**Wombourne Kayak Club Risk Assessment**

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| **Location:** | **River Vyrnwy** – Pont Lhogal to Pont Robert  [**Paddle points:**](https://gopaddling.info/paddlepoints/)  [**UK Rivers Guide:**](https://www.ukriversguidebook.co.uk/rivers/wales/north/river-vyrnwy-pont-llogel-to-pont-robert) River Vyrnwy | **Grid Reference:** | ***Access:***  031154  ***Egress:***  108127 |
| **Types of Trips:** | Club Night or Friends recreational kayak trip |  |  |
| **Video Footage:** | **See Videos:**   1. 7/11/17 [“The Gorge](https://youtu.be/ykuHS0yqwJQ)”**– John** 2. 13/06/19 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=oBEs9Wj2WSs) Flood Conditions **– John** 3. 13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John** 4. 6/11/21- [Pont Lhogal to Pont Robert](https://www.youtube.com/watch?v=Dr449ESsU1I) **Rich** 5. 6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** 6. 13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **Date:** | 5th November 2021 |
| **Assessor Name:** | John Teuwen | **Review:** | 10/11/21 |
| **Position in Club:** | Health & Safety | **Date Checked & updated:** | 10/11/21 |
| **Date Completed:** | **JohnTeuwen** |  | 10/11/21 |

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

**Graphical user interface, text, application, chat or text message

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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  **Check British Canoeing guidelines; refer to Wales-Red phase. OK** | Club Members | All members to travel independently to and from the location– no shared vehicles  Any member displaying symptoms, or who thinks they may have been in recent contact with somebody with symptoms, should not attend the session  All briefings and buddy checking to be done in compliance with 2m distancing  Members to arrive as prepared as possible to avoid long changing periods in shared areas  Debriefing 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. |  |

**Graphical user interface, application, Word

Description automatically generatedWombourne 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 – 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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**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 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 them  Wear gloves or cover hands when dealing with open wounds  Cover cuts and grazes on your hands with waterproof dressing  Dispose of all waste safely  Do not touch a wound with your bare hand  Do not touch any part of a dressing that will come in contact with a wound.  Observe 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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|  | Club Members | Diagram, text  Description automatically generated |  |  |  |

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**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? |
| Weather & Environmental Conditions:  **Floods/**  Spate conditions  Portage area 500m from Pont Lhogal – see video 2.40 minutes | 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://rivers-and-seas.naturalresources.wales/Station/2060?parameterType=1)  Pont Robert * 13/06/19 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=oBEs9Wj2WSs)   ***River level:1.85m.*** | **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 injury  Hyperthermia.  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 ground at Access & Egress points | 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. |  |

**Wombourne Kayak Club Risk Assessment**

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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? |
| 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; 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**  **Unlikely, 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 = 2 L = 2 = 4**  **Unlikely, Harmful** | 1. Club coaches & senior members. |  |

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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? |
| 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 accident  Breakdown | 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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| 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? |
| **Tree Blockage** across river or over hanging tree or strainers Note: Particularly at the beginning at **Pont Lhogal** after 500m, 0.07 minutes – Rich,  0.20 minutes - John  **The Gorge:** ***after last grade 3 drop, although it has been removed!*** 7.55 minutes - Rich | Club Members | 1. Dynamic risk assessment 2. Ability of paddlers 3. Portage to eliminate risk   6/11/21- [Pont Lhogal to Pont Robert](https://www.youtube.com/watch?v=Dr449ESsU1I) **Rich**  6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** | **S = 5 L =5 = 25 High Risk.**  **Risk of capsize** | Correct supervision and group control by instructor, safety brief. Advised to avoid & informed how to escape entrapment. |  |
| Bridge Stanchions’ | Club Members | 1. Dynamic risk assessment 2. Ability of paddlers 3. Portage to eliminate risk | **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. |  |

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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? |
| **Pont Lhogal to Dolonog**  **“Dog Leg”** take left route and move to drop before right above cutting back right to left.  6/11/21 - 2.35 minutes  Alternative **“Boof”** off drop in flood conditions instead of taking dogleg.  13/06/19 - 4.20 minutes | Club Members | 1. Dynamic risk assessment 2. Ability of paddlers 3. Portage to eliminate risk 4. Correct supervision and group control by instructor, safety brief.   6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John**   * 13/06/19 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=oBEs9Wj2WSs) **– John** | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | 1. Club coaches & senior members. |  |
| **1st Drop before the bridge,** ferry to right side, paddle right of centre avoiding the rock. Flood conditions – paddle centre of river away from rock ahead, rather than normal approach lateral to rock.  13/06/19 – 7.35 minutes – **Flood Conditions**  6/11/21 - 2.35 minutes | Club Members | * 13/06/19 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=oBEs9Wj2WSs) **– John**   6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | As above |  |

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| **Pont Lhogal to Dolonog**  **Drop to pass through bridge,** ferry to right side, paddle right of centre avoiding the rock. **Flood conditions** – maintain same route as remaining drop can be turbulent and cause a capsize.  13/06/19 – 8.00 minutes **Flood Conditions**  6/11/21 - 7.50 minutes | Club Members | 1. Dynamic risk assessment 2. Ability of paddlers 3. Portage to eliminate risk 4. Correct supervision and group control by instructor, safety brief.  * 13/06/19 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=oBEs9Wj2WSs) **– John**   6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | 1. Club coaches & senior members. |  |
| **Drop after the bridge next to rockface,** paddle left along the sliding wave in a “ferry glide position.  6/11/21 - 8.32 minutes | Club Members | 6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | As above |  |
| **Weir;** Dolonog  6/11/21 - 9.17 minutes | Club Members | Portage to the right 20m. before weir.  6/11/21 [“Pont Lhogal to Dolonog”](https://www.youtube.com/watch?v=YoC_lzTAhuE) **– John** | **S = 5 L = 5 = 25**  **Extreme Risk, Extremely Harmful leading to death** | As above |  |

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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? |
| **Gorge to Pont Robert** | Club Members | 1. Dynamic risk assessment 2. Ability of paddlers 3. Portage to eliminate risk 4. Correct supervision and group control by instructor, safety brief. | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | Club coaches & senior members. |  |
| 1st Section: **“Wave trains”,** drops & a bend before gorge.  13/06/19 0.28 – 1.15 minutes, **Flood conditions**  6/11/21 2.18 minutes | Club Members | As above  13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  6/11/21- [Pont Lhogal to Pont Robert](https://www.youtube.com/watch?v=Dr449ESsU1I) **Rich** | **S = 3 L = 2 = 6 Low**  **Highly unlikely, Slightly Harmful** | As above |  |
| **Gorge 1st Drop;** take left route, bearing right.  13/06/19 3.49 – 4.13 minutes **Flood conditions**  13/11/21 2.34 minutes” | Club Members | As above  13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  7/11/17 [“The Gorge](https://youtu.be/ykuHS0yqwJQ)”**– John** | **S = 3 L = 2 = 6 Low**  **Highly unlikely, Slightly Harmful** | As above |  |
| **Gorge 2nd Drop:** take left route, bearing right to avoid rock on bank.  13/06/19 4.49 – 5.13 minutes **Flood conditions -washed out**  13/11/21 0.26 minutes | Club Members | As above  13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 3 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | As above |  |

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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? |
| **Gorge 3rd Drop;** take left route, can drop into eddy, or bear right into channel.  13/06/19 5.05 – 6.00 minutes **Flood conditions -washed out**  13/11/21 1.21 minutes | Club Members | As above  13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 2 = 6 Low**  **Highly unlikely, Slightly Harmful** | 1. Club coaches & senior members. |  |
| **Gorge 4th Drop:** take central route, can drop into eddy to the right above last two drops.  13/06/19 3.49 – 4.13 minutes **Flood conditions**  13/11/21 2.41 minutes | Club Members | As above  13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 4 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | As above |  |
| **Gorge 5th Drop before 6th final drop;** ferry to left side, ease through close to bank to position route left to right, dropping into large eddy to the right before main drop*. If you can’t make it take central route before final drop to position yourself for it, 1.5m from rock on left and avoid “Plume”!* Follow tongue but you power through the “Stopper” at the bottom of drop.  13/06/19 - **Flood conditions!** 7.18 minutes  13/11/21 3.35 minutes | Club Members | 13/06/19 [“The Gorge” Flood conditions](https://www.youtube.com/watch?v=6AcomuFhS9Q) **– John**  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 4 = 12 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | As above |  |

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| **Left bank drop** where there was a blockage by a tree.  13/11/21 8.00 minutes | Club Members | As above  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 4 = 9 Medium**  **Risk of capsize**  **Likely, Slightly Harmful** | 1. Club coaches & senior members. |  |
| **Barry’s drop** take left hand side route turn right, be aware of bubbly water.  13/11/21 14.00 minutes  **Alternative route:** far right paddle between two rocks over drop. | As above | As above  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 2 = 6 Low**  **Highly unlikely, Slightly Harmful** | As above |  |
| **Dave’s route**, take narrow slide route on the right. **Or take left route** near rock face  13/11/21 14.42 minutes | As above | As above  13/11/21 [“The Gorge”](https://www.youtube.com/watch?v=GHQCK30-lrw) **– John** | **S = 3 L = 2 = 6 Low**  **Highly unlikely, Slightly Harmful** | As above |  |

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.