



<b>Assessor:</b>	<b>John Sherwen</b>	<b>Date:</b>	<b>02/02/25</b>
<b>Signature:</b>		<b>Date:</b>	

### Reason for Assessment/Area Assessed

Site specific risk assessment for the running of a Wild Water Race on the River Eden at the Sands, Carlisle so paddlers, parents & everyone else involved are aware of the risks when on or near moving water.

<b>What are the hazards?</b>	<b>Who might be harmed and how?</b>	<b>What are you already doing?</b>	<b>What further action is necessary?</b>	<b>Action required by whom?</b>	<b>Date Action required by?</b>
River with moving water	Paddlers, coaches on the water & spectators  Drowning  Paddlers being swept passed the end of point of the race.	Safety procedures and risks to paddlers & parents will be explained carefully before session. All paddler/people near deep water shall wear buoyancy aids. The person responsible for each paddler or group shall; 1) Ensure that only people with the skill to be in control of the boat in the prevailing conditions entre. 2) Check that all safety equipment is properly fitted and fit for use. Faulty badly fitting equipment must not be used. 3) Walk or paddle the section of water being used before the session to visually check for any new hazards. 4) Be satisfied that all paddlers have the knowledge to perform a capsized drill. When paddlers are not on the water it is the responsibility of parents or guardians to supervise junior paddlers. People fulfilling rescue duties will be well versed in rescue techniques required for the position they are sited. Maintain line of sight along as much as possible of the course during the race.	Safety placed at specific points on the river with throw lines where necessary.  Paddlers to remain at finish till 2 other boat finish to offer safety cover.  The organiser will refuse/suspend any entries if the paddler is deemed to be of insufficient experience or skill for the conditions.	Coaches, session leaders, spectators & assistants. Competitors	On Going
Falling into water and getting cold.	Paddlers, coaches, Spectators & assistants.  Hypothermia.	All paddlers to wear clothing appropriate to the weather conditions. Safety equipment must include a throw line & first aid kit with coach or nominated assistant on the bank. Coaches & assistants should wear appropriate clothing for the conditions. Emergency clothing and 'exposure bag' held at race control.	First aider to be present during session.	Coaches, session leaders, first aiders.	On Going

DUDDON CANOE CLUB Risk Assessment Form 2025 (HSE based)

What are the hazards?	Who might be harmed and how?	What are you already doing?	What further action is necessary?	Action required by whom?	Date Action required by?
Head injury due to Capsize or falling in.	Paddlers, coaches, Spectators & assistants.  Cuts, bruises or abrasions.	On/by moving water, helmets must be worn by all paddlers and shore based safety / rescuers. Check that all safety equipment is properly fitted, and fit for use.	Paddlers to have been given training to minimise the risk of head injury during capsizes.  First aider to be present during session.	Coaches, session leaders, spectators & assistants.	On Going
Entrapments due to Capsize.	Paddlers & coaches on the water.  Drowning.	The person responsible for each paddler or group shall be satisfied that all canoeists have the knowledge to perform a capsized drill.	People/Coaches trained in rescue techniques of an entrapped paddler at key points along the river.	Coaches, session leaders, Assistants.	On Going
Entrapment due to trees or river debris	Paddlers & coaches on the water.  Drowning.	Any hazards likely to cause entrapment which can be removed before the race shall be. If they cannot be removed, they will be identified at briefing, and safety at that point provided. The person responsible for each paddler or group shall be satisfied that paddlers are of a level suitable for the water.	People/Coaches will be trained in rescue techniques of an entrapped paddler.	Coaches, session leaders, Assistants.	On Going
Adverse weather conditions.	Paddlers, coaches, Spectators & assistants.  Water in spate.  Sunburn/heat exhaustion Hypothermia.	All paddlers & spectators to be advised on the dangers, and precautions to be taken for excessive hot or cold temperatures.  The person responsible for each paddler or group shall be satisfied that paddlers are of a level suitable for the water conditions on the day.	Constant supervision by coaches of paddlers and weather conditions.  <i>(equipment such as hats and gloves, sun cream will be provided by the paddlers and not the race organizer)</i>	Coaches, session leaders, Assistants & spectators	On Going
Slips, trips & falls	Paddlers, coaches, Spectators  Cuts, Bruises & Abrasions	Coaches & assistants should wear helmets, buoyancy aids and suitable footwear on the bank	Areas of particular risk will be identified to those at risk.	Coaches, session leaders, spectators & assistants.	On Going