

Canoe Avon

Risk Assessment for Salford Rowing Centre

Purpose

This risk assessment considers the hazards and mitigation actions for Canoe Avon activities based at the Salford Rowing Centre including use of the River Avon between Weston Lock and the pool below the “chute” at Kelston Lock (by the “Jolly Sailor”).

Club members and others involved in the club’s activities should note that the dynamic and varied nature of the club’s paddlesport activities does not allow a completely comprehensive risk assessment to be made. All members are advised to assess risks before setting out on the water, consider environmental factors, their skill level relative to the water and other conditions, equipment needs, clothing and the capability of those they are paddling with. Paddlers, particularly those leading groups, should carry out their own informal and dynamic risk assessments before and during any paddlesport activity, assessing risks and taking appropriate mitigating actions.

Review/Revision History

Assessor Name	Position in Club	Date Completed	Review Record / Changes
Andy Hains	Welfare Officer	16th September 2019	First Issue

Risk Assessment – Activities on the Water

HAZARD	WHO MIGHT BE HARMED	ACTIONS/CONTROLS	RESIDUAL RISK
Poor / damaged equipment	Paddlers	<ul style="list-style-type: none"> a. Visually inspect all equipment before going onto the water to ensure that it is safe to use. b. The condition of all club equipment is checked regularly (at least annually) in accordance with British Canoeing's 'Paddlesafer' guidance. Unsafe equipment shall be disposed of. 	Medium
Air and water temperatures leading to hypothermia or hyperthermia	Paddlers	<ul style="list-style-type: none"> c. Correct clothing to be worn for the conditions. d. Group members to monitor each other. e. Consider conditions when practicing capsize drills and timing within the session, e.g. leave to end of session and perform them close to the club house. f. Consider limiting the distance paddled from club house. g. Choose more stable boats. 	Medium
Drowning	Paddlers Bank-based observers (e.g. parents)	<ul style="list-style-type: none"> a. All paddlers must be able to swim at least 20 metres. b. All paddlers must wear a correctly fitted buoyancy aid unless the following apply: <ul style="list-style-type: none"> ○ If using a Stand Up Paddle Board and the paddler is able to get back onto the board after falling off. ○ Experienced adult K1/K2 paddlers may choose not to wear a buoyancy aid under the circumstances listed in Section 5.2 of the club's Standard Operating Procedures. c. A buoyancy aid must be worn by non-paddlers if assisting others entering / exiting craft. d. Coaches / supervisors / peers to ensure buoyancy aids are fitted correctly before going onto the water. e. Check the condition of craft before placing it on the water, including correct placement of bungs and hatches if fitted. f. Do not paddle close to the sluice at Weston Lock. g. The condition of all club buoyancy aids is checked regularly (at least annually) in accordance with British Canoeing's 'Paddlesafer' guidance. Deficient buoyancy aids shall be destroyed. 	Medium

Collision with other river users including rowing boats, power boats and pleasure craft	Paddlers Rowers Other river users	<ul style="list-style-type: none"> a. Keep as far to the right-hand side of the river (as defined by the direction of the paddler's travel) as practicable. b. Look out for anglers on the right bank when travelling upstream from the boathouse and avoid fishing lines (the open fishing season is 15th June to 15th March). c. Keep clear of stationary boats and pass as quickly as possible. d. Keep a good lookout in all directions at all times for other river users and try to steer clear of them. e. If overtaking: <ul style="list-style-type: none"> i. The overtaking boat should keep clear of the overtaken boat. ii. The overtaking boat should move towards the middle of the waterway and pass as quickly as possible. iii. The overtaking boat should try not to cross the centre line of the river. iv. After passing the overtaken boat, the overtaking boat should then steer away from the middle of the river, back towards the right-hand side. 	Low
Injury during activities	Paddlers	<ul style="list-style-type: none"> a. Carry out warm-up exercises before beginning paddling activities. b. Wear helmets during rescue practices, capsize drills, games, when practicing rolling, during warm-up exercises and other activities where there is a risk of head injury. 	Low
Locks	Paddlers	<ul style="list-style-type: none"> a. Do not paddle into locks (strong currents can destabilise paddlers leading to capsize and a high risk of drowning). b. Look out for pleasure boats wanting to use landing stages. c. Hold handrail on lock gates when crossing a lock. d. Look out for slip and trip hazards when portaging, e.g. steps, mooring ropes, bollards, raised bricks. e. Point out to the rest of the group any other hazards that are observed (e.g. structural damage) and take appropriate action to reduce the risk of injury. 	Low
Weirs	Paddlers	<ul style="list-style-type: none"> a. Helmets and buoyancy aids must be worn. b. Do not paddle over weirs unless accompanied by at least one other paddler with competent rescue skills. c. Do not paddle over weirs in high flow conditions. d. Inexperienced paddlers to be coached in the required skills and awareness. 	Medium
Water borne diseases and pollution	Paddlers	<ul style="list-style-type: none"> a. Cover any open wounds with a waterproof plaster before going onto the water. b. Do not ingest water. c. Avoid rubbing eyes, nose and mouth. d. Thoroughly clean any cut, scratch or abrasion obtained during paddlesport activity. e. Wash hands and mouth before taking food or drink. <p>All paddlers should shower after paddling.</p>	Low

Spate conditions resulting in entrapment in overhanging trees/branches	Paddlers	a. Review water flow. If fast moving, consider not paddling.	Low
Darkness	Paddlers	a. Schedule activities such that paddlers are off the water before darkness falls. b. Avoid paddling after dusk. c. Night paddles shall be covered by a separate risk assessment.	Low
Lone Paddling	Paddlers	It is recommended that you paddle in a group but it is recognised that some paddlers may wish paddle alone. Members choosing to paddle alone must comply with the requirements of Section 5.6 of the club's Standard Operating Procedures.	Low
Pre-existing Illness / Medical Condition	Paddlers	Paddlers with health conditions (e.g. asthma, epilepsy, diabetes...) that could affect their ability to participate in paddlesport activities should notify the club Welfare Officer (in confidence) before undertaking any paddling.	Low

Risk Assessment – Activities off the Water

HAZARD	WHO MIGHT BE HARMED	ACTIONS/CONTROLS	RESIDUAL RISK
Manual handling	Paddlers Others carrying boats and equipment	<ul style="list-style-type: none"> a. Avoid attempting to lift items that are heavier than you can handle. b. Work with a partner to share loads. c. Try to avoid torso twisting. d. Instruction to be given to those new to the club on how to lift and carry boats safely. 	Medium
Gym Equipment	Gym Users	<ul style="list-style-type: none"> a. The gym equipment shall only be used by members who have received appropriate training and are authorized to use it. 	Low
Slips, trips, falls	Paddlers Parents Public	<ul style="list-style-type: none"> a. Steps and access routes in boathouses, clubhouse and on riverbank (including public towpath) to be kept free of items that create trip hazards. b. Suitable footwear to be worn at all times, including when portaging. c. Report any damage to pontons. d. Running and “games” are not permitted in the changing rooms. 	Medium
Motor vehicles	Paddlers Other centre users	<ul style="list-style-type: none"> a. Pedestrians to look out for moving vehicles. b. All vehicles shall be driven at low speed (less than 10 mph). c. Drivers to look out for pedestrians, particularly when reversing. d. Cars must not be parked in the area between the boathouses. 	Low
Electricity	Club members and guests	<ul style="list-style-type: none"> a. Light bulbs/tubes must only be changed when the power to the fitting has been turned off. b. Power tools and their leads shall be inspected for damage before use on site. c. Any extension leads and power tools used on site must be supplied from a Residual Current Device (RCD). Modifications to electric power circuits must only be carried out by authorised persons. 	Low
Fire	Any centre users	<ul style="list-style-type: none"> a. Smoking is not permitted in any buildings. <p>Barbecues must only be lit at a safe distance from buildings and if there is a low risk of grass/vegetation fires. Adequate means of extinguishing the barbecue shall be positioned close to the fire.</p>	Low

HAZARD	WHO MIGHT BE HARMED	ACTIONS/CONTROLS	RESIDUAL RISK
Falls from height	Paddlers Club guests	a. Do not lean over balcony railings. b. Handling of boats stored on racks: <ul style="list-style-type: none"> i. Inspect step ladders and trestles for damage and stability before use – do not use if damaged and report any damage to the club Equipment Officer. ii. At least four people to be available when lifting boats from racks – two on step ladders and two to pass/receive the stored boat to/from those on the ladders/trestles. iii. If using step ladders: <ul style="list-style-type: none"> o Position the ladders to face the boat when ascending/descending, with all four feet in contact with the ground. o Those on the ladders do not stand on the top three steps (including a step forming the very top of the stepladder) unless there is a suitable handhold. They must also avoid over-reaching. o Those on the ladders maintain three points of contact. This means two feet and one hand, or when both hands need to be free for a brief period, two feet and the body supported by the stepladder. c. Access to boat store loft: <ul style="list-style-type: none"> i. Inspect ladder to be used, to ensure it is in good condition before ascending it. ii. At least one other person must be in the store whenever the loft is accessed. iii. Move around the loft cautiously, aware of the risk of falling through the ceiling/floor opening. Do not lean over the opening when passing items through it. 	Medium
Dogs	Paddlers Other centre users	a. Members dogs shall be kept on a lead at all times. b. Try not to scare any dogs owned by other centre users or the general public.	Low