	Med
Long Days	a) Exhaustion b) Hypothermia c) Hyperthermia	a) Adjust trip length to suit the weakest paddler and carry food. b) Dress appropriate to the prevailing weather conditions carry hot drinks, spare clothing, group shelter or survival bag. c) Carry cold drinks.	Low / Med
Swimming	Accelerated immersion Hypothermia	Rescue Swimmer fast	Med
	Drowning	Require that all members are competent swimmers. Instruct on capsize drill, rolling and swimming in moving water. Teach rescue techniques. Carry appropriate rescue equipment	Low
	waterborne disease	Try not to ingest water. Take further precautions when there is a known problem.	Low
	Stoppers and other river features	Avoid by good leadership and paddling. Teach methods for paddling through and in stoppers. Paddlers should know about swimming in and rescue from stoppers	Med
Rocks	Knocked Unconscious	Wear helmet. Adopt correct position when capsized and when swimming.	Low
	Injury	Wear helmet and buoyancy aid. Avoid rocks by use of good technique. Carry first aid kit.	Med



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Rocks	Pinning	Avoid rocks by good leadership and paddling. Know how to cope with broaching on a rock. Group leaders know how to rescue from pins.	Med
	Entrapment	Use correct technique when swimming.	Low
Trees	Caught in Strainer	Avoid trees in river by good leadership. Knowledge of swimming techniques.	Low
Equipment	Entrapment in a boat	Inspect equipment. Teach Capsize drill. Keep area between legs clear.	Low
	Breakage	Inspect equipment and use appropriate equipment for conditions. Carry splits.	High
	Entanglement in rescue equipment	Learn how to use throwlines and chest harnesses properly. Carry knife.	Med
	Manual Handling Injury	Teach good technique at all levels. Ask for assistance when required.	Med
River Bank	Falling Injury	Wear helmet and buoyancy aid at all times. Wear appropriate footwear. Take care.	Low
	Falling into River	Wear helmet and buoyancy aid at all times. Wear appropriate footwear. Take care.	Low



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### Site Specific Risk

Artificial courses will not have the same problems relating to river trips i.e. No Tree or Rocks but have site specific risk as listed below.

Hazard	Risks	Control Measures	Prob.
Cardiff	Collisions with Rafts	Paddlers to complete Cardiff paperwork to ensure fully aware of the risks and procedures.	Low
	Swimmers	Paddlers to complete Cardiff paperwork to ensure fully aware of the risks and procedures.	Med
Cardington	Finger Entrapment	Instruct paddlers to keep hands away from river bed.	Med
	Impact on shallow channels	Wear helmets	Med
	Pinning on artificial rocks	Set course up to avoid hazards. Have rescuers ready on bank.	Low
Nene	Pinning on Splat Rock	Instruct paddlers to break out as early as possible. Teach paddlers to lean onto obstructions.	High
Lee Valley	Collisions with Rafts	There is an assessment for the Olympic Course. Brief Paddlers.	Med



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Hazard	Risks	Control Measures	Prob.
Nottingham	waterborne disease	Paddlers to complete Nottingham paperwork to ensure fully aware of the risks and procedures.	High
	Swimmers	Paddlers to complete Nottingham paperwork to ensure fully aware of the risks and procedures.	High