# Section 1: Risk Assessment Guidance

The assessor can assign values for the hazard severity (a) and likelihood of occurrence (b) (taking into account the frequency and duration of exposure) on a scale of 1 to 5, then multiply them together to give the rating band:

|  |  |
| --- | --- |
| **Hazard Severity (a)** | Likelihood of Occurrence (b) |
|
| 1 – Trivial (eg discomfort, slight bruising, self-help recovery)**2 – Minor** (eg small cut, abrasion, basic first aid need)**3 – Moderate** (eg strain, sprain, incapacitation > 3 days)**4 – Serious** (eg fracture, hospitalisation >24 hrs, incapacitation >4 weeks)**5 – Fatal** (single or multiple) | **1 – Remote** (almost never)**2 – Unlikely** (occurs rarely)**3 – Possible** (could occur, but uncommon)**4 – Likely** (recurrent but not frequent)**5 – Very likely** (occurs frequently) |

The risk rating (high, medium or low) indicates the level of
response required to be taken when designing the action plan.

**Trivial**

**Minor**

**Moderate**

**Serious**

**Fatal**

|  |
| --- |
| **Rating Bands (a x b)** |
| **LOW RISK****(1 – 8)** | **MEDIUM RISK****(9 - 12)** | **HIGH RISK****(15 - 25)** |
|  |  |  |
| Continue, but review periodically to ensure controls remain effective | Continue, but implement additional reasonably practicable controls where possible and monitor regularly  | **-STOP THE ACTIVITY-**Identify new controls. Activity must not proceed until risks are reduced to a low or medium level |

**Remote**

**Unlikely**

**Possible**

**Likely**

**Very likely**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** |
| **2** | **4** | **6** | **8** | **10** |
| **3** | **6** | **9** | **12** | **15** |
| **4** | **8** | **12** | **16** | **20** |
| **5** | **10** | **15** | **20** | **25** |

# Section 2.04: White Water Trips

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| Risk Assessment Record |
| Risk Assessment of:White Water Trips | Assessor(s): | Date: 20/03/2025 |
| Overview of activity / location / equipment / conditions being assessed: On a regular basis the club runs trips to areas of white water. Commonly South Wales or Dartmoor due to their proximity but also further afield to North Wales, the Lakes, Scotland, the Alps etc. The grade of the rivers run is based on the level of the group participating and is in line with the international grading system. The format of these trips is that we drive to the start of the section of river we paddle, get all boats and kit off then run a shuttle to the bottom so that all dry kit is there and then at the end collect the other vehicle. In general, we operate on no more than a 1 leader to 5 participants ratio, often with one of these being a competent seconder (see appendix). Exceptions are made on an experienced leader’s discretion. The boats, paddles, helmets and Buoyancy aids used for these trips are checked on a yearly basis by our kit officer. |  |
| Generic or specific assessment?Generic risk assessment | Context of assessment Annual Review Handover 2025 |

| # | Hazard(s) identified | Persons affected | Existing controls & measures | A | B | A x B | Additional controls required |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Drowning | Anyone on Water | * All participants do a swim test following SU procedure
* All participants should be familiar with the process of exiting the kayak and should have attended a minimum of one flatwater session before attending a moving water session.
* Group leader has responsibility for ensuring line of sight of the group in line with Paddle UK instruction
* Buoyancy Aids worn by all and to be float tested on a yearly basis.
 | 5 | 1 | 5 |  |
| 2 | Collision of boat/paddle and person | Anyone paddling | * Leaders should instruct their groups to leave an appropriate amount of space between boats
* Buoyancy Aids and helmets provide padding and are compulsory
* A particular risk activity is “surfing” on waves or holes on the river. The “upstream paddler has right of way” rule should be observed to avoid collisions.
 | 3 | 2 | 6 |  |
| 3 | Hypothermia/Environment/Weather | Anyone on Water | * Everyone briefed on what to wear
* Wetsuits may be borrowed from the club or SU. Non-beginners are encouraged to invest in their own kit as part of good practise in an outdoor adventure context.
* Emergency services can are to be be contacted by a mobile phone carried by the leader
* If the conditions require, a member of the group should carry a group shelter and appropriate extra layers to deal with the conditions
* A first aider must be present on the trip. At least one first aider per river group.
* Everyone encouraged to bring water
* Sun cream applied if necessary
 | 5 | 1 | 5 |  |
| 4 | Lifting Kayaks/Canoes | Anyone paddling | * Participants informed of the safe method of transporting kayaks. If necessary, two persons should be used to move a heavy load.
 | 3 | 2 | 6 |  |
| 5 | Injury caused by sharp/blunt objects (rocks, tree roots/fences etc) | Anyone paddling | * Shoes with tread are worn by all participants
* Participants made aware of the risk of cuts
* Always have a qualified first aider on the trip
* Canoe Club has previously suffered a number of facial injuries when participants have been in the process of exiting the kayak. The “tuck forward” technique should be highlighted on beginner trips as the most protected way of exiting a kayak in whitewater.
* Concussion training included and highlighted in first aid training.
* Helmets inspected frequently to ensure integrity
 | 3 | 2 | 6 |  |
| 6 | Boat Entrapment | Anyone paddling (specifically on higher grades of river) | * All participants should be familiar with the process of exiting the kayak and should have attended a minimum of one flatwater session before attending a moving water session.
* Leaders should have an appropriate level of experience to be able to manage an entrapment situation.
 | 5 | 1 | 5 |  |
| 7 | Paddler getting caught in strainer | Anyone paddling | * Good leadership practise will avoid contact with strainers
* Leaders should have relevant experience to be able to extract a paddler from a strainer in case of incident.
 | 5 | 1 | 5 |  |
| 8 | Swimming due to exiting boat | Anyone paddling | * Participants are briefed on how to swim defensively so that there is mitigated risk of rock entrapment or any other underwater obstacles before getting on the water
* Participants equipment to be checked for significant ‘hoops, loops and snags’ and removed if found.
* Any cuts obtained will be treated by a first aider
* Importance of “do not stand up” to be stated during beginner intro talk
* Leaders should have an appropriate level of experience and training to be able to manage an entrapment situation
 | 2 | 4 | 8 |  |
| 9 | Siphons | Anyone paddling | * Siphons are only found on the higher-grade rivers and so are paddled by those who are deemed experience and so are less likely to get into difficulty and if they do can deal with it accordingly. When possible, siphons are most commonly portaged.
 | 5 | 1 | 5 |  |
| 10 | Adverse River/Weather conditions | Anyone paddling | * Water levels are monitored by the leader and if inappropriate for the group, then the trip will be cancelled. Both before the trip commences and on the river itself
* If the weather becomes dangerous then the trip will also be cancelled
* Before getting on the river a visual inspection is made by the leader
 | 3 | 2 | 6 |  |
| 11 | Kit failure (buoyancy aid sinks/ boat cracks/ helmet fails) | Anyone paddling | * Participants are instructed on how to properly adjust PPE and check one another’s kit.
* Kit should be reviewed on a yearly basis by Kit Sec, and any becoming unsafe is to be retired from use.
* Cracked boats are not a huge risk, but use of a welded boat should be considered carefully on rivers where exit is challenging.
 | 4 | 2 | 8 |  |
| 12 | People participating who are not medically fit | Anyone on the water | * Use of confidential medical questionnaire must be completed by all trip members.
* Form should be updated in the event in change of medical circumstance
 | 3 | 2 | 6 |  |
|  | Assessor signature: | Print name:SAM FOOTE | Review date: 01/06/2025 |