

# Activity Risk Assessment: - Canoeing - onsite

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged risks	Control Measures	Managed risk
1	Drowning	Instructors & Group	<b>High</b>	Instructor training, knowledge, supervision and experience. Assessment of student ability and tailoring of sessions accordingly. All participants wearing correctly fitted and checked buoyancy aids when on and near the water. Dry land capsize and rescue brief. Avoid students wearing large footwear and heavy clothing.	<b>Low</b>
2	Struck by paddle	Instructors & Group	<b>Medium</b>	Students safe distance apart whilst practicing dry land paddling. Staff control during session. Inspection of paddles for sharp edges etc. Sufficient spacing during paddling. Safety briefing on games before they are played. All participants to wear helmets and buoyancy aids throughout the session.	<b>Low</b>
3	Infection	Instructors & Group	<b>Low</b>	Cover all cuts/new piercings etc. Advise all students to shower after finishing water activities.	<b>Low</b>
4	Lifting and moving boats	Instructors & Group	<b>Medium</b>	Show the correct procedure for moving and carrying boats. At least four people to carry each canoe.	<b>Low</b>
5	Bank side obstacles (branches, jetties etc)	Instructors & Group	<b>Low</b>	Brief group to stay away from obstacles. Maintain bank and manage vegetation growth.	<b>Low</b>
6	Jetties	Anyone	<b>Medium</b>	Warn of gap between the bank and the jetty. Warn of moving Jetty. Brief group on conduct whilst on the jetty. When getting in/out of a canoe make sure someone is stabilising it. Do not allow participants to swim under the jetty.	<b>Low</b>
7	Difference in water depths	Instructors & Group	<b>Low</b>	Instructor to have a basic knowledge of lake depths. Use appropriate part of lake for different skills and games. Brief group on water depths and what to do if they fall in.	<b>Low</b>

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8	Sinking into deep mud around the lake.	Group	<b>Medium</b>	Instructor to have knowledge of these areas and to keep group away from them.	<b>Low</b>
9	Hypo/hyperthermia and exposure	Instructors & group	<b>Medium</b>	Instructors should ensure that the group is appropriately clothed for the weather. (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.) Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. Group needs safety bag readily available. Instructor to ensure this.	<b>Low</b>