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| **Activity** | River trips | **Site** | Eden – Lazonby to Armathwaite |
| **Date of assessment** | 08/04/2020 | **Assessment review date** | 08/04/2021 |
| **Assessment undertaken** | Tony Colla | **Signed by** |  |
| **Hazard** | **Water Level Variance** | **Who might be harmed** | **General Risk Control** | **Action by whom** | **Special circumstances, Control Variance** |
| Collecting and returning equipment from/to club store and carrying boats |  | Paddlers | Safe lifting and handling | Paddlers to ensure safe lifting and double up to carry if required | None |
| Carrying boats down to and back from river |  | Paddlers | Safe lifting and handling | Paddlers supervised by coaches and double up to carry if required | None |
| Flood conditions |  | Paddlers | Assess condition of river and competence of group on the day. Cancel if necessary | Coach |  |
| Launch and paddle  | Move launch position to suite water level | Paddlers | Ensure correct equipment and clothing is being wornPaddle as a group with front and back markerGroup leader to clearly indicate breakout points along way | Coaches to take charge and keep control of groupPaddlers responsible for own equipment | Wind and river level, keep tighter control of group  |
| Drowning | None | Paddlers | Use of Buoyancy Aids (BA)Everyone able to swim | Coaches must ensure* BA’s worn by all paddlers
* BA’s meet CEA standards
* BA’s are correct size and fitted correctly
 | None |
| Head Injury | None | Paddlers | Wearing helmets which are properly fitted | All paddlers and Coaches | None |
| Entrapment in boat | None | Paddlers | Ensure safe and correct fitting of spray decks, everyone familiar with capsize drill | Coaches and paddlers | Extra care in high winds or water conditions |
| Tree entanglement |  | Paddlers | Keep away trees  | Good supervision. Coaches ensure safe use of equipment | Extra care in high winds or water  |
| Cuts and bruises | None | Paddlers | First aid kit on hand with first aider |  | None |
| Sunstroke, Hyperthermia, Hypothermia | None | Paddlers | Make sure people use sun blokeWear hats and appropriate clothing for weather conditions | All members of party | None |
| Over come by darkness | None | Paddlers | Be aware of time and length of sessionKeep torch in kit | Coaches | Greater awareness in poor weather conditions |
| Getting off river  | Vary get off point depending on water level | Paddlers | Safe exit off water and safe lifting and handling  | Coach to make sure everyone is off water safely before leaving water . Supervise equipment going back to club | Move exit point depending on river height |
| Health and safety – water borne infections | None | Paddlers | Advise paddlers to wash and shower after being on river | Coach to advise | None |
| Weirs | None | Paddlers | Dangers explained at a safe distance. Provide safety. Portage where unsafe to paddle,  | Coach | None |
| Rapids | None | Paddlers | Assess line, breakout points from safe distance. Provide safety. Portage where necessary | Coach and paddlers | None |