

LIVERPOOL CANOE CLUB SUMMARY ASSESSMENT OF RISK

VENUE – DC Leisure - Widnes

Liverpool Canoe Club
c/o Club Secretary, 15 Warren Road
Hoylake Wirral
CH47 2AR

Assessment made in January 2018

Assessed by K. Steer



HAZARD	WHO MIGHT BE HARMED?	IS THE RISK ADEQUATELY CONTROLLED?	WHAT FURTHER ACTION IS NECESSARY TO CONTROL THE RISK?
<i>List hazards here.</i>	<i>List groups of people who are especially at risk from the significant hazard identified.</i>	<i>List existing controls here or note where the information may be found.</i>	<i>List the risks which are not adequately controlled, and the actions you will take where it is reasonably practicable to do more.</i>
1. Supervision	All	<p>The club is to ensure that a coach, officer or official will be in overall charge of a club session and be responsible for all the paddling activities and conduct of participants. She / He will remain at the pool throughout the session unless replaced by another suitably approved person.</p> <p>British Canoeing coaches are trained to work from their boats to perform rescues and run paddling sessions. The coach in charge of the session <u>may choose to supervise or coach from either the bank or from the water</u> (in a kayak or standing in the water).</p> <p>NB The coach should try to position themselves so that they can still oversee the whole the pool.</p> <p>They will organise the session in accordance with British Canoeing current guidelines as to supervision ratios and number of participants.</p>	<p>LCC coach(es) or supervisor(s) will be identified by a coloured wrist band. They will be in addition to any statutory poolside lifeguard provision.</p> <p>Use of a kayak could get a coach to the site of the emergency more quickly and prevent them from even having to enter the water (This is usually taught as a last resort in all British Canoeing safety courses)</p> <p>Pool lifeguards should communicate any emergency situation which concerns them to the coach(es) with a double blast on their whistle and pointing to the area of concern. LCC coach or supervisor is then responsible for the rescue or extradition of any participant from an upturned kayak. Once in the water and if required, the casualty can then be handed-over to the pool lifeguard.</p>
2. Drowning	Paddlers	<p>All paddlers who participate in individual training and practise MUST be competent in capsize and self rescue. Most will work in pairs or groups in the main pool.</p> <p>Beginners should work under the supervision of a coach or supervisor until competent to paddle without direct supervision.</p>	<p>Canoeing in the pool is always a group activity so there will always be other canoeists / club officials immediately available to help rescue anyone in danger.</p> <p>Minimum of 3 controlled capsizes with spray decks in place.</p>

Reference: Discussion with Bradley Lang; [BCU guidance to Authorities and Pool Managers](#), BCU polo regulations, DC Leisure Pool Risk Assessment 2009, discussion with R.C.O., club coaches and officials.

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2. Drowning	Referees / Officials / Coaches Swimmers	Referees, officials and coaches will work in teams. A pool lifeguard and other experienced paddlers are always in attendance. General swimming is not allowed while canoeing is taking place unless a section of the pool is roped off. If coaches or the club wish to assess newcomers or other paddlers water confidences or swimming ability, this should be done in an organised manner at the very start of a session before boats are allowed onto the water. (Duty lifeguard to be informed)	Lifeguards carry torpedo buoys. First Aiders will be on hand throughout each session. Trip hazards along the poolside must be minimised. (See section 5) Peer coaching from the water is to be encouraged for rolling and capsize drills but should be restricted to the shallow end unless assisting “rescues” in the deeper areas of the pool.
3. Head / Body Injury	Paddlers / Coaches in the water	The risk is greatest with fewer boats in the water as this enables higher velocities of both boats and paddles. Teaching in groups and the use of canoe games can also greatly increase the risk. The shallow end should be used for one to one coaching where guiding the paddle is required. Coaches / peers should position themselves at the front of the kayak where possible.	The designated over-seeing official should ensure safe practice from all club members. Paddlers should always be aware of the possibility of capsize and need to watch for such so as to avoid collision with anyone in the water.
4. Boat numbers	All Members	For general paddling, freestyle and polo, the pool can safely accommodate up to eighteen, 4 metre kayaks and/or canoes. Where structured coaching or sectioning of the pool is in place, these numbers may be increased by the coach in charge of the session to a maximum of twenty-eight (28). 14 for half the pool. The numbers allowed on the water must be assessed for each session and for each proposed activity and adjusted as appropriate. The responsibility for this lies with the designated club official or coach in overall charge of the session. <i>Reference: The Canoeist and the Swimming Pool – Guidance to Authorities and Pool Managers</i>	For competition polo British Canoeing guidance will be used (teams of 5 with up to 3 reserves) For canoe games and forward paddling the maximum number will need to be reduced. Static (rolling) activities may allow an increase in numbers as approved by the designated club official. The use of sub 3 metre boats may also allow an increase in numbers as approved by the designated club coach/official.

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5. Boats / Manual Handling	All Members	<p>All members are advised that two people should be used to lift boats. Failure to do so could lead to injury.</p> <p>Unused boats during the session should be carefully placed away from the pool edge to allow clear access along the poolside.</p> <p>If boats are brought to the rear entrance for washing then the help / guidance of a pool official should be requested.</p> <p>Use of diving masks is permitted as this protects the eyes and nasal passages from a constant ingress of chlorinated water when repeated upside down and under water. <i>Paddlers may roll their kayak over a 100 times in a session</i></p> <p>Use of canoeing clothing (Spray decks, Buoyancy Aids, towing lines, long trousers etc) is permitted to allow realistic training while paddling in the pool.</p>	<p>All new members to be advised at induction. Continual monitoring by all members. Boats only to be taken off racks after swimmers have left the poolside.</p> <p>All boats should be stored safely inside the pool complex.</p> <p>Danger from poor lighting, broken glass and sharp, rusty metal / locks should preclude club members carrying equipment unless suitably dressed (ie not dressed for the pool)</p> <p>NB This is different from the centres general swimming guidelines – NOP)</p> <p>NB This is different from the centres general swimming guidelines – NOP)</p>
6 .Canoe Polo	All players	<p>Canoe Polo is an "assumed risk" and "water contact sport" that may carry attendant risks. To minimise risks all players are required to wear a helmet, which incorporates a full-face guard, and they must wear a buoyancy aid, which will protect their body from accidental collisions during games. In addition, the front and rear of all polo canoes must be padded and comply with the standards laid down in the current copy of the British Canoe Union Canoe Polo Yearbook.</p>	<p>Polo training and games should always be supervised by a qualified referee or club official.</p> <p><i>Reference: The Canoeist and the Swimming Pool – Guidance to Authorities and Pool Managers</i></p>

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7 First Aid / Injuries	All Members	Canoeing is an "assumed risk sport". All paddlers MUST be members of the club and will have signed a disclaimer and declared any medical conditions thought to affect their ability to participate in paddlesport.	<p>LCC Coaches and experienced paddlers will use their experience and specialist skills to deal with any paddling related emergency that may arise through use of the pool complex.</p> <p>All Coaches are qualified First Aiders. Use of the pools first aid room and staff should be available at all times. The leisure centre will always have a minimum of one First Aider on Duty.</p> <p>All injuries should be entered into the club's accident book and reported to the Duty Officer at the pool where it will be logged in the Leisure centres accident records.</p>
8 Contamination of Pool Water	All pool users	<p>All canoes must be clean and in good state of repair. Club Coaches and members will ensure that pre-cleansing of the canoes take place following the use of canoes in rivers / sea.</p> <p>The boats should be brought on to the poolside via the fire doors at the rear of the pool no more than 15 mins before the session. They are to be stored carefully on the poolside to allow easy movement along the poolside by other users.</p>	<p>A suitable area for this should be identified with the pool manager.</p> <p><i>Reference: The Canoeist and the Swimming Pool – Guidance to Authorities and Pool Managers</i></p>
9 Leisure Centre Evacuation	All Members All employees Public	Coaches and club members should help in the event of any emergency evacuation of the Leisure Centre.	Centre Evacuation Plan and Emergency Procedures should be made available to club officials and coaches. All directions from Leisure Centre Staff should be followed during an emergency at the Centre.

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