

RISK MANAGEMENT PLAN

ACTIVITY: **Paddlesport Coaching**

VENUE: **Manvers Lake**

ASSESSOR: **Bob Finch**

DATE: **06/01/2016**



This is a “generic” risk assessment for coached paddlesport sessions at Manvers Lake. The importance of dynamic risk assessments by the coaches of each session cannot be stressed too highly. Be prepared to modify or cancel the activity as a result of the dynamic risk assessment!

Hazard?	To Who?	Existing risk control measures	What further measures are required?	Review Comments/Dates	Risk Rating?
Injury from collision with motor vehicles (access road & car park)	All staff and visitors	Close supervision of students. Vehicle access and parking in front of new boat store doors is controlled	Bollards to be installed to restrict vehicle access to area in front of new boat store	January 2017	Low
Drowning	Students Coaches	All participants to wear a PFD including SUP sessions. Board leashes to be used at all times during SUP sessions. Coach checks PFD's are in good working order, correct size and worn properly Adequate supervision by competent coaches/leaders. All coaches are qualified first aiders. Defibrillator in Boathouse	Consider whether powered safety boat cover is required for particular session		Low

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Hazard?	To Who?	Existing risk control measures	What further measures are required?	Review Comments/Dates	Risk Rating?
Capsize with entrapment	Students Coaches	Coach to check equipment (boats and footwear). Coach able to rescue an entrapped capsized paddler Safety briefing to include capsize procedure. Adequate supervision by competent coaches/leaders	Consider whether powered safety boat cover is required for particular session		Low
Capsize	Students Coaches	Boats fitted with sufficient buoyancy to float when capsized or swamped Coaches trained in emptying boats and rescuing crew Coach checks that craft are appropriate for water conditions Coach checks activities are appropriate for group age, ability & conditions	Consider whether powered safety boat cover is required for particular session		Low
Hypothermia	Students Coaches	Session activities and clothing are appropriate to weather conditions, water temperature and group age/ability Activities modified or session shortened/cancelled if not appropriate	Consider whether powered safety boat cover is required for particular session		Low
Impact injury (hit with paddle, collision with other water users)	Students Coaches	Coach to exercise appropriate group control	Consider if helmets are appropriate to activity (e.g. games)		Low

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Hazard?	To Who?	Existing risk control measures	What further measures are required?	Review Comments/Dates	Risk Rating?
Wind (not possible to manoeuvre boat as desired)	Students Coaches	Session activities and clothing are appropriate to weather conditions, and group age/ability Activities modified or session shortened/cancelled if not appropriate	Consider whether powered safety boat cover is required for particular session		Low
Inherent risks (blisters, joint injury, tenosynovitis, sunburn etc.)	Students Coaches	Coach's safety briefing includes disclosure of risk and highlights specific hazards Coach promotes safe paddling practice Coaches first aid qualified Coaches carries first aid kit First Aid kit to include sunscreen	None		Low
Manual Handling injuries (e.g. lifting and carrying boats)	Students Coaches Helpers	Coach promotes and uses safe lifting strategies.	None		Low
Slips, Trips, Falls (uneven or slippery surfaces in car park, slipway, showers & changing rooms)	Students Coaches Helpers	Particular hazards pointed out during safety briefing Adequate supervision & control of group Changing room floors to be periodically mopped/squeegeed	None		Low

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Lightning strike	Students Coaches	Coaches to remove group from water in the event of lightning or threat of lightning	None		Low
Poor water quality (e.g. waterborne diseases and infections, pollution)	Students Coaches	<p>Safety briefing to cover ;</p> <ul style="list-style-type: none"> • importance of covering cuts and wounds before paddling • need to wash hands after paddling • need to shower after capsize • to seek medical opinion if an individual become ill after paddling <p>Water quality is checked routinely – coach to check with Duty Manager before session</p>	None		Low

Notes:

1. This risk assessment must be updated annually or following any incident or change in site conditions
2. Coach competence and ratios should be based on [BCU Terms of Reference for Coaches & Leaders](#) for sheltered inland water