**Wombourne Kayak Club Risk Assessment**

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| **Location:**  | River Tryweryn – Lower SectionPaddle points:<https://gopaddling.info/paddlepoints/> search - National Whitewater Centre Wales | **Grid Reference:**  |  ***Access*** ***892401*** ***Egress***  ***929362***  |
| **Types of Trip:** | Club Night or Friends recreational kayak trip  |  |  |
| **Video Footage:** | **See Videos:**  (1) 29th May 2021<https://www.youtube.com/watch?v=U0FF6F8Rfjk>(2) 12th June 2021 - John<https://www.youtube.com/watch?v=vp0bvJAw6fA>Rich<https://www.youtube.com/watch?v=Mecr17VG508> (1) 29th May 2021<https://www.youtube.com/watch?v=B60HTGaKt7A> (2) 12th June 2021 - | **Date:** | 12th June 2021 |
| **Assessor Name:** | John Teuwen | **Review:** |  |
| **Position in Club:** | Health & Safety  | **Date Checked & updated:** |  |
| **Date Completed:** | **JohnTeuwen** | **Signed:** |  |

**Wombourne Kayak Club Risk Assessment – COVID 19 Specific Risks**

**Risk ratings Low, medium or high:** 3 \* 3 Risk Matrix

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| What is the hazard? | Who might be harmed? | How may the risk be adequately controlled? | Risk Ratings:Low, Medium, High**Grade based 3\*3 Risk Matrix & calculation of risk severity chart** | Action by whom | What further action is necessary? |
| COVID 19 Transmission – travel to and from Bala | Club Members | All members to travel independently to and from the location– no shared vehiclesAny member displaying symptoms, or who thinks they may have been in recent contact with somebody with symptoms, should not attend the sessionAll briefings and buddy checking to be done in compliance with 2m distancingMembers to arrive as prepared as possible to avoid long changing periods in shared areasDebriefing to be done after the session if necessary, by WhatsApp or conference call | **S = 3 L = 3 = 9 Medium****Unlikely, Harmful** | Club coaches & senior members. |  |
| COVID 19 Transmission – shared equipment | Club Members | Members to bring all own equipment. Any equipment that needs to be loaned from the club should only be used by that member for that session, and should be cleaned before returning to store | **S = 3 L = 3 = 9 Medium****Unlikely, Harmful** | Club coaches & senior members. |  |
| COVID 19 Transmission –rescue | Club Members | All club members to paddle strictly within their own ability, in river levels that are manageable and unlikely to lead to capsizes, injuries or incidents.In the event of a capsize, members should be encouraged to self rescue to the bank with boat and paddle if possible. If required another member should rescue the boat and paddle using their own boat to move the equipment | **S = 3 L = 3 = 9 Medium****Unlikely, Harmful** | Correct supervision and group control by instructor, safety brief. |  |

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| What is the hazard? | Who might be harmed? | How may the risk be adequately controlled? | Risk Ratings:Low, Medium, High**Grade based 3\*3 Risk Matrix & calculation of risk severity chart** | Action by whom | What further action is necessary? |
| COVID 19 Transmission from club members to members’ family who may be at risk or vulnerable | Club Members’ household | Ask each member attending if they are part of a household which contains somebody who is categorised as “at risk, “vulnerable”, or “shielding”. If they are then that member should not attend the session | **S = 4 L = 3 = 12 Medium****Unlikely, Extremely Harmful** | Club coaches & senior members. |  |
| COVID 19 Transmission –first aid | Club Members | All club members to paddle strictly within their own ability, in river levels that are manageable and unlikely to lead to capsizes, injuries or incidents.In line with government advice, make sure you wash your hands or use an alcohol gel, before and after treating a casualty also ensure that you don’t cough or sneeze over a casualty when you are treating themWear gloves or cover hands when dealing with open woundsCover cuts and grazes on your hands with waterproof dressingDispose of all waste safelyDo not touch a wound with your bare handDo not touch any part of a dressing that will come in contact with a woundObserve the below protocol for CPR: | **S = 4 L = 3 = 12 Medium****Unlikely, Harmful**  | Correct supervision and group control by instructor, safety brief. |  |

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| Weather & Environmental Conditions: Floods/ Spate conditions  | Club Members | 1. Check weather forecast & river levels.
2. Dynamic risk assessment.
3. Re-locate or cancel if inappropriate to group ability
* **Weather Forecast:**<https://www.metoffice.gov.uk/>
* **River Levels:**<https://flood-warning-information.service.gov.uk/station/2086?direction=u>
 |   **S = 5 L = 5 = 25 High****Likely, Extremely Harmful** | 1. Club coaches & senior members.
 |   |
| Drowning | Club Members | 1. Buoyancy Aids & Helmets must be worn & fitted correctly for all paddlers.
2. All club buoyancy aids & helmets are checked & their condition recorded annually.
3. Apply “Buddy” checks on helmets & buoyancy aids, boats
4. Parental Consent Forms T4 & Adult T4a Trip Participant Statement signed
 | **S = 3 L = 3 = 9 Medium****Likely, Slightly Harmful** | 1. Club coaches & senior members.
2. Club equipment officer to undertake checks.
3. Club members.
4. Club coach’s/secretary
 |  |
| Weather related injuryHyperthermia.Hypothermia | Club Members | 1. Check weather forecast.
2. Dynamic risk assessment
3. Advised on appropriate clothing to wear.
4. Adjustment to clothing as required, e.g. use of wet to dry suit depending on weather forecast, temperature & time of year.
5. Sun block, extra water, change of clothing,
6. Hyperthermia; offer a cold drink
7. Hypothermia; offer a hot drink, Group shelter or emergency bag
 | **S = 4 L = 4 = 16 Medium****Likely, Harmful** | 1. Club coaches & senior members
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| Sprains, strains, soft tissue injuries | Club Members | 1. Trained to lift boat correctly
2. Ask for help.
3. Trained to paddle correctly.
4. Dynamic risk assessment
 | **S = 2 L = 3 = 6 Low****Likely, Slightly Harmful** | 1. Club coaches & senior members.
2. Include in initial Induction & Club Training
 |  |
| Medicinal risks | Club Members | 1. Members inform club on Application form.
2. Ensure Members have and are taking necessary medication.
 | **S = 2 L = 2 = 4 Low****Likely, Slightly Harmful** | 1. Agreed action between participants & coaches of routine consumption of necessary medication.
2. Coaches may hold any necessary medication on request/agreement of participant involved.
 |  |
| Slips, trips & falls**NB –** Steep steps from egress, use sling & carabineer  | Club Members | 1. Safety Brief
2. Create awareness of river/bank hazards
3. Identify hazard areas to paddlers.
4. Dynamic risk assessment.
 | **S = 3 L = 3 = 6 Med.****Likely, Slightly Harmful** | 1. Club coaches & senior members.
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| Pollution & water quality | Club Members | 1. Risks higher in “Spate” conditions
2. Avoid intentional capsize in poor conditions
3. Advised to bath/shower after paddle
4. Made aware of flotsam
5. Dynamic risk assessment
 | **S = 4 L = 3 = 12 Medium****Likely, Harmful**  | 1. Club coaches & senior members.
 |  |
| Water borne disease’s  | Club Members | 1. All paddlers should shower after paddling and wash their hands before eating.
2. Cover cuts with waterproof plasters to prevent infection.
 | **S =4 L = 2 = 4 Low****Likely, Harmful** | 1. Club Safety Officer to publicise guidelines and provide hand washing and shower facilities on site
 |  |
| Fisherman; various spots below & above rapids; line & hook causing facial injuries | Club Members | 1. Identify & inform participants & instructors.
2. Safety brief
3. Dynamic risk assessment
 | **S = 2 L = 2 = 4 Low****Likely, Harmful** | 1. Club coaches & senior members.
 |  |
| Swans | Club Members | 1. Avoid paddling near them in nesting period in Spring
2. Safety brief
3. Dynamic risk assessment
 | **S = 4 L = 3 = 12 Med****Likely, Harmful**  | 1. Club coaches & senior members.
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| Other paddlers or users on the river; SUP | Club Members | 1. Safety brief
2. Navigation rules of the river & awareness of other craft.
3. Paddlers instructed to be aware of other uses & how to take appropriate action to avoid them.
4. Fraying paddles, boats
5. Dynamic risk assessment.
 | **S = 3 L = 3 = 9 Medium****Likely, Slightly Harmful**  | 1. Club coaches & senior members.
 |  |
| Illness & fatigue | Club Members | 1. Safety brief
2. Paddlers to inform instructor
3. Dynamic risk assessment
4. First aid kit, food and water, evacuation procedures and assistance.
 | **S = 3 L = 3 = 9 Medium****Likely, Slightly Harmful**  | 1. Club coaches & senior members.
 |  |
| Road Traffic accidentBreakdown | Club Members | 1. Dynamic risk assessment
2. First aid kit, food and water, evacuation procedures and assistance.
 | **S = 5 L = 4 = 20 High****Likely, Harmful to extreme** | 1. Club coaches & senior members.
 |  |
| Equipment: unserviceable | Club Members | 1. Loose seat, footrest, ratchets, missing bung
2. Periodic safety checks of equipment,
 | **S = 2 L = 3 = 6 Low****Likely, Slightly Harmful** | 1. Club coaches & senior members.
 |  |

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| Bridge Stanchions’ | Club Members | **S = 4 L = 3 = 12 Med**Avoid paddling in front of bridge Stanchions, as this may lead to a capsize. | Correct supervision and group control by instructor, safety brief.Dynamic risk assessment. |  |  |
| **Access:** after bridge below Chapel Falls | Club Members | **S = 2 L = 2 = 4 Low**River Level = 1.7 | Correct supervision and group control by instructor, safety brief |  |  |
|  **Egress:** before bridge at Bala on right to Cafe Car Park | Club Members | **S = 2 L = 2 = 4 Low**River Level = 1.7 rising again | Correct supervision and group control by instructor, safety brief. |  |  |

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| Grade 2 -4 Rapids; continuously**Grade 4** at Bala Mill FallsTo avoid take The Leet route, right of river before the 1st drop into the Grade 3 area that leads up to the fallsRoute into falls, bear left position about 2/3rds, note “Future Water”, overhanging bent arm tree, just before the “Plume” and drop in river is a narrow strip left of the “Plume”. Keep to this & it makes it easy to drop into the “Big” eddy on the left. | Club Members | **S = 4 L = 4 = 16 High** | * Check Environment Agency

Routes from “Big Eddy”1. Break in take route down centre but avoid rock on the left
2. Break in take route down far right of the main falls

Miss the “Big Eddy”, take route 11. Heading to rock bottom left, go left then immediately aim and draw towards the centre to go down the left hand drop of the main falls
2. Last resort go down the “Chicken Run” immediately after the bottom left rock straight ahead.
 | Correct supervision and group control by instructor, safety brief |  |

Handout (1) CALCULATION OF RISK SEVERITY

In assessing a RISK you need to take into account two factors:

(1) How serious could an injury be?

(2) How likely is it to occur?

The following would be a rough guideline:

High Risk: A very serious injury that had a high probability of occurring.

Med. Risk:

Either (a) A serious injury unlikely to occur

 (b) A lesser injury likely to occur

Low Risk:

Would be a slight injury that was unlikely to occur.

If you take (1) above as a scale of 1 to 5 (5 = high) Seriousness

 (2) above as a scale of 1 to 5 (5 = high) Likelihood

Then, multiply them together, this would give a scale as follows:

Translating into: LOW (1-8) MED. (9-17) HIGH RISKS (18-25)

SERIOUSNESS OF INJURY

5 = Very high potential for multiple death and/or wide spread destruction.

4 = High causing death or serious injury to an individual, i.e. reportable accident under the RIDDOR regulations.

3 = Moderate causing injury or disease capable of keeping an individual off work for three days or more, may require reporting under RIDDOR regulations.

2 = Slight causing minor injuries, i.e. person able to continue work after first aid.

1 = No risk of injury or disease.

LIKELIHOOD OF THE EVENT OCCURRING

5 = Very likely, almost certain.

4 = Likely to occur, i.e. easily precipitated with slight carelessness for external event, e.g. vibration.

3 = Quite possible, the accident is only likely to occur with help, i.e. if somebody slips, failure to replace a light, etc.

2 = Possibly ‑ probably is low or minimal.

1 = Not likely at all, there is really no risk and accidents will only occur under freak conditions.