

Hazards	Who might be harmed	Risk Control Measures	Individual Responsible	When does it need to be actioned	Notes
Capsize, Entrapment and Drowning	All Participants	Participants must wear appropriate buoyancy aids throughout the activity	Individual – to get appropriate buoyancy aid from equipment officer or provide their own. Report any damage that occurs to club BA's to equipment officer	Prior to each Session	
		Make all participants aware of the dangers associated with the Session (e.g. objects in the water, trees and obstructions) and what to do if they encounter one	Individual - to ensure they understand any potential dangers, remain vigilant and are proficient enough to deal with these	Pre Session and dynamically throughout the Session	
		Individuals make sure emergency rescue equipment is carried within group	Individual – to ensure someone within the group is carrying fully functioning rescue equipment suitable for the Session and environment	Before anyone enters the water	
		Appropriate rescue equipment to be carried by qualified individuals	Qualified individual – to ensure full and appropriate training has been given in any rescue techniques and equipment that are used on the Session and that this is in date Individual – to not carry equipment or carry out rescues that they are not trained and qualified to do, unless under direct instruction from a qualified individual/Session leader.	Before carrying rescue, equipment or carrying out rescues	
				During Session and rescue situation	
		Up to date information to be obtained where available on hazards on the route of the planned Session	Individual – to source up to date river information on potential hazards wherever possible before a trip takes place	In the days before a trip takes place to ensure information is still relevant at time of Session	
Ensure suitability of the equipment for the participants and check for entrapment issues such as wire gate carabiners, loose rope/tape, inflexible footwear camera mounts etc	Individual – to choose appropriate boats and equipment for the paddle. Visually check equipment for entrapment hazards before entering the water	Before entering the water			
Medical emergency due to pre-existing conditions	All Participants	Individuals to notify others within group of any issues	Individual - to ensure others within the group know of serious known conditions and to share emergency plan with leader. Everyone to ensure they understand actions to take and location and use of any condition specific equipment necessary.	Before the session and during session briefing	
Sprains, Strains or other injuries	All Participants	Correct paddling techniques and usage of paddle	Individuals – Use paddles safely and ensure you have adequate space between yourself and others to ensure contact is not made with other paddlers.	When carrying or using paddles	
		Correct manual handling when carrying boats and equipment	Individuals – ensure they are practicing good manual handling techniques and asking for help where appropriate	During any manual handling activity	
		Avoidance of finger crush injury	Individuals – to keep fingers inside the boat, particularly when rafting up and at get ins and get outs	Throughout the Session	
		Helmets to be worn where there is a risk of head injury	Individual – to assess risk of head injury and ensure they wear helmets where risks are identified.	Before individuals enter the water and dynamically throughout the Session	

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Slips, Trips and falls	All Participants	Appropriate get ins, get outs and portages are available	individual – ensure that they are physically able to get in and get out of their craft safely at the chosen entry and exit locations. Ensure suitable portages are available for any hazards on the Session	Before the Session and during Session briefing	
		Suitable footwear to be worn	Individual - to wear suitable footwear for the environment that they are paddling in which minimises the risk of slips on wet rocks or banks.	During the Session	
Hypothermia	All Participants	Appropriate clothing to be worn	Individual – to assess conditions and weather forecasts and ensure they have appropriate equipment and clothing before anyone enters the water.	Before and dynamically during each Session.	
		Emergency equipment	Individual - To ensure appropriate safety equipment for the conditions is carried on Sessions	Before Session	
Adverse Weather conditions	All participants	In case of lightning all paddlers should get off the water until storm has passed. Do not shelter under trees.	Individual – to ensure they have access to adequate forecasting information	Before and dynamically during the Session	
		River levels to be checked before any participants enter the water	Individual– to ensure the water level is suitable and to be aware of likely rising and falling of the level and how this will affect the features of the river	Before and dynamically during the Session	
		In case of strong winds ensure paddlers can control craft	Individuals – to choose a boat and equipment suitable for the Session and conditions	Before entering the water	
		Enough food and water to be carried for the paddle and temperature	Individual – ensure that they are aware of the length of time they will be on the water and the conditions they are to expect. To carry additional water where appropriate	Before each Session and when on the water	
		Sunblock and/or sun protection clothing and hats to be worn where appropriate	Individuals – ensure they have adequate sun protection for themselves	On the Session	
		Regular check ins with all paddlers to ensure they are not adversely affected by the environment during the Session	Individuals – to ensure they let others in the group know if they begin to feel affected by the environmental conditions	Dynamically throughout the Session	
Losing contact with paddler	All Participants	individuals to be aware of maximum safe distances between the group for the trip and detail any river signals that are to be used.	Individual – to listen and retain Session information to ensure they understand guidance and signals to be used and follow signals from Session leader	During Session briefing and throughout Session	
Waterborne diseases and contaminants that could cause illness	All Participants	individuals to be aware of waterborne diseases and the general signs and symptoms of these	Individual – to keep themselves informed of potential risks		
			Club committee – to communicate information regarding any heightened risks in areas where the club operates.	When risks are discovered by the club	
		Paddlers should wash their hands before eating/drinking and as soon after the activity as possible and take showers if they are submerged in the water	Individual – to take personal responsibility for their own health and hygiene after each Session to avoid the risks	After each Session	

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Collision with or waves caused by other watercraft	All Participants	Paddlers made aware of other watercraft they may encounter and how to pass these safely	Individual – to remain vigilant for other craft whilst on the water	Dynamically throughout the paddle	
Equipment Failure and Loss of Equipment	All Participants	Equipment used to be fully functional and suitable for the Session	Individual – to check any equipment (club or own) is fully functional and suitable for the Session. If unsure to liaise with Session leader to confirm suitability. Inform equipment officer of damage to NCKC equipment	Before any paddlers enter the water and if damage occurs	
	Public and emergency services	If a boat is lost during a Session relevant authorities should be notified, and all club boats should be clearly labelled	Individual – to inform relevant authorities or session leader of any lost boats and equipment officer of any lost equipment	When boat is lost or unretrievable	
Injury from wildlife animals	All Participants	Paddlers warned of the dangers posed by wildlife and how to behave near them	Individual – to be considerate of local wildlife and animals and avoid disturbance of them or their habitat	At all times	
Weirs, locks and portages	All Participants	Any weirs and locks on the Session should be assessed before being run by suitably qualified	Individual - to assess the water level, hazards only if experienced and competent and portage if appropriate	When approaching weirs or locks on the Session	
Abuse / Discrimination	Children and vulnerable adults	<p>Club has formal rules and codes of conduct for both members and leaders</p> <p>Club has an appointed trained Welfare Officer with terms of reference set by British Canoeing</p> <p>All leaders to have completed Safeguarding training and refreshers as mandated by British Canoeing.</p> <p>All leaders have undergone DBS checks.</p> <p>Session leaders – ensure that there are at least two responsible adults present for any interactions with one child or vulnerable adult.</p>	<p>Individual - to follow club policy</p> <p>Session Leader - to follow club safeguarding policy</p>		

This risk assessment does not negate the need for dynamic risk assessments by Session leaders throughout all Sessions run by NCKC and dynamic risk assessments should be carried out by Session leaders throughout any Sessions or activities associated Refer to the specific operating procedure for the Session.

Date approved by committee	Date reviewed	Changes from previous version
14/04/2026		