

Operator: Cambridge Canoe Club – Gwilym Still (Event organiser)

Address: 2 Lambourne Road, Hardwick, CB23 7XB

Tel: 07952 456 856

Activity: Winter Series canoe race

Date of Event: 7 Dec 2025

Date of Assessment: 20 Oct 2025 **Assessment review date:** 20 Oct 2025

What are the hazards?	Who might be harmed & how?	What are you already doing to control the risks?	What further action is necessary to control the risk?	Who needs to carry out the action?	Review comments / Review date
Capsize and involuntary	Junior or less experienced Competitors in windy or	Paddlers are generally able to self assist. However, marshals at turn points (most likely place for capsize) will have throw lines, if necessary marshals with	Capsizes are inevitable. The least able paddlers in Divs 7, 8, 9 and all U16	Race Organiser	20 Oct 2025

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swim of competitor	congested conditions	buoyancy aid will enter the water to assist, but this is a last resort.	will be required to wear buoyancy aids. Least able paddlers will have on water support from competent paddlers in stable boats along the course.		
Drowning	Competitors following capsize and unable to self-rescue	All competitors able to swim 50m in canoe clothing All boats must have adequate buoyancy to float and support crew in the event of a capsize. Less experienced competitors ranked Division 7-9 and all under-16s required to wear buoyancy aids.	Team Leaders familiar with competency of individuals and will be tasked with ensuring that buoyancy aids are worn by under 16s in Divisions 6 and above. Race Organiser will insist on obligatory use of buoyancy aids if weather/water conditions are deemed adverse or forecast to be adverse.	Race Organiser & Marshals	20 Oct 2025

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		Competitors in other classes are required to render assistance to any paddler in difficulty Marshals on the bank are equipped and trained in the use of throw lines. First Aiders in attendance	A final inspection of key points on the river on the day will result in the race being cancelled if necessary. Safety boat(s) will follow the junior racers. A safety boat will be stationed at the turn on the junior courses		
Slips, trips and falls	Competitors, Spectators & Race staff moving along the towpath	Marshals to ensure that the portage route is free from obstructions. The banks are well-maintained, and muddy stretches are generally not present.	Marshals will have basic first aid equipment and mobile phones to summon emergency services if required.	Race Organiser & Marshals	20 Oct 2025

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River in flood	Competitors may encounter danger due to strong flow, debris and high levels	Race will be cancelled if river conditions are considered to be unsafe.	The Club, FRA and social media (eg Facebook) websites will be used to announce this.	Race Organiser	20 Oct 2025
Bystander is hit by portaging competitor	Walkers, Spectators and Race staff at risk of collision with portaging paddlers running along the footpath	Marshals will be present at portages to control bystanders.	Marshals will have basic first aid equipment and mobile phones to summon emergency services if required.	Race Organiser & Marshals	20 Oct 2025
Food hygiene & barbeque	Competitors, spectators, race staff and general public at risk of	Food for competitors will be pre-prepared under the supervision of a club member with a knowledge of food hygiene regulations.	Competitors, Team Leaders and parents will be reminded on the day of the need for hygiene.	Safety Officer, Race Organiser &	20 Oct 2025

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	food poisoning or burns	Hand washing facilities are available on site. BBQ strictly supervised, all those not involved in food preparation kept away from the food preparation area and hot surfaces. Fire extinguisher and fire blanket to be located at the BBQ.	Hand-sanitizer will be provided for those handling food. Customers to be warned if being served hot drinks or food.	Social Committee	
Collision with other competitors	Competitors Damage to boat or capsize.	Mostly experienced competitors It is expected that all paddlers will have received a basic level of training before being permitted by their clubs to compete. The course will be inspected in the week leading up to the race to ensure	Dynamic risk assessment by all to avoid situation.	Race Organiser & Marshals	20 Oct 2025

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		that no trees or other natural hazards are causing an obstruction. Where practicable any obstructions will be removed.			
Collision with other river users	Competitors while racing or warming up	It is the nature of the race on this stretch of river that there will be some conflict with punts and other river users.	The punt operators, rowing clubs and other groups will be warned of the race, but they are unlikely to restrict their operations. Competitors will be informed during the race briefing.	Race Organiser	20 Oct 2025
Collision with natural hazards	Competitors	Mostly experienced competitors It is expected all paddlers will have received a basic level of training before	Competitors, Marshals and staff manning safety boats will be warned	Race Organiser & Marshals	20 Oct 2025

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	Damage to boat or capsize.	being permitted by their clubs to compete. The course will be inspected in the week leading up to the race to ensure that no trees or other natural hazards are causing an obstruction. Where practicable any obstructions will be removed	of the position of any known hazards at the race briefing.		
Conflict with fisherman	Competitors while racing or warming up	In general the fisherman are friendly and will draw lines to allow canoeists to pass	Any anglers seen along the course on the day of the race by marshals will be advised that the race is taking place.	Race Organiser & Marshals	20 Oct 2025
Cuts and injuries on feet from	Competitors while portaging and preparing to race	It is strongly advised that paddlers wear footwear in this race however it	First Aid kits will be available	Race Organiser & Marshals	20 Oct 2025

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rubbish / stones		does remain at the discretion of the paddler.			
Locks and Weirs – possible pull into weir at Silver Street	Competitors	Marshals will be monitoring the portage and will assist less able paddlers as the rules state. They will also ensure that boats disembark at an adequate distance from the top of the weir	Marshals will be present with throw ropes.	Race Organiser & Marshals	20 Oct 2025
Lightning	Competitors risk of lightning strike when holding carbon paddles over water	Weather forecasts are monitored prior to and during the race. Where lightning is forecast, the race timing may be adjusted or the race cancelled	For an occurrence of lightning during the race, all paddlers will have been briefed to get off the water as soon as possible until the storm has passed. Marshals will try to ensure this occurs.	Race Organiser & Marshals	20 Oct 2025

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Injury from Lifting / Carrying equipment	Competitors	Mostly experienced competitors. Adults (parents/teammates) will be available to move boats for young paddlers at the start/finish. Competitors who require assistance at the portages are invited to contact the Race Organiser in advance to make arrangements.	Competitors will be reminded in the briefing of the risks inherent in lifting and handling boats.	Race Organiser & Marshals	20 Oct 2025
Hypothermia	Competitors, effects of cold due to rain combined with wind chill and or immersion	Race taking place in December with potential for adverse weather conditions, the briefing pack advises paddlers to wear appropriate clothing. First Aiders to be present and contactable by phone.	Marshals will check to ensure the safety of competitors, ensure they are kept warm with additional clothing / foil wraps If weather conditions are very cold, paddlers will be advised of the need to wear suitable clothing.	Race Organiser & Marshals	20 Oct 2025

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		Mostly experienced competitors who will dress appropriately The youngest competitors will be under the supervision of experienced Team Leaders and/or parents who will advise them on appropriate clothing	Thermal blankets and warm drinks and showers will be available at the finish.		
Waterborne disease	Competitors and marshals on the water	The Cam does have rats and cows on the fields upstream. This means that the water can be polluted and carry Weils disease and cow faeces after heavy rainfall. Showers & hand washing available in changing rooms.	Competitors will be warned of the possibility of infection.	Race Organiser & Marshals	20 Oct 2025

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Injury from moving vehicles in the car park and access route	Competitors, Spectators, Race staff and General public at risk of impact injury	Plenty of open space for people to congregate away from the car park Marshal in car park.	Monitor on site.	Race Organiser & Marshals	20 Oct 2025
Safeguarding failure	Young or vulnerable competitors or volunteers	Compliance with British Canoeing Safeguarding policies and procedures for children (SPC-P1) and adults (SPC-P6): https://www.britishcanoeing.org.uk/guidance-resources/safeguarding/policies-guidance-and-templates	Signage to remind lone adults that they should avoid using the changing rooms with young persons All juniors must be accompanied to the event by an adult who takes responsibility for them	Event Welfare Officer	20 Oct 2025
COVID-19	Competitors, spectators, race	There are currently no mandated restrictions in place	Review government guidance leading up to the race and ensure appropriate measures are taken at the time	Race Organiser	20 Oct 2025

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	staff and general public				

Notes:

1. Briefing notes will be published in advance of the race and circulated to those placing bookings. All potential hazards will be outlined along with actions expected to be taken. Last minute issues will be notified by signage and by informing everyone at booking in
2. Three internal toilets provided at the club – 1 suitable for disabled visitors, antibacterial soap provided in the toilet areas
3. Doors will be secured if being left permanently open during the event to avoid injury if they swing shut
4. Most of the activity will take place outside