

Falls and slips, embarkation accidents	Injury or falling into water resulting from slips, trips and difficulties getting into/out of boats; on steps, difficult/slippery/wet banks, access pontoons or jetties.	Suitable footwear to be worn and special care to be taken.	L
Underwater dangers	Rocks, debris, sharp objects below waterline. Danger of foot or head injury and bodily impact.	Helmets to be compulsory for singles paddlers and strongly recommended for those in open boats.	L
Lifting injuries	Risk of injury, especially to back, from assisting participants and from carrying and loading boats.	Avoid lifting individuals. Share all loads/tasks among sufficient number to manage comfortably. Show correct lifting techniques to new helpers.	L
Trapped fingers	Risk of trapping fingers between boats or between boat and landing, wall, steps, pontoon etc.	All to avoid placing fingers over boat edge when alongside other boats or fixed objects.	L
Overhanging branches	Risk of injury to head/eyes when paddling close to water's edge.	Keep clear at all water levels.	M
Injury by moving vehicles/trailers		Driver to ensure that there is no danger of vehicle or trailer contacting an individual. Helpers to be engaged to supervise bystanders and keep well clear. Inform those present of intended manoeuvre. Use hazard warning lights. Proceed with caution. When manhandling trailer have adequate help taking into account load and slope. Ensure all clear re intended action. Supervise bystanders as above.	L
Weil's disease	Possible disease carrying vermin, or infected water at venue.	Persons present expected to use common sense re NOT drinking river water. If unusual symptoms appear following the race, especially following a capsize, advise to consult doctor. Any open cuts or grazes to be covered with Elastoplast or dressing.	L
Medical problems.		All attending expected to have appropriate medication with them and to know how to administer the same.	L