

## Risk Assessment – Robert Gillespie Boathouse (DU Canoe Club)

Location(s): Robert Gillespie Boathouse			Description of task or Activity: Use of DUCC boathouse for storage of canoe/kayaks and equipment.			
Hazards (things with the potential to cause harm)	Those at risk (people who could be harmed)	How could they be harmed? (nature of injuries, damage that could result)	Uncontrolled / Inherent risk level (level of risk without control)	Required controls (how the risk can be removed or reduced by for example engineered methods, safe systems of work, training and/ or personal protective equipment)	Controlled / Residual risk level (level of risk remaining when controls are in place)	Notes
Manual handling	All boathouse users	Sprains and strains from lifting and moving heavy craft. Cuts and bruises caused by craft being dropped. Damage to equipment. Likelihood is increased if persons are inexperienced/unfamiliar with manual handling of craft.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>Boathouse users to receive manual handling briefing and demonstration during their first session, delivered by the session leader.</li> <li>Adhere to NGB guidelines on manual handling of boats and equipment.</li> <li>Boathouse users encouraged to work in pairs to move craft and offer assistance to others as required.</li> <li>Session leaders to oversee inexperienced boathouse users.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Poorly secured craft on storage racks	All boathouse users	Poorly secured craft falling from storage racks landing on boathouse	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>Boats to be placed securely on racks and secured using attached bungee cords.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	

		users. Lacerations, muscular-skeletal injuries, concussion.		<ul style="list-style-type: none"> <li>• Boathouse users to receive demonstration during their first session, delivered by the session leader.</li> <li>• Session leaders to oversee inexperienced boathouse users.</li> </ul>		
Working at heights	All boathouse users	Fall from height resulting in lacerations, muscular-skeletal injuries, concussion. Cuts and bruises caused by craft being dropped. Damage to equipment.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Frequently used craft stored within reach from ground level.</li> <li>• Only very experienced boathouse users to access craft higher up.</li> <li>• Boathouse users to be assisted by at least one other person when accessing these craft.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	The need to work at height is very infrequent due to the majority of boats being within reach from ground level. These boats are only accessed by the most experienced paddlers on very rare occasions.
Trip hazards	All boathouse users	Trips and slips caused by debris and loose items on the floor. Resulting in Lacerations, muscular-skeletal injuries, concussion	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Keep walkways and working areas free from loose items and debris.</li> <li>• Session leaders/exec to arrange working parties as required to keep the boathouse tidy.</li> </ul>	Severity 3 Likelihood 2 Low Risk	
Lighting	All boathouse users	Trips and slips caused by poor lighting. Resulting in Lacerations, muscular-skeletal injuries, concussion	Severity 4 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Ensure boathouse lights are turned on. If broken, report to MC reception for expedited repair.</li> <li>• Use headtorches when operating outside the boathouse when natural light is limited.</li> </ul>	Severity 4 Likelihood 1 Low Risk	The immediate surroundings of the boathouse are well lit by permanent lights.

River-borne illnesses e.g. weill's disease	All boathouse users	Contact with contaminated river kit resulting in river-borne illness. Potential effects include flu-like symptoms, vomiting, diarrhoea. In extreme cases river-borne illnesses can result in life-long illness or death.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>Boathouse users to receive briefing on river-borne illnesses during their first session, delivered by the session leader.</li> <li>Boathouse users reminded to wash hands regularly.</li> <li>Adhere to NGB guidelines on river-borne illnesses.</li> </ul>	Severity 5 Likelihood 1 Low Risk	Clean water is available from an external tap and in the Graham Sports Centre
Rodents and pests	All boathouse users	Rodents contaminating surfaces with bacteria leading to illness – esp vomiting, diarrhoea Symptoms.	Severity 3 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>Boathouse users reminded to wash hands regularly.</li> <li>Keep surfaces clean and do not leave any food or drink in the boathouse.</li> <li>Report suspected rodent activity to MC reception to implement pest-control measures as required.</li> </ul>	Severity 3 Likelihood 1 Low Risk	
Rodents and pests	All boathouse users	Damage to kit caused by rodents (e.g. damaged BAs, thowlines) could reduce their effectiveness on the water leading to increased harm arising from river-rescue scenarios e.g. greater chance of injury/drowning.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>Keep kit off the floor on hangers/racks.</li> <li>Keep surfaces clean and do not leave any food or drink in the boathouse.</li> <li>Report suspected rodent activity to MC reception to implement pest-control measures as required.</li> <li>Any kit with suspected rodent damage should be inspected by Kit and Safety Officer or other appropriately qualified/experienced person (e.g. captain). Kit should be disposed of if serviceability is compromised.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Lone use	All boathouse users	Slips and trips resulting in Lacerations, muscular-skeletal injuries, concussion. Unexpected medical emergency.	Severity 4 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>No lone use permitted.</li> </ul>	Severity 4 Likelihood 1 Low Risk	

Workshop facilities	All boathouse users	Cuts and abrasions from contact with sharp objects.	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Workshop facilities to be kept organised and used only by experienced boathouse users.</li> <li>• Appropriate PPE, e.g. gloves, goggles, to be used as required.</li> </ul>	Severity 3 Likelihood 2 Low Risk	Facilities used only occasionally. Usually for tightening of bolts/fastenings.
Environmental conditions	All boathouse users	Slips and falls due to ice. Climatic injuries, e.g. heat exhaustion/hypothermia, caused by extreme cold/warm temperatures/humidity.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Users and club captain to monitor conditions and cancel planned activities if required.</li> <li>• NGB guidelines followed</li> <li>• Equipment available for managing cold/heat. Spare jackets/clothes, foil blankets, water.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Fire	All boathouse users	Burns, smoke inhalation, death.	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>• University fire risk assessment.</li> <li>• Users briefed as part of induction process with users made aware of location of fire exits and meeting point</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Storage of chemicals	All boathouse users	Increased fire risk.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Flammable materials stored in appropriate secure cupboard with no electrical outlets, away from cleaning chemicals/combustible consumables.</li> <li>• Alcohol based sanitizer 5 litres maximum, any excess stored offsite.</li> <li>• Fire extinguisher and fire-sensor to be located nearby</li> <li>• COSHH assessments for all chemicals</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Use of chemicals	All boathouse users	Burns/skin irritation/eye damage caused by contact with chemicals (e.g. epoxy resin and hardener).	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Chemicals used in line with manufacturer's recommendations.</li> <li>• Use appropriate PPE (e.g. goggles, gloves)</li> <li>• Experienced members only.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	Very infrequent use for composite boat repairs.
Insufficient 1 <sup>st</sup> Aid Supplies	All boathouse users	Insufficient first aid supplies leads to less prompt first aid response, causing further harm to injured person.	Severity 3 Likelihood 2 Low Risk	<ul style="list-style-type: none"> <li>• Kit and Safety officer to maintain club first aid kits.</li> <li>• Comprehensive first aid supplies available at Graham sports centre.</li> </ul>	Severity 3 Likelihood 1 Low Risk	

<b>Internal Guidance/Linked Documents:</b>		<b>University Fire Risk Assessment</b>	
<b>Competence Requirements:</b>			
<b>Supervisor/Manager Review and Comment:</b>			
<b>Assessment Prepared by</b>		<b>Supervisor/Manager acceptance</b>	
Name:	Charles Wilson (DUCC Captain 25/26)	Name:	
Signature:	C.Wilson	Signature:	
Date:	16/10/2025	Date:	
<b>This risk assessment should be read by those performing and supervising the work in conjunction with all relevant documentation including method statements and safe systems of work</b>			

			Probability/ likelihood of risk realisation				
			Almost impossible 1	Not likely to occur 2	Could Occur 3	Known to occur 4	Common occurrence 5
			A freak combination of factors would be required for risk to be realised	A rare combination of factors would be required for risk to be realised	Could happen when additional factors are present otherwise unlikely	Not certain to happen but an additional factor may result in risk being realised	Almost inevitable that risk will be realised
Potential Consequences	<b>Severe</b> <b>5</b>	One or more fatalities or irreversible health conditions	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>
	<b>Major</b> <b>4</b>	Partial or medium- term, disabilities or major health problems	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>
	<b>Moderate</b> <b>3</b>	Lost-time injuries or potential. Medium term health	<b>3</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>15</b>
	<b>Minor</b> <b>2</b>	Minor, very short- term health concerns or recordable injury cases	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>
	<b>Insignificant</b> <b>1</b>	Inherently safe, unlikely to cause health problems or injuries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Low risk	Medium Risk	High Risk	Extreme Risk



## Risk Assessment – DU Canoe Club Kayak Ergometers (Ergs)

<b>Location(s):</b> <i>(where will the activity or task take place?)</i>			<b>Description of task or Activity:</b> <i>(to include enough information to establish the foreseeable hazards)</i>			
Sophie Hopkins Indoor Rowing Tank (Graham Sports Centre)			Use of kayak ergs during indoor fitness sessions.			
<b>Hazards</b> <i>(things with the potential to cause harm)</i>	<b>Those at risk</b> <i>(people who could be harmed)</i>	<b>How could they be harmed?</b> <i>(nature of injuries, damage that could result)</i>	<b>Uncontrolled / Inherent risk level</b> <i>(level of risk without control)</i>	<b>Required controls</b> <i>(how the risk can be removed or reduced by for example engineered methods, safe systems of work, training and/ or personal protective equipment)</i>	<b>Controlled / Residual risk level</b> <i>(level of risk remaining when controls are in place)</i>	<b>Notes</b>
Tripping over equipment	All participants	Tripping over equipment and other items causing lacerations, muscular-skeletal injuries, concussion	<b>Severity 3 Likelihood 3 Medium Risk</b>	<ul style="list-style-type: none"> <li>Ergs to be positioned with sufficient space around them to allow participants to easily move around.</li> <li>Bags and other items to be placed to the side and floor kept clear.</li> </ul>	<b>Severity 3 Likelihood 2 Low Risk</b>	
Over exertion	All participants	Participants over-exerting during session leading to muscle sprains/strains.	<b>Severity 3 Likelihood 2 Low Risk</b>	<ul style="list-style-type: none"> <li>Sessions are based on individual effort and non-competitive such that participants will not feel they must overt-exert themselves.</li> <li>Sessions include regular breaks and participants can take additional breaks as required.</li> </ul>	<b>Severity 3 Likelihood 1 Low Risk</b>	
Heat illness	All participants	MC rowing tank is a humid environment. Combined with strenuous physical exercise this	<b>Severity 5 Likelihood 2 Medium Risk</b>	<ul style="list-style-type: none"> <li>Open windows</li> <li>Advise all participants to bring water – refills available from water fountain.</li> <li>Sessions to include regular breaks.</li> </ul>	<b>Severity 5 Likelihood 1 Low Risk</b>	



		could lead to heat stroke/heat exhaustion.		<ul style="list-style-type: none"> <li>• Session leader to monitor conditions and cancel/relocate if deemed appropriate.</li> <li>• Appropriate action to be taken if a participant has suspected heat illness.</li> </ul>		
Manual Handling	All participants	Sprains and strains from lifting and moving ergs. Cuts and bruises caused by ergs being dropped. Damage to equipment. Likelihood is increased if persons are inexperienced/unfamiliar with manual handling of ergs.	Severity 3 Likelihood 2 Low Risk	<ul style="list-style-type: none"> <li>• New participants shown how to move ergs safely by session leader.</li> <li>• Participants encouraged to move ergs in pairs.</li> </ul>	Severity 3 Likelihood 1 Low Risk	
Paddles colliding with other participants	All participants	Cuts and bruises caused by paddles coming into contact with other participants.	Severity 2 Likelihood 2 Low Risk	<ul style="list-style-type: none"> <li>• Ensure ergs are sufficiently spaced apart that contact cannot be made between ergs.</li> </ul>	Severity 2 Likelihood 1 Low Risk	

<b>Internal Guidance/Linked Documents:</b>		<b>MC Rowing Tank Risk Assessment</b>	
<b>Competence Requirements:</b>			
<b>Supervisor/Manager Review and Comment:</b>			
<b>Assessment Prepared by</b>		<b>Supervisor/Manager acceptance</b>	
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Potential Consequences	<b>Severe</b> <b>5</b>	One or more fatalities or irreversible health conditions	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>
	<b>Major</b> <b>4</b>	Partial or medium- term, disabilities or major health problems	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>
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	<b>Insignificant</b> <b>1</b>	Inherently safe, unlikely to cause health problems or injuries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Low risk	Medium Risk	High Risk	Extreme Risk



## Risk Assessment – DU Canoe Club Kayak Pool Sessions

<b>Location(s):</b> <i>(where will the activity or task take place?)</i>			<b>Description of task or Activity:</b> <i>(to include enough information to establish the foreseeable hazards)</i>			
<i>Swimming pools in the Durham area. Principally the Dolphin Leisure Centre, Darlington.</i>			Swimming pool kayak sessions focusing on rolling practice and canoe polo training.			
<b>Hazards</b> <i>(things with the potential to cause harm)</i>	<b>Those at risk</b> <i>(people who could be harmed)</i>	<b>How could they be harmed?</b> <i>(nature of injuries, damage that could result)</i>	<b>Uncontrolled / Inherent risk level</b> <i>(level of risk without control)</i>	<b>Required controls</b> <i>(how the risk can be removed or reduced by for example engineered methods, safe systems of work, training and/ or personal protective equipment)</i>	<b>Controlled / Residual risk level</b> <i>(level of risk remaining when controls are in place)</i>	<b>Notes</b>
Driving to the swimming pool	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/ vehicle due to Road Traffic Collision (RTC).	<b>Severity 5 Likelihood 3 High Risk</b>	<ul style="list-style-type: none"> <li>• Drivers should be experienced and qualified/licenced to drive the vehicle and ensure they are in a fit state to drive (e.g. adequate rest).</li> <li>• Where privately-owned cars are in use, drivers are responsible for ensuring they are in serviceable condition.</li> <li>• Where a TD-owned vehicle is in use, drivers must be over the age of 21 and have completed the TD driver registration process.</li> <li>• Passengers are not to distract the driver.</li> <li>• Adequate additional time should be planned into the activity schedule for loading of equipment and unexpected delays to reduce strain on drivers.</li> </ul>	<b>Severity 5 Likelihood 2 Medium Risk</b>	Drive time to Darlington pool is 30 minutes. Club members are very familiar with running these activities.
Transporting craft on roof racks	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/ vehicle due to Road Traffic Collision (RTC).	<b>Severity 5 Likelihood 2 Medium Risk</b>	<ul style="list-style-type: none"> <li>• Designated drivers must be experienced in how to securely fix craft to a roof rack in compliance with the Highway Code. Where there is a significant overhang a reflective yellow flag should be attached.</li> <li>• Before departure the driver of each vehicle will</li> </ul>	<b>Severity 5 Likelihood 1 Medium Risk</b>	

				<p>physically check that equipment is secure.</p> <ul style="list-style-type: none"> <li>• If a separate vehicle such as a van is used to transport the craft, they must be secured and unable to shift when accelerating, cornering or braking.</li> <li>• On longer journeys drivers will check boats each time they stop for a break.</li> <li>• When loading/unloading, park in area which is clear of hazards such as traffic.</li> <li>• Kit and Safety Officer is responsible for ensuring club roof straps are in serviceable condition and will dispose of damaged straps.</li> </ul>		
Manual Handling	All participants	Sprains and strains from lifting and moving heavy craft. Cuts and bruises caused by craft being dropped. Damage to equipment. Likelihood is increased if persons are inexperienced/unfamiliar with manual handling of craft.	<b>Severity 4</b> <b>Likelihood 3</b> <b>Medium Risk</b>	<ul style="list-style-type: none"> <li>• Participants to receive manual handling briefing and demonstration during their first session, delivered by the session leader.</li> <li>• Adhere to NGB guidelines on manual handling of boats and equipment.</li> <li>• Participants encouraged to work in pairs to move craft and offer assistance to others as required.</li> <li>• Session leaders to oversee inexperienced participants.</li> <li>• First aid supplies available at leisure centre.</li> </ul>	<b>Severity 4</b> <b>Likelihood 2</b> <b>Medium Risk</b>	Polo equipment is relatively lightweight.
Slipping on wet poolside surface	All participants	Slippery/uneven/ wet surface on poolside causing injury through trips, slips and falls.	<b>Severity 3</b> <b>Likelihood 3</b> <b>Medium Risk</b>	<ul style="list-style-type: none"> <li>• Participants reminded to take care when walking on poolside and to not run.</li> <li>• First aid supplies available at leisure centre.</li> </ul>	<b>Severity 3</b> <b>Likelihood 2</b> <b>Low Risk</b>	
Weak or non-swimmers	All participants	Drowning	<b>Severity 5</b> <b>Likelihood 2</b> <b>Medium Risk</b>	<ul style="list-style-type: none"> <li>• All paddlers must pass a swim test during their first pool session (50 swim plus 1 minute of treading water).</li> <li>• Weak swimmers, i.e. those that struggled to pass the swim test, should be pointed out to the club coaches and pool lifeguard. These individuals are to wear a buoyancy aid.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	
Physical impact/collisions	All participants	<p>Cuts and bruises caused by impact/collisions with other paddlers/the ball/pool sides.</p> <p>Likelihood of physical impact and severity of collisions is higher for polo paddlers as paddlers will intentionally make contact with each other boats in order to compete for the ball.</p>	<b>Severity 2</b> <b>Likelihood 3</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Paddlers will check their equipment is in good working order. Coaches will adjust plans to reduce the risk.</li> <li>• Polo sessions must adhere to the British Canoe Polo Rules of play. Participants should wear appropriate safety gear including helmet with face guard.</li> </ul>	<b>Severity 1</b> <b>Likelihood 3</b> <b>Low Risk</b>	
Drowning	All participants	Drowning	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• All sessions will be supervised by trained pool lifeguards.</li> <li>• All paddlers must pass a swim test during their first pool session (50 swim plus 1 minute of treading water).</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	

				<ul style="list-style-type: none"> <li>• All session will be supervised by experienced paddlers (maximum ratio of 1 experienced paddler to 8 novice paddlers).</li> <li>• All participants to wear a buoyancy aid.</li> </ul>		
Capsize drills and rolling practice	All participants	Participant unable to quickly exit kayak, causes them to panic resulting in drowning.	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Participants to be given thorough briefing and demonstration of wet exit capsize drill prior to getting on the water.</li> <li>• Craft checked that it is an appropriate size for the individual.</li> <li>• Experienced paddler to be nearby to perform 'hand of god' rescue if participant does not quickly resurface.</li> <li>• Capsize drills to take place one at a time with other participants safely waiting to the side.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	
Capsize drills and rolling practice	All participants	Capsize causing head to impact the side of the pool or other kayaks in the pool. Resulting in head injury/unconsciousness and inability of participant to exit kayak, causing drowning.	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Capsize drills to take place as far from the pool edges as practicable.</li> <li>• Capsize drills to take place one at a time with other participants waiting safely to the side to prevent them becoming an obstruction. Instructor to ensure their kayak is not in the way of capsize.</li> <li>• Participants briefed to take extra care when close to pool edges.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	
Equipment failure	All participants	Possible cuts/bruises from a damaged craft or broken paddle. Faulty spray cover resulting in difficulty exiting kayak, leading to drowning.	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Kit and Safety Officer responsible for maintaining kit and equipment.</li> <li>• Kit checked prior to use.</li> <li>• First aid supplies available at leisure centre.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	
Damage to pool	Swimming pool	Cracked pool tiles due to contact with craft/paddles necessitating pool maintenance. This would likely end the relationship between DUCC and the pool and cause reputational damage. Potential minor cuts to member of public if sharp cracked tiles are left undiscovered.	<b>Severity 2</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• According to Paddle UK, this is a common concern that is regularly raised by pool staff and/or managers. In reality, however, the risk is minimal. It doesn't happen in practice. This is evidenced by the fact that we have used the Dolphin Centre for more than a decade and never had any issues.</li> <li>• All of our polo boats are fitted with foam bumpers which will protect the pool side from damage.</li> <li>• All polo paddles are required to be of a specified diameter to minimise the risk of contact injury. This will likewise protect the pool side.</li> <li>• Report any damage to staff immediately.</li> <li>• First aid supplies available at leisure centre.</li> </ul>	<b>Severity 2</b> <b>Likelihood 1</b> <b>Low Risk</b>	While this is not a safety concern per say, it is an important feature to maintain our positive relationship with local leisure centres.
Disturbing pool cleanliness	Swimming pool	This is not a safety concern, but rather a matter of maintaining the cleanliness of the pool and minimising pool cleaning costs.	<b>Severity 2</b> <b>Likelihood 2</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• All boats and equipment to be cleaned with a hosepipe at the DUCC boathouse, prior to loading onto roof racks.</li> <li>• All boats and equipment to be cleaned with a hose pipe upon arrival at the Dolphin Centre, before entering the pool.</li> </ul>	<b>Severity 2</b> <b>Likelihood 2</b> <b>Low Risk</b>	While this is not a safety concern per say, it is an important feature to maintain our

						positive relationship with local leisure centres.
Hypothermia	All participants	Kayaker getting cold and wet, particularly following an unexpected capsize, leading to hypothermia.	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Ensure paddlers are wearing suitable clothing for the pool conditions and bring dry spare clothes to change into.</li> <li>• If concerns raised, consider advising paddler to warm up in the shower or dry off and get changed. Paddler to be supervised until it is clear they are warm and well, medical attention sought if necessary.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	Pool temperature is standard. Problems unlikely.
Heat illness	All participants	Heat stroke/exhaustion caused through exertion in warm humid conditions.	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Water bottles brought by participants and left on poolside.</li> <li>• If concerns raised, session leaders to act accordingly and to summon help as appropriate.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	Pool temperature is standard. Problems unlikely.
Emergency evacuation	All participants	<p>Examples of incidents that might require evacuation of the swimming pool are power failure, fire, structural damage, serious Injury, water contamination, drowning.</p> <p>Could cause panic/confusion leading to capsize. Causing cuts and bruises/head injury/drowning.</p>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	<ul style="list-style-type: none"> <li>• Session leaders to stop activity and instruct participants to make their way to the side of the pool and exit onto poolside. Appropriate actions will then be taken, e.g. raising the alarm or evacuation to designated fire assembly point.</li> <li>• Follow instructions from leisure centre staff.</li> </ul>	<b>Severity 5</b> <b>Likelihood 1</b> <b>Low Risk</b>	



<b>Internal Guidance/Linked Documents:</b>		Paddle UK guidance on operating in swimming pools.	
<b>Competence Requirements:</b>			
<b>Supervisor/Manager Review and Comment:</b>			
<b>Assessment Prepared by</b>		<b>Supervisor/Manager acceptance</b>	
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			Probability/ likelihood of risk realisation				
			Almost impossible 1	Not likely to occur 2	Could Occur 3	Known to occur 4	Common occurrence 5
			A freak combination of factors would be required for risk to be realised	A rare combination of factors would be required for risk to be realised	Could happen when additional factors are present otherwise unlikely	Not certain to happen but an additional factor may result in risk being realised	Almost inevitable that risk will be realised
Potential Consequences	<b>Severe</b> <b>5</b>	One or more fatalities or irreversible health conditions	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>
	<b>Major</b> <b>4</b>	Partial or medium- term, disabilities or major health problems	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>
	<b>Moderate</b> <b>3</b>	Lost-time injuries or potential. Medium term health	<b>3</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>15</b>
	<b>Minor</b> <b>2</b>	Minor, very short- term health concerns or recordable injury cases	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>
	<b>Insignificant</b> <b>1</b>	Inherently safe, unlikely to cause health problems or injuries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Low risk	Medium Risk	High Risk	Extreme Risk



## Risk Assessment – DU Canoe Club Sheltered Water Paddling

<b>Location(s):</b> <i>(where will the activity or task take place?)</i>			<b>Description of task or Activity:</b> <i>(to include enough information to establish the foreseeable hazards)</i>			
Sheltered water environments including the following: <ul style="list-style-type: none"> <li>• River Wear (Shincliffe Bridge – Prebends Bridge).</li> <li>• Queens Campus Stockton polo pitches</li> <li>• Kayak Northumbria polo pitch (Exhibition Park Newcastle).</li> <li>• Spring Lakes Water Sports Centre Nottingham polo pitches</li> </ul>			DUCC outdoor paddlesport activities on flat sheltered water rivers and lakes. This includes beginner taster sessions, outdoor canoe polo training and competitions, social paddles, fitness sessions and time trials. This RA covers travel and transport of craft and equipment. See separate RA for DUCC boathouse. See separate RA for moderate and advanced water activities (whitewater and surf).  Sheltered water is defined by Paddle UK as: 'Ungraded sections of slow-moving rivers where the group could paddle upstream against the flow (not involving the shooting of, or playing on, weirs or running rapids). Areas of open water (e.g. lakes and lochs) where the paddlers are no more than 200 metres offshore and the wind strength does not exceed Beaufort force 3, avoiding the group being swept/blown out of the safe working area. Slow moving estuaries (less than 0.5 Knots).'			
<b>Hazards</b> <i>(things with the potential to cause harm)</i>	<b>Those at risk</b> <i>(people who could be harmed)</i>	<b>How could they be harmed?</b> <i>(nature of injuries, damage that could result)</i>	<b>Uncontrolled / Inherent risk level</b> <i>(level of risk without control)</i>	<b>Required controls</b> <i>(how the risk can be removed or reduced by for example engineered methods, safe systems of work, training and/ or personal protective equipment)</i>	<b>Controlled / Residual risk level</b> <i>(level of risk remaining when controls are in place)</i>	<b>Notes</b>
Driving to paddle location	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/ vehicle due to Road Traffic Collision (RTC).	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>• Drivers should be experienced and qualified/licenced to drive the vehicle and ensure they are in a fit state to drive (e.g. adequate rest).</li> <li>• Where privately-owned cars are in use, drivers are responsible for ensuring they are in serviceable condition.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	

				<ul style="list-style-type: none"> <li>• Where a TD-owned vehicle is in use, drivers must be over the age of 21 and have completed the TD driver registration process.</li> <li>• Passengers are not to distract the driver.</li> <li>• Adequate additional time should be planned into the activity schedule for loading of equipment and unexpected delays to reduce strain on drivers.</li> </ul>		
Transport of craft and equipment on roof racks	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/vehicle due to Road Traffic Collision (RTC).	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Designated drivers must be experienced in how to securely fix craft to a roof rack in compliance with the Highway Code. Where there is a significant overhang a reflective yellow flag should be attached.</li> <li>• Before departure the driver of each vehicle will physically check that equipment is secure.</li> <li>• If a separate vehicle such as a van is used to transport the craft, they must be secured and unable to shift when accelerating, cornering or braking.</li> <li>• On longer journeys drivers will check boats each time they stop for a break.</li> <li>• When loading/unloading, park in area which is clear of hazards such as traffic.</li> <li>• Kit and Safety Officer is responsible for ensuring club roof straps are in serviceable condition and will dispose of damaged straps.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Manual Handling	All participants	Sprains and strains from lifting and moving heavy craft. Cuts and bruises caused by craft being dropped. Damage to equipment. Likelihood is increased if persons are inexperienced/unfamiliar with manual handling of craft.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to receive manual handling briefing and demonstration during their first session, delivered by the session leader.</li> <li>• Adhere to NGB guidelines on manual handling of boats and equipment.</li> <li>• Participants encouraged to work in pairs to move craft and help others as required.</li> <li>• Session leaders to oversee inexperienced participants.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Drowning	All participants	Participants entering water following capsize/falling from the bank resulting in drowning.	Severity 5 Likelihood 1 Low Risk	<ul style="list-style-type: none"> <li>• All participants to wear an appropriate buoyancy aid.</li> <li>• Sessions supervised with maximum ratio of 1 experienced paddler to 8 novice paddlers.</li> <li>• Participants briefed to raise the alarm if someone capsizes.</li> <li>• Brief on what to do in the event of capsize.</li> <li>• Participants suitably dressed for immersion.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Portages & Access/Egress	All participants	Slips and falls on slippery steep riverbanks resulting in cuts and bruises.	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Session leaders to choose suitable access and egress points. Where possible use dedicated portage points.</li> <li>• Wear suitable footwear.</li> <li>• Inexperienced paddlers overseen by session leaders.</li> </ul>	Severity 3 Likelihood 2 Low Risk	

				<ul style="list-style-type: none"> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>		
Objects in water	All participants	Impact head injuries caused by impacting rocks/objects/other craft in the water following a capsize. Sharp objects such as foliage or fishing hooks causing cuts and abrasions.	Severity 4 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Ensure area is clear of objects and debris and deep enough if games/capsizes are planned/likely.</li> <li>• Ensure safe distance between boats if group are likely to fall or capsize from craft.</li> <li>• All participants to wear helmets. The only exception is fitness training on flat water at the discretion of the session leader.</li> <li>• Stay away from overhanging foliage and be on the lookout for hazards.</li> <li>• Experienced paddlers to supervise novice paddlers.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Entrapment	All participants	Objects above or under the water could constitute an entrapment hazard preventing participants from surfacing. This could result in cuts/bruises and drowning.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Ensure area is clear of objects and debris and deep enough if games/capsizes are planned/likely.</li> <li>• Novice paddlers to be supervised by experienced paddler with maximum ratio of 1:8.</li> <li>• Buoyancy aids and helmets to be worn by all participants.</li> <li>• Inspect any water which shows signs of potential entrapment and avoid if necessary.</li> <li>• Group briefed on hazards.</li> <li>• Apply clean line principle to personal equipment and that of the group.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Weather	All participants	Extremes of weather increase the likelihood of injury and exhaustion	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to be suitably clothed for ambient weather conditions.</li> <li>• Weather forecast to be checked by lead instructor and brief to all other instructors before commencement of activity.</li> <li>• Dynamic risk assessments to be carried out throughout the day.</li> <li>• Stop activity if weather conditions dictate.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Low-light conditions	All participants	Poor visibility increases likelihood of collisions with other paddlers/obstacles and capsize. Resulting in cuts/bruises/drowning/hypothermia.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• When paddling at night or with limited visibility, considerable extra care should be taken and, in most situations, it is not recommended.</li> <li>• All paddlers should be entirely self-sufficient for the conditions, or under very close one-to-one supervision from an experienced member.</li> <li>• The use of lights, where possible, is strongly recommended when paddling in a group to avoid becoming separated.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	

Equipment Failure	All participants	Possible cuts/bruises from a damaged craft or broken paddle. Faulty spray cover resulting in difficulty exiting kayak, leading to downing.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Kit and Safety Officer responsible for maintaining kit and equipment.</li> <li>• Kit checked prior to use.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 5 Likelihood 1 Low Risk	
River-Borne Illnesses (e.g. Weil's disease)	All participants	Contact with/ingestion of contaminated river water resulting in river-borne illness. Potential effects include flu-like symptoms, vomiting, diarrhoea. In extreme cases river-borne illnesses can result in life-long illness or death.	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>• Participants to receive briefing on river-borne illnesses during their first session, delivered by the session leader.</li> <li>• Participants reminded to wash hands regularly.</li> <li>• Adhere to NGB guidelines on river-borne illnesses.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Heat Illness	All participants	Heat stroke/exhaustion caused through exertion in warm humid conditions.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to bring water bottles. Where the activity is not in a static location these are to be carried in craft.</li> <li>• Participants reminded to take precautions e.g. cover exposed skin, sun cream etc.</li> <li>• Session leaders to monitor environmental conditions and make necessary adjustments, e.g. cancel the session.</li> <li>• If concerns raised, session leaders to act accordingly and to summon help as appropriate.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Hypothermia	All participants	Hypothermia caused by paddling in cold temperatures, particularly when wearing wet clothing following capsize. Cold water will remove heat from the body 200x faster than air.	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>• Ensure that participants are suitably clothed for the prevailing conditions. Except in warm summer conditions, appropriate wet/dry suits are to be worn or similar protective clothing (e.g. cags, rash vests).</li> <li>• All participants to monitor for signs of hypothermia.</li> <li>• Session leader to monitor the weather forecast and current conditions especially wind speed and direction and ambient water and air temperature.</li> <li>• Dry, spare clothes are available.</li> <li>• All group members are to have sufficient food and drink prior to beginning exercise.</li> <li>• Groups are to carry additional equipment appropriate to the weather conditions to include survival/blizzard bags group shelters, and ground insulation if necessary.</li> <li>• Where practicable, a building or vehicle is available for rewarming (e.g. Graham Sports Centre).</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Other water users	All participants, other water users.	Collisions with other water users resulting in cuts and bruises. Collision may lead to capsize, with associated risks e.g. hypothermia, drowning.	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Session leader to observe Paddle UK river-right guidelines where possible and move out of the way of any approaching craft.</li> <li>• All participants are to ensure they are looking out for other water users especially any rowing boats as they will be approaching participants backwards.</li> </ul>	Severity 3 Likelihood 2 Low Risk	

Canoe Polo	All participants	Cuts and bruises caused by impact/collisions with other craft/paddles/the ball/pool sides. Likelihood of physical impact and severity of collisions is higher for polo paddlers as paddlers will intentionally make contact with each other boats to compete for the ball.	Severity 3 Likelihood 5 High Risk	<ul style="list-style-type: none"> <li>• Paddlers will check their equipment is in good working order. Coaches will adjust plans to reduce the risk.</li> <li>• Ensure foam bumpers on either end of canoe polo boats are secure.</li> <li>• Polo sessions must adhere to the British Canoe Polo Rules of play. Participants should wear appropriate safety gear including helmet with face guard.</li> <li>• Competitions to be umpired by a qualified Paddle UK referee.</li> </ul>	Severity 3 Likelihood 4 Medium Risk	
Capsize drills	All participants	Participant unable to quickly exit kayak, causes them to panic resulting in drowning.	Severity 5 Likelihood 1 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to be given thorough briefing and demonstration of wet exit capsize drill prior to getting on the water.</li> <li>• Craft checked that it is an appropriate size for the individual.</li> <li>• Experienced paddler to be nearby to perform 'hand of god' rescue if participant does not quickly resurface.</li> <li>• Capsize drills to take place one at a time with other participants safely waiting to the side.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Pre-existing medical conditions	All participants	Medical condition exacerbated or triggered by physical effort during activity or through environmental factors.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Briefing should take place regarding any pre-existing medical conditions. Participants given the chance to disclose not in front of the whole group.</li> <li>• Participants whose medical forms indicate the possibility of a serious medical incident occurring during the activity when the duration and environment are taken into account should be approached by the instructors for more information and either the activity adjusted, or the participant removed.</li> <li>• Personal medication taken on the water if appropriate in dry bag or similar.</li> <li>• Ensure personal information is managed in accordance with GDPR.</li> </ul>	Severity 5 Likelihood 1 Medium Risk	
Strong currents	All participants	Following rain, river levels may rise leading to more challenging paddling conditions. This could increase the chance of capsize and drowning.	Severity 5 Likelihood 1 Low Risk	<ul style="list-style-type: none"> <li>• Session leaders to check the river gauge online prior to a session. For the Wear in Durham, the river is placid until around 0.6m, 0.67m is the limit for rowing and there is grade 2 current by the boathouse at about 0.8m.</li> <li>• Amend or cancel the session as required.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Lack of first aid supplies	All participants	Insufficient first aid supplies leads to less prompt first aid response, causing further harm to injured person.	Severity 3 Likelihood 2 Low Risk	<ul style="list-style-type: none"> <li>• Kit and Safety officer to maintain club first aid kits. Comprehensive first aid supplies available at Graham sports centre.</li> </ul>	Severity 3 Likelihood 1 Low Risk	



<b>Internal Guidance/Linked Documents:</b>		DUCC Safety Policy	
<b>Competence Requirements:</b>			
<b>Supervisor/Manager Review and Comment:</b>			
<b>Assessment Prepared by</b>		<b>Supervisor/Manager acceptance</b>	
Name:	Charles Wilson (DUCC Captain 2025/26)	Name:	
Signature:	C.Wilson	Signature:	
Date:	16/10/2025	Date:	
<b>This risk assessment should be read by those performing and supervising the work in conjunction with all relevant documentation including method statements and safe systems of work</b>			

			Probability/ likelihood of risk realisation				
			Almost impossible 1	Not likely to occur 2	Could Occur 3	Known to occur 4	Common occurrence 5
			A freak combination of factors would be required for risk to be realised	A rare combination of factors would be required for risk to be realised	Could happen when additional factors are present otherwise unlikely	Not certain to happen but an additional factor may result in risk being realised	Almost inevitable that risk will be realised
Potential Consequences	<b>Severe</b> <b>5</b>	One or more fatalities or irreversible health conditions	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>
	<b>Major</b> <b>4</b>	Partial or medium- term, disabilities or major health problems	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>
	<b>Moderate</b> <b>3</b>	Lost-time injuries or potential. Medium term health	<b>3</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>15</b>
	<b>Minor</b> <b>2</b>	Minor, very short- term health concerns or recordable injury cases	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>
	<b>Insignificant</b> <b>1</b>	Inherently safe, unlikely to cause health problems or injuries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Low risk	Medium Risk	High Risk	Extreme Risk



# Risk Assessment – DU Canoe Club Moderate & Advanced Water Paddling

<b>Location(s):</b> <i>(where will the activity or task take place?)</i>			<b>Description of task or Activity:</b> <i>(to include enough information to establish the foreseeable hazards)</i>			
Moderate and advanced water environments including: <ul style="list-style-type: none"> <li>• South Shields beach (surf kayaking)</li> <li>• UK whitewater regions e.g. North East, Lake District, Scottish Highlands, North Wales.</li> </ul>			DUCC outdoor paddlesport activities on moderate and advanced white water and surf. This RA covers travel and transport of craft and equipment. See separate RA for DUCC boathouse and sheltered water paddling. Paddle UK provides the following definitions: <ul style="list-style-type: none"> <li>• Moderate white water: 'Grade 2(3) white water or equivalent weirs.'</li> <li>• Moderate surf: 'Sections of sandy beaches free from significant hazard (e.g. rocks and strong rips) and easy access. Gentle, sloping and spilling waves, preferably peeling. Not pitching or dumping. Wave height should be no more than double overhead when seated in a kayak in the trough of the wave (head high for a stand up surfer).'</li> <li>• Advanced white water: Grade 3(4) white water for canoe. Rivers up to and including grade 4 for kayak.</li> </ul>			
<b>Hazards</b> <i>(things with the potential to cause harm)</i>	<b>Those at risk</b> <i>(people who could be harmed)</i>	<b>How could they be harmed?</b> <i>(nature of injuries, damage that could result)</i>	<b>Uncontrolled / Inherent risk level</b> <i>(level of risk without control)</i>	<b>Required controls</b> <i>(how the risk can be removed or reduced by for example engineered methods, safe systems of work, training and/ or personal protective equipment)</i>	<b>Controlled / Residual risk level</b> <i>(level of risk remaining when controls are in place)</i>	<b>Notes</b>
Driving to paddle location	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/ vehicle due to Road Traffic Collision (RTC).	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>• Drivers should be experienced and qualified/licenced to drive the vehicle and ensure they are in a fit state to drive (e.g. adequate rest).</li> <li>• Where privately-owned cars are in use, drivers are responsible for ensuring they are in serviceable condition.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	

				<ul style="list-style-type: none"> <li>• Where a TD-owned vehicle is in use, drivers must be over the age of 21 and have completed the TD driver registration process.</li> <li>• Passengers are not to distract the driver.</li> <li>• Adequate additional time should be planned into the activity schedule for loading of equipment and unexpected delays to reduce strain on drivers.</li> </ul>		
Transport of craft and equipment on roof racks	Everyone in the vehicle, members of the public.	Injuries ranging from minor to fatal and damage to equipment/vehicle due to Road Traffic Collision (RTC).	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Designated drivers must be experienced in how to securely fix craft to a roof rack in compliance with the Highway Code. Where there is a significant overhang a reflective yellow flag should be attached.</li> <li>• Before departure the driver of each vehicle will physically check that equipment is secure.</li> <li>• If a separate vehicle such as a van is used to transport the craft, they must be secured and unable to shift when accelerating, cornering or braking.</li> <li>• On longer journeys drivers will check boats each time they stop for a break.</li> <li>• When loading/unloading, park in area which is clear of hazards such as traffic.</li> <li>• Kit and Safety Officer is responsible for ensuring club roof straps are in serviceable condition and will dispose of damaged straps.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Manual Handling	All participants	Sprains and strains from lifting and moving heavy craft. Cuts and bruises caused by craft being dropped. Damage to equipment. Likelihood is increased if persons are inexperienced/unfamiliar with manual handling of craft.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to receive manual handling briefing and demonstration during their first session, delivered by the session leader.</li> <li>• Adhere to NGB guidelines on manual handling of boats and equipment.</li> <li>• Participants encouraged to work in pairs to move craft and help others as required.</li> <li>• Session leaders to oversee inexperienced participants.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Drowning	All participants	Participants entering water following capsizing/falling from the bank resulting in drowning.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Suitable and well-fitted buoyancy aids will be worn by all participants. BAs must be worn both on the water and when walking on the bank. They must only be removed when away from the water when it is appropriate to do so (leaders' discretion).</li> <li>• Leaders to check that BAs are worn correctly at the start of each river.</li> <li>• Upon a participant capsizing, all leaders are to prioritise helping the swimmer exit the water safely. Leaders are trained in swift water rescue.</li> </ul>	Severity 5 Likelihood 1 Low Risk	

				<ul style="list-style-type: none"> <li>• River leaders are also responsible for ensuring that there are enough experienced paddlers in their group to safely assist novices should they capsize. This is the primary means through which the risk to swimmers will be safeguarded.</li> <li>• Participants briefed on what to do in the event of a capsize (e.g. safe swimming position) and to raise the alarm if someone else capsizes.</li> <li>• Participants suitably dressed for immersion.</li> <li>• Where appropriate/possible, complex rapids to be inspected before running.</li> <li>• When paddling new rivers, leaders should consult reliable sources such as guidebooks for information on hazards e.g. dangerous weirs which could cause incident.</li> </ul>		
Portages & Access/Egress	All participants	Slips and falls on slippery steep riverbanks resulting in cuts and bruises.	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Session leaders to choose suitable access and egress points and manage access/egress. Where possible use dedicated portage points and consider doing so one at a time.</li> <li>• Wear suitable footwear.</li> <li>• River leaders are responsible for assisting novice paddlers entry and exit from the water.</li> <li>• Where appropriate, throwlines and slings may be used to lower/drag craft down/up steep banks for ease of carriage.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 3 Likelihood 2 Low Risk	
Objects in water	All participants	Impact head injuries caused by impacting rocks/objects/other craft in the water following a capsize. Sharp objects such as foliage or fishing hooks causing cuts and abrasions.	Severity 4 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Ensure safe distance between boats if group are likely to fall or capsize from craft.</li> <li>• All participants to wear BAs and helmets.</li> <li>• Stay away from overhanging foliage and be on the lookout for hazards.</li> <li>• Brief novices beforehand about safe swimming position in case of capsize. This will minimise risks of colliding with rocks and other objects in the river.</li> <li>• Experienced paddlers to supervise novice paddlers.</li> <li>• 1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Entrapment	All participants	Objects above or under the water could constitute an entrapment hazard preventing participants from surfacing. This could result in cuts/bruises and drowning.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Novice paddlers to be supervised by experienced paddler with maximum ratio of 1:6</li> <li>• Buoyancy aids and helmets to be worn by all participants.</li> <li>• Inspect any water which shows signs of potential entrapment and avoid if necessary.</li> <li>• Group briefed on hazards.</li> <li>• Apply clean line principle to personal equipment and</li> </ul>	Severity 5 Likelihood 1 Low Risk	

				that of the group. • 1 <sup>st</sup> aid supplies and suitably qualified 1 <sup>st</sup> aider available		
Weather	All participants	Extremes of weather increase the likelihood of injury and exhaustion	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>Participants to be suitably clothed for ambient weather conditions.</li> <li>Weather forecast to be checked by lead instructor and brief to all other instructors before commencement of activity.</li> <li>Dynamic risk assessments to be carried out throughout the day.</li> <li>Stop activity if weather conditions dictate.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Low-light conditions	All participants	Poor visibility increases likelihood of collisions with other paddlers/obstacles and capsize. Resulting in cuts/bruises/drowning/hypothermia.	Severity 4 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>When paddling at night or with limited visibility, considerable extra care should be taken and, in most situations, it is not recommended.</li> <li>All paddlers should be entirely self-sufficient for the conditions, or under very close one-to-one supervision from an experienced member.</li> <li>The use of lights, where possible, is strongly recommended when paddling in a group to avoid becoming separated.</li> </ul>	Severity 4 Likelihood 2 Medium Risk	
Equipment Failure	All participants	Possible cuts/bruises from a damaged craft or broken paddle. Faulty spray cover resulting in difficulty exiting kayak, leading to downing.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>Kit and Safety Officer responsible for maintaining kit and equipment.</li> <li>Kit checked prior to use.</li> <li>1<sup>st</sup> aid supplies and suitably qualified 1<sup>st</sup> aider available</li> </ul>	Severity 5 Likelihood 1 Low Risk	
River-Borne Illnesses (e.g. Weil's disease)	All participants	Contact with/ingestion of contaminated river water resulting in river-borne illness. Potential effects include flu-like symptoms, vomiting, diarrhoea. In extreme cases river-borne illnesses can result in life-long illness or death.	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>Participants to receive briefing on river-borne illnesses during their first session, delivered by the session leader.</li> <li>Participants reminded to wash hands regularly.</li> <li>Adhere to NGB guidelines on river-borne illnesses.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Heat Illness	All participants	Heat stroke/exhaustion caused through exertion in warm humid conditions.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>Participants to bring water bottles. Where the activity is not in a static location these are to be carried in craft.</li> <li>Participants reminded to take precautions e.g. cover exposed skin, sun cream etc.</li> <li>Session leaders to monitor environmental conditions and make necessary adjustments, e.g. cancel the session.</li> <li>If concerns raised, session leaders to act accordingly and to summon help as appropriate.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	
Hypothermia	All participants	Hypothermia caused by paddling in cold temperatures, particularly when wearing wet	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>Ensure that participants are suitably clothed for the prevailing conditions. Except in warm summer</li> </ul>	Severity 5 Likelihood 2 Medium Risk	

		clothing following capsize. Cold water will remove heat from the body 200x faster than air.		<p>conditions, appropriate wet/dry suits are to be worn or similar protective clothing (e.g. cags, rash vests).</p> <ul style="list-style-type: none"> <li>• All participants to monitor for signs of hypothermia.</li> <li>• Session leader to monitor the weather forecast and current conditions especially wind speed and direction and ambient water and air temperature.</li> <li>• Dry, spare clothes are available.</li> <li>• All group members are to have sufficient food and drink prior to beginning exercise.</li> <li>• Groups are to carry additional equipment appropriate to the weather conditions to include survival/blizzard bags group shelters, and ground insulation if necessary.</li> <li>• Where practicable, a building or vehicle is available for rewarming (e.g. Graham Sports Centre).</li> </ul>		
Other water users	All participants, other water users.	Collisions with other water users resulting in cuts and bruises. Collision may lead to capsize, with associated risks e.g. hypothermia, drowning.	Severity 3 Likelihood 3 Medium Risk	<ul style="list-style-type: none"> <li>• Session leader to observe Paddle UK river-right guidelines where possible and move out of the way of any approaching craft.</li> <li>• Leaders to ensure there is sufficient space between group members.</li> <li>• All participants are to ensure they are looking out for other water users especially any rowing boats as they will be approaching participants backwards.</li> </ul>	Severity 3 Likelihood 2 Low Risk	
Capsize drills	All participants	Participant unable to quickly exit kayak, causes them to panic resulting in drowning.	Severity 5 Likelihood 1 Medium Risk	<ul style="list-style-type: none"> <li>• Participants to be given thorough briefing and demonstration of wet exit capsize drill prior to getting on the water.</li> <li>• Craft checked that it is an appropriate size for the individual.</li> <li>• Experienced paddler to be nearby to perform 'hand of god' rescue if participant does not quickly resurface.</li> <li>• Capsize drills to take place one at a time with other participants safely waiting to the side.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Pre-existing medical conditions	All participants	Medical condition exacerbated or triggered by physical effort during activity or through environmental factors.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• Briefing should take place regarding any pre-existing medical conditions. Participants given the chance to disclose not in front of the whole group.</li> <li>• Ensure medical forms are accessible and information is handled in accordance with GDPR.</li> <li>• Participants whose medical forms indicate the possibility of a serious medical incident occurring during the activity when the duration and environment are taken into account should be approached by the instructors for more information and either the activity adjusted, or the participant removed.</li> <li>• Personal medication taken on the water if appropriate in dry bag or similar.</li> </ul>	Severity 5 Likelihood 1 Medium Risk	



Artificial White Water Courses (e.g. Tees Barrage)	All participants	Equivalent risks to paddling on natural rivers.	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>When paddling on an artificial course, such as the Tees Barrage or Holme Pierrepont, paddlers should follow the centre rules and safety policy at all times, including competency to paddle, safety equipment guidelines and any training required. Often this will include signing additional health declarations and/or consent forms. Helmets and buoyancy aids should of course always be worn, even if not mentioned in the centres policy. All paddlers should be aware that whilst White Water courses are often safer than natural rivers, they are still potentially dangerous. Paddlers who are new to a course should consider walking down it first, and safety cover should still be set up on large features where necessary.</li> <li>When paddling on an artificial course, there will be other members of the public there and sometimes there will be safety provided. As such it is possible for groups as small as one or two people to paddle there safely, however, paddlers should be prepared to get off as soon as there are not enough other people on the course to paddle safely. Any group which goes to a white water course to paddle should be fully self sufficient in terms of providing safety cover (the exception being at events such as NSR or BUCS where safety cover is provided).</li> <li>There will be paddlers of many disciplines at the course, to which you should be polite and courteous to all. Priority must always be given to the upstream boat. However, paddlers should also observe paddling etiquette when possible (which contradict this slightly); try to avoid waiting under slalom gates and if someone is “playing” a feature, eddy out and wait until they are finished before paddling down. Paddlers in plastic boats should also take all reasonable action to avoid contact with composite boats. This may cause significant damage and could damage the reputation of the university’s paddlers. If in doubt, ask other people on the course.</li> </ul>	Severity 5 Likelihood 1 Low Risk	Guidance taken from DUCC Safety Policy
Kayak surfing	All participants	Conditions become too challenging for group leading to capsize of group members/group becomes separated/equipment lost. Resulting in prolonged rescue, damage to equipment, cuts, bruises, drowning.	Severity 5 Likelihood 3 High Risk	<ul style="list-style-type: none"> <li>All paddlers will wear buoyancy aids and helmets.</li> <li>Session leader to check the surf and weather forecast thoroughly, paying particular attention to offshore winds. Plans to be adjusted /cancelled accordingly.</li> <li>Rip currents and obstacles should be pointed out to the group prior to launching.</li> </ul>	Severity 5 Likelihood 2 Medium Risk	DUCC uses South Shields beach, a popular and safe surfing location.

				<ul style="list-style-type: none"> <li>• At least one in four paddlers on the water should be confident in the prevailing conditions i.e. of rolling if capsized during the biggest sets and rescuing other paddlers. The number of paddlers on the water shall be reduced until this condition is reached.</li> <li>• There should be limits set as to where paddlers can go. The stronger paddlers should keep track of the other members in the party. If there are lifeguards present, they should always be consulted before the party embarks</li> </ul>		
Lone paddling	All participants	Incident resulting in capsizes. Leading to cuts, bruises, muscular-skeletal injuries, drowning.	Severity 5 Likelihood 3	<ul style="list-style-type: none"> <li>• DUCC does not endorse lone paddling on moderate and advanced water. The exception is artificial white water centres where users must follow individual centre policy.</li> </ul>	Severity 5 Likelihood 1	
Low-Light conditions	All participants	Increased likelihood of collision with objects in river/capsizes. Resulting in cuts, bruises, muscular-skeletal injuries, drowning. Risk of group becoming separated also increases, resulting in emotional distress, prolonged rescue, exposure (climatic injuries).	Severity 5 Likelihood 2 Medium Risk	<ul style="list-style-type: none"> <li>• When paddling at night or with limited visibility, considerable extra care should be taken and in most situations, it is not recommended.</li> <li>• All paddlers should be entirely self-sufficient for the conditions, or under very close one-to-one supervision from an experienced member. The use of lights, where possible, is strongly recommended when paddling in a group in order to avoid becoming separated.</li> <li>• Under normal circumstances, trips should be planned to avoid the need to paddle in low-light conditions. This may involve finding an earlier get-off location or choosing to start earlier.</li> <li>• Leaders should carry headtorches.</li> </ul>	Severity 5 Likelihood 1 Low Risk	
Lack of adequate first aid supplies	All participants	Insufficient first aid supplies leads to less prompt first aid response, causing further harm to injured person.	Severity 3 Likelihood 2 Low Risk	<ul style="list-style-type: none"> <li>• Kit and Safety officer to maintain club first aid kits.</li> </ul>	Severity 3 Likelihood 1 Low Risk	

<b>Internal Guidance/Linked Documents:</b>		<b>DUCC Safety Policy</b>	
<b>Competence Requirements:</b>			
<b>Supervisor/Manager Review and Comment:</b>			
<b>Assessment Prepared by</b>		<b>Supervisor/Manager acceptance</b>	
Name:	Charles Wilson (DUCC Captain 2025/26)	Name:	
Signature:	C.Wilson	Signature:	
Date:	16/10/2025	Date:	
<b>This risk assessment should be read by those performing and supervising the work in conjunction with all relevant documentation including method statements and safe systems of work</b>			

			Probability/ likelihood of risk realisation				
			Almost impossible 1	Not likely to occur 2	Could Occur 3	Known to occur 4	Common occurrence 5
			A freak combination of factors would be required for risk to be realised	A rare combination of factors would be required for risk to be realised	Could happen when additional factors are present otherwise unlikely	Not certain to happen but an additional factor may result in risk being realised	Almost inevitable that risk will be realised
Potential Consequences	<b>Severe</b> <b>5</b>	One or more fatalities or irreversible health conditions	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>
	<b>Major</b> <b>4</b>	Partial or medium- term, disabilities or major health problems	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>
	<b>Moderate</b> <b>3</b>	Lost-time injuries or potential. Medium term health	<b>3</b>	<b>6</b>	<b>9</b>	<b>12</b>	<b>15</b>
	<b>Minor</b> <b>2</b>	Minor, very short- term health concerns or recordable injury cases	<b>2</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>
	<b>Insignificant</b> <b>1</b>	Inherently safe, unlikely to cause health problems or injuries	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Low risk	Medium Risk	High Risk	Extreme Risk

