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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 worn  Paddle as a group with front and back marker  Group leader to clearly indicate breakout points along way | | | Coaches to take charge and keep control of group  Paddlers 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 bloke  Wear 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 session  Keep 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 |