



SHORT COURSE NATIONALS 2023

Risk Assessment

Event Safety Officer - Graham Warland

GENERAL PRINCIPLES

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action If risk not controlled
Lake	Open water	All attendees	Drowning	<p>All participants are experienced canoe and kayak racers who have reached a suitable standard, and have self-certified that they can swim at least 50 metres in light clothing. Paddlers of this level of competence are therefore permitted to race canoe marathons without a Buoyancy Aid under established British Canoeing Marathon Racing rules.</p> <p>Race briefing and boat checks will reinforce the need for adequate boat buoyancy to</p>	<p>End activity [Activate emergency plan, contact next of kin (coach/team leader)]</p>


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				<p>provide assistance in the case of a capsize.</p> <p>All racers and team leaders will also be advised to consider the competence of each competitor individually, and to wear a buoyancy aid if there is any doubt.</p> <p>Advise non swimmers to stay away from water, wear life jackets/buoyancy aids.</p> <p>Life rings at the centre and around the lake. Three motor launches on the lake with marshals.</p>	
General health	General health & fitness	All attendees	Injury, medical emergency	<p>First aid kit and first aider access at race control and portage.</p> <p>Athletes advised not to race at briefing if feeling unwell.</p>	<p>End activity [Activate emergency plan, contact next of kin (coach/team leader)]</p>

ENVIRONMENTAL HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action if risk not controlled
Water hygiene	Infectious diseases	Event staff, Team leaders, coaches, athlete & spectators	Risk of illness, sickness, diarrhoea	Do not splash or drink river water, wash hands after activity, cover cuts	Advise to seek medical advice


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Weather	Wind	Event staff, Team leaders, coaches, athlete & spectators	Hypothermia, windburn, capsized	Attendees are adequately dressed in splash tops to protect from wind-chill. Encourage wearing a warm hat. Briefed regarding effect on craft maneuverability Shelter for event staff where appropriate	Stay in sheltered area, amend course to reduce exposure, end activity
Weather	Precipitation	Event staff, Team leaders, coaches, athlete & spectators	Hypothermia	Attendees are adequately dressed in splash tops/waterproof jackets for land/water as appropriate to protect/minimise dampness and subsequent loss in body temperature. Encourage wearing of hats, umbrellas (spectators only). Briefed regarding effect of getting wet Shelter for event staff where appropriate	Advise to take shelter in building/vehicle
Weather	Sun	Event staff, Team leaders, coaches, athlete & spectators	Sunburn, Heat stroke	Protect from sunburn by covering skin. Water available for dehydration cases. Briefing notes advise to bring protection. Shelter for event staff where appropriate. Drinking water available.	Advise to take shelter in building/vehicle, seek medical advice if symptoms occur
Weather	Air temperature	Event staff, Team leaders, coaches, athlete & spectators	Hypothermia, Heat stroke, Heat exhaustion	Attendees adequately dressed in splash tops and thermals, hats, spray decks. Survival bag on site for possible hypothermic cases. Shelter for event staff where appropriate.	End activity for participant or whole race [Activate emergency Plan, contact next of kin (coach/team leader)]


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Weather	Water temperature	Event staff, Team leaders, coaches, athlete & spectators	Hypothermia, drowning	Advise regarding suitable clothing and reduce capsizes with use of stable boats. Survival bag on-site for possible hypothermic cases. Marshal boats to support if required	Shelter, end activity [Activate emergency plan, contact next of kin (coach/team leader)]
Weather	Thunderstorms	Event staff, Team leaders, coaches, athlete & spectators	Lightning Strike	Races will not be started if thunder has been heard within 30 seconds of a lightning flash within the previous 30 minutes. Races will be delayed if it is felt a storm is imminent. If there is a risk of storms, competitors will be briefed to clear the water and seek/find a safe place away from tall objects.	Shelter, end activity [Activate emergency plan, contact next of kin (coach/team leader)]
Insects	Insect bites	Event staff, Team leaders, coaches, athlete & spectators	Allergic reaction	Attendees don't provoke known 'biters', Insect repellent First aid kit available at race control and in club	Contact next of kin (coach/team leader), contact emergency services

RACE SITE HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action If risk not controlled
All	Fire	All attendees	Fire, burns	Fire Extinguishers prom and club side and key staff familiarised with use before the event.	999


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Parking area	Injury	All attendees	Being run over Walking into boats/equipment etc. Tripping	Site information in event pack. Briefing attendees in entry information. Adequate signage & marshalling at key movement points/times. Race briefing reminder. First aid kit at race control.	Dependent on hazard - reinforcement; Contact next of kin (coach/team leader), contact emergency services
Boat park	Injury	All attendees	Walking into boats/equipment etc. Tripping	Marshals regularly check for hazards. First aid kit at race control. Event staff on site at all times.	Dependent on hazard - reinforcement; Contact next of kin (coach/team leader), contact emergency services
Toilets, outdoors	Injury Hygiene	All attendees	Risk of illness, sickness, diarrhoea	Marshals regularly check for supplies, hazards First aid kit at race control	
Pontoon / Landing stages	Falling onto pontoon or into water, slip on water or ice	Athletes, Officials	Drowning, injury	Keep area clear, boats & paddles in boat storage or water only. No running or jumping enforced	Briefing, reinforcement
Grass area	Tripping Boats, paddles, number boards, shoes, drinks	All attendees	Injury	Athletes briefed to only have boat/equipment on grass for shortest possible time and to either put away or in boat control area	Equipment moved out of way

INDOOR AREA HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action if risk not
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					controlled
Changing rooms	Sharp objects on floor	Athletes	Injury	Check floor areas for broken Perspex and other objects	Sweep up, remove
Changing rooms	Wall hooks	Athletes	Injury	Reinforce good behaviour, no standing on benches	Briefing, reinforcement
Changing rooms	Wet floor	Athletes	Slipping, injury	Mop floor on regular basis	Hazard warning sign

EQUIPMENT HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action if risk not controlled
Canoes and kayaks	Insufficient Buoyancy	Athletes, on water marshals	Drowning, injury Boat sinks	Canoes and kayaks to have adequate buoyancy to float and support capsized paddler(s) as per MRC rules. All boats are required to be checked before launch. Boats not checked will be disqualified.	Refuse launch
Paddles	Equipment failure	Athletes, on water marshals	Capsize	Visiting paddlers requested to confirm adequate condition before launch via entry details and briefing reminder.	Remove boats from service
Buoyancy aids	Equipment failure	Athletes required by MRC rules to wear buoyancy aids, on water marshals	Drowning	Visiting paddlers requested to confirm adequate condition before launch via entry details and briefing reminder.	Remove boats from service



PRE-START, START, FINISH AND GETTING OFF WATER HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action If risk not controlled
Boat Control	Crowding leading to involuntary contact with boat/fall	Athletes, Boat control team	Injury	Clear boundary for area. Access restricted to the current race batch. Briefing and notice board signage.	Additional marshaling, boats removed from area
Warm up area and pre start	Over crowding leading to involuntary contact with other boat and capsized	Athletes	Collision with other kayakers or river users Injury Drowning	On and off water pre start marshals with signage. Access restricted to current race (phase launching by class). Briefing and notice board signage. Time penalty/disqualification for misbehaviour.	Activity on hold
Start area, on water	Involuntary contact with other boat and capsized	Athletes	Collision with other kayakers or river users Injury Drowning	Pre starter and starter giving instructions. Time penalty/disqualification for misbehaviour.	Do not start race
Start area, off water	Overcrowding, slipping/falls in close proximity to the bank interruption to starting proceedings	Spectators	Injury Drowning	Area clearly marked. Marshals to control position	Delay start until recovery completed
Finish, on water	Over crowding leading to involuntary contact with other boat and capsized	Athletes	Collision with other kayakers or river users Injury Drowning	Finishers funneled away from ongoing racing. Finishers funneled to nearby get off area. Marshals to supervise	


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Finish area off water	Over crowding leading to involuntary contact with other boat and capsize/injury	Athletes, spectators, marshals	Collision with other kayaks or river users Injury Drowning	Area clearly marked. Marshals to monitor crowding and ask spectators to move on as needed.	
Getting off water area	Over crowding leading to involuntary contact with other boat and capsize/injury	Athletes, spectators, marshals	Collision with other kayaks or river users Injury Drowning	Area clearly marked. Marshals to assist athletes or if needed limit one supporter to competitor.	

DURING RACE HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action if risk not controlled
Capsized paddler	Boat and paddler in water	Athletes and on water marshals	Drowning Race disruption Collision Equipment damage	<p>On water marshals to wear buoyancy aids capable of supporting their body weight. Team leaders, coaches should remind athletes they should consider wearing a buoyancy aid based on their ability and the weather, water conditions.</p> <p>Marshal boats on the water at all times.</p> <p>Availability of mobile phone & radios at race control, portages, marshalling points to contact race control and emergency services.</p>	End activity [Activate emergency plan, contact next of kin (coach/team leader)]


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				<p>Athletes briefed to check with a capsized paddler if they need assistance. Briefed to stop and assist if no reply or help requested.</p> <p>Paddlers/Marshals redirect route to avoid collision.</p> <p>Appropriate time allowance to be considered for racers who stop to assist fellow paddlers in trouble.</p>	
Portage	Over crowding/rushing leading to involuntary contact with other boat/paddler/spectator	Athletes, portage marshals, spectators	Collision, capsize, injury	Area clearly marked. clear separation of spectators, marshals, athletes.	First Aid kit available at race control, in club and at Portage
Portage	Disposable drinks systems	Athletes, portage marshals, spectators	Tripping	These will not be permitted on the water for racing. N/A	Disqualification of paddlers not abiding causing hazard or littering
Portage	Carpet	Athletes, portage marshals	Tripping	<p>Carpet is carefully and safely secured to reduce tripping risk on edges</p> <p>Portage Marshals to consistently check condition of carpeting between races and reporting concerns to event lead if required</p>	<p>First Aid kit available at race control, in club and at Portage</p> <p>Carpet removed if risk increases due to damage during day</p>

TRANSPORT OF PEOPLE AND EQUIPMENT HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action If risk not controlled
Roof-racks	Lifting kayaks onto & off roof	Athletes, support colleagues, team leaders	Injury	2 people per boat	Seek assistance
Roof-racks	Insecure kayaks	Athletes, support colleagues, team leaders	Injury, boat damage	Secure with straps or bungees only. Colleague to check fixing	Seek assistance
Trailer	Loading or unloading canoes	Athletes, support colleagues, team leaders	Injury, boat damage	2 people per boat	Seek assistance
Trailer	Loading or unloading kayaks	Athletes, support colleagues, team leaders	Injury, boat damage	2 people per boat	Seek assistance
Trailer	Insecure canoes or kayaks	Athletes, support colleagues, team leaders	Injury, boat damage	Secure with straps or bungees only. Colleague to check fixing	Seek assistance
Trailer	Storage box lid closing on hand	Athletes, support colleagues, team leaders	Injury	2 people to perform task, one to hold lid open	Seek assistance
Trailer	Attachment to bus	Athletes, support colleagues, team leaders	Injury	Colleague to check attachment	Seek assistance
Lifting Heavy Equipment	Equipment >50kg - level ground Equipment >25kg - uneven ground	Event staff	Injury	Heavy equipment identified Plan lift - assess number of people / equipment required Access area of lift / transition	Stop lift - review lift approach/technique

OTHER HAZARDS

Hazard area	Describe hazard	Who is at risk?	Risk	Existing control of risk	Further action If risk not controlled
Swans	Aggressive behaviour or attack	Event staff, Team leaders, coaches, athlete & spectators	Injury to swan or person	Brief and direct groups away from known groups of breeding swans	Change route
Other water users	Collision	Athletes, on water marshals	Injury, Drowning	Lake should be restricted for event use.	Direct other users away from course
Shallow water	Injury	Athletes, on water marshals	Injury, Drowning	Brief dangers of entering shallow water, possible underwater obstructions. Stay out of water, wear shoes if entering water	