Canoe Sports Trust
Risk Assessment Suite

April 2026

CST Director	**CST Managing Director**
Name	**Name**
Signature	**Signature**
Date	**Date**

Change log

April 2026

Note that C7 Powerboat use, and C18 for Off Site Activities, have been added since earlier versions and C8 Inflatable Water Park, has been removed.

Launch and exiting cautions added to C2 General - Applicable to all Activities.

Only minor changes have been made to the other Risk Assessments.

Risk Assessments

Canoe Sports Trust acknowledges that the activities offered contain a degree of inherent risk and whilst the processes within this document endeavours to ensure that all reasonable and practicable steps are taken to ensure all significant and likely risks are managed / reduced effectively it is impossible to eliminate all risks in their entirety.

The method of delivery of a typical Canoe Sport activity is often down to what works for an individual activity leader or Instructor, gleaned from what they find works for them or what they find works well with a particular age group or demographic. Regardless of the method, all Instructors and coaches are required to work within the guidelines documented within the Risk Assessments found below.

Paddlesport Instructors and Coaches are required to remain familiar with the published risk assessments and actively participate in the review of Risk Assessments that take place in Spring each year.

All Risk Assessments are referenced against the adopted Method Statements, examples of which are contained in our Operations Manual. Method Statements are examples of good practice that shall be referenced for the safe delivery of activities and courses.

Our Risk Assessments apply to activities irrespective of where those activities take place, though sometimes the nature of the environment has an impact on the activity and in such circumstances the risks to participants may vary.

Risk assessments are provided for the following activities and categories:

C1. General - Land based operations

C2. General – Applicable to all Activities

C3. Kayak – including use of Sit on Top Kayaks

C4. Open Canoeing

C5. SUP Boarding

C6. Improvised Rafting

C9. The Impact of Covid 19 on Canoe Sport

C10. Vulnerable Participants

C11. Extreme Temperatures

C12. Katakanus

C13. Leptospirosis

C14. Blue Green Algae

C15. Mega SUP Boarding

C16. Coracles

C17. Dragon Boats

C18. Off-site Activity

C1 Risk Assessment - General Land Based Operations

The activity base has the potential to be a dangerous place for the inexperienced. The site has equipment stored in many locations, there are uneven surfaces, etc.

Hazard	How could participants be harmed	Control Required	Further action
Slips, trips and falls	Injury sustained through falling	Visual and verbal warnings as appropriate. No running except in an emergency. Appropriate footwear to be always worn.	Covered during induction briefing. Access to First Aid kit and trained adults.
Lifting heavy or cumbersome items such as boats	Back or neck injuries from lifting or twisting whilst under load	Participants to be taught how to lift correctly. Share load between more people. All items to be stored within reach.	Adults to supervise lifting operations.
Participants getting lost/separated from their group	Anxiety and stress	Agree a muster location, an area which participants can go should they become separated from colleagues	Shoreside Support to be evident.
Participants wandering into unauthorised areas (e.g. BLYM Boat House)	Tools and Equipment that could cause harm	Identify areas out of bounds	Keep doors to such area if possible secured.

Date: 13.04.2026

Next review date: March 2027

Author: PC

C2 Risk Assessment - Applicable to All Activities

Hazard	How could participants be harmed	Controls Required	Further actions
Launching and exiting paddlesport craft	Cuts and grazes to hands, arms, and legs when launching or exiting boats. Launching over tires found to be particularly awkward, resulting in more frequent injuries.	Instructions to be given how to access craft safely and under control, requiring caution, balance and pois. Participants or Instructors may need to steady a craft during launch and egress. Landing stages to be swept regularly and kept clear of detritus.	When launching large groups, instructors may consider the benefits of sliding craft such as SOTs, over a soft surface (such as Astro-turf) to aid faster and reliable access to the water.
Exiting the water when not in or onboard a paddlesports craft	Cuts and grazes to hands, arms, legs and feet.	Avoid exiting over tires, undergrowth or close to trees with exposed root systems. Exercise caution near slipways, and other tethered craft.	Use known Paddlesports access points if possible or exit at a lake ladder, taking care not to slip on ladder treads
Immersion in water	Hypothermia	Participants to be correctly attired for the weather conditions and water temperature	
Hypothermia	Immersion in water, exposure to cold environmental conditions	Participants to be correctly attired for the weather conditions and water temperature	Include suitable briefing in joining instructions.
Drowning	Inhalation of water leading to suffocation	Correctly rated CE compliant buoyancy aids to be worn whenever on or near the water.	
Collisions	Concussion, bruises, cuts, fractures	Participant taught to control use of craft and have awareness of surroundings.	
Pollutants including BGA	Poisoning	Do not swallow lake water, showers recommended after immersion. Wash hands before eating.	
Sunburn, Exposure, Hyperthermia	Exposure to high temperature, too much time in the sun	Participants to be correctly attired for the weather conditions. Use of suitable sun cream.	Include suitable briefing in joining instructions. If participants too hot, treat for hyperthermia.
Lightning	Burns, Electrocution	Awareness of prevailing weather conditions, plan activity accordingly.	Upon hearing the horn or seeing the red ball raised, get off the lake.
Weils Disease	Flu symptoms leading to liver and kidney damage and collapse of the immune system	Participants with open wounds to refrain from water activities. Avoid sewage contaminated canals and rivers.	Avoid canal use two days after heavy rain (Thames Water discharges at Chesham sewage works)

Some girls may be directed by religious requirements to cover their bodies neck to ankle.	Consider suitability of attire for water activities. Consider the effects of overheating for such individuals on sunny days	May need to limit activities to participants with suitable clothing. May need to subtly introduce some getting wet games.	

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Review date: March 2027

Author: PC

C3 Risk Assessment - Kayaking

Kayaking like any water activity carries certain risks, the biggest concern for many people is the risk of entrapment in a closed cockpit kayak. Adopting control methods described in this risk assessment will remove many of the risks perceived by participants.

This kayaking risk assessment includes references for Kayak Polo and Sit on Top Kayaks.

Hazard	How could participants be harmed	Controls Required	Further actions
Entrapment	Difficulty getting out of boat, when capsized, panic leading to water inhalation and drowning	Ensure correct boat sizing for taller and larger paddlers, consider changing bulky footwear to slimmer fitting water shoes	Consider use of sit on tops to establish water confidence particularly associated with capsize.
Drowning	Inhalation of water leading to suffocation	Correctly rated CE compliant buoyancy aids to be worn whenever on or near the water. Non swimmers and weak swimmers to be identified before embarking on activity.	Dedicated leaders to be designated to non-swimmers.
Exposure	Capsized paddlers spend too long in cold water leading to rapid core temperature reduction	All Instructors to have completed rescue training sufficient that they can deal with any capsize event	Regular instructor refresher training
Impact	Being struck by a fellow paddlers boat, paddle or a ball	Polo Paddlers are supplied with buoyancy aid with side impact protection and a helmet with face guard	Remind paddlers to exercise caution when using their paddle

Date: 13.04.2026

Review date: March 2027

Author: PC

C4 Risk Assessment – Open Canoeing & Twinhulled Canoes

Open canoes are large open boats usually equipped with between two and four seats. Paddlers sit or kneel and use a single bladed paddle. Risks associated with entrapment following a capsize are much reduced, though opportunities for capsize are increased as multiple occupancy sometimes makes for a very wobbly craft.

Katakanus are twin hulled canoes with four to six seats, being twin hulled these craft are far more stable though less manoeuvrable. Katakanus can be fitted with an improvised sail.

Hazard	How could participants be harmed	Controls Required	Further actions
Entrapment	Difficulty getting out of boat, when capsized, panic leading to water inhalation and drowning	Ensure all occupants are accounted for and corralled before attempting to recover the canoe.	
Concussion	Bang to head following capsize of canoe	Capsized paddlers encouraged to fall away from craft.	
Craft sinking	Exposed to a long swim that could result in complications or collisions from other lake craft	Canoes without inherent buoyancy to be equipped with air bags or barrels to provide greater than neutral buoyancy to prevent sinking when swamped	Periodic testing of fitted buoyancy in vessels
Injuries from fall in the vessel	Falling from a standing position onto any part of the craft may result in fracture or bruising	Avoid participants standing up in craft or moving about without caution	Include in initial briefing to participants
Pinched fingers	Hands holding the gunwales (sides of the canoe) can be subject to pinching if another canoe collides with yours	Keep hands inside canoe ideally gripping the paddle at all times	Include in initial briefing to participants

Date: 13.04.2026

Review date: March 2027

Author: AR

Risk Assessment C5 – SUP Boarding

SUP boarding is conducted on inflatable boards and paddled with a long single bladed paddle. Boarders are attached to the board with a leash to prevent paddler and board parting company in the event of a swim.

Hazard	How could participants be harmed	Controls Required	Further actions
Separation – paddler from board	Paddler separated from board becomes a swimmer, exhaustion and drowning could result from a long swim. (note: In fine weather conditions, Instructors may elect not to deploy leashes).	Paddler to attach leash to buoyancy aid.	Include in initial briefing to participants. In poor weather conditions activity to be conducted close to shore.
Hard surfaces	Bang to head or fracture from falling off SUP and impacting with other boat or shore structure.	Drop to knees before approaching shore or another vessel.	Include in initial briefing to participants. Practice alternating between prone, kneel and standing stances.
Collisions	A bump from another board can easily result in a fall leading to an injury.	Be aware of what's about you, avoid other craft or if unavoidable, drop to knees to minimise risk of falling	Include in initial briefing to participants. Avoid high occupancy areas of water
Concussion	Bang to head following fall from board.	Paddlers taught to fall away from board and to jettison paddle that could cause an injury if fallen upon.	Practice falling off a board (in deep water).
Impact Injuries	Broken legs, jarred knees and twisted ankles.	Activity in areas of shallow water should be avoided to avoid impact with bed of lake.	Adopt prone position, where a fall into the water from any height is minimised.
Physical Exertion	Sprains and strains.	Progressive and sequential skill development, monitor for signs of fatigue and exhaustion.	Short periods of learning dovetailed with periods of rest or play.
Entanglement	Cuts, grazes.	Avoid paddling in locations where low hanging flora could result in entrapment.	Leader to become familiar with operational areas and avoid paddling too close to shore or under overhanging trees.

Date: 13.04.2026

Next review date: April 2027

C6 Risk Assessment – Improvised Rafting

Improvised rafting with CST uses a pre-bolted timber frames on to which plastic barrels are attached with ropes to create a catamaran style raft with capacity for up to eight passengers. Barrels attached on the land before launching. Two or more rafts can then complete a basic course or race round a buoy and back, Activity to be conducted at close quarters from the launch site and not venture on to the main lake.

Company: Canoe Sports Trust

Location: Bury Lake

Activity: Improvised Rafting

Hazard	How could participants be harmed	Controls Required	Further actions
Splinters	Timber frames weather through use, creating shake that create splits that can lead to splinters	Participants to be made aware, and to exercise caution, bad shake can be gaffa taped over until remedial maintenance can be performed	Spare frames available if required
Compression Injury	Pinched Fingers	Participants to be versed in use of ropes and securing methods.	Close supervision during construction
Back Injury	Insufficient people used to launch a raft	Launching is a leader led team activity, with special attention to correct lifting techniques	Ensure raft is constructed close to launch site.
Entrapment	A capsized raft could result in an entrapment	Safety cover to conduct regular head counts.	Avoid high occupancy areas of water
Concussion	Bang to head as a result of raucous activity afloat or risk of collisions with other rafts.	Paddlers encouraged to exercise caution.	Helmets to be supplied for use by young children.
Cuts and grazes	Snagging on brambles and the like when paddling raft close to the shore	Avoid paddling in locations where low hanging flora could result in snagging	Leaders to ensure activity avoids problematic areas

Date: 13.04.2026

Next review date: April 2027

Author: PC

C9 Risk Assessment – The Impact of COVID 19

COVID 19 affected participation of many activities between 2020 and 2021 and there may be a risk that new strains of the virus may affect the way by which activities can be conducted.

High level controls include use of hand sanitizer, avoiding close interaction with others and avoiding indoor spaces. Processes governing canoe Sport activities can be quickly adjusted to satisfy any escalation in COVID controls.

The CST should, where applicable, follow COVID-related guidance from British Canoeing, and from the National Youth Agency for any activities involving young people. This guidance should govern adjustments to the contents and application of this risk assessment.

Hazard	How could participants be harmed	Controls Required	Further actions
COVID Exposure between groups	Minimising contact between different groups on an otherwise busy site.	Numbers in groups to be limited to 30 young people. Groups to muster outside the base so the group enters the Base under control.	As the base becomes busier, it may become necessary to use entrance gates closer the activity location
Covid Exposure between parents and participants	A higher risk of infection could occur introducing parents into the mix.	Drop off and pick-up be for the majority will be via the Aquadrome car park, negating the need for parents to leave their cars if they wish not to. Parents should not enter the Base until restrictions allow.	
Covid Exposure from contact with surfaces	Repeated touching of surfaces increases risk of exposure	Any gates or doors that require frequent use will be propped open. Any doors or gates that need to be closed will be supplied with sanitiser gel dispensers.	Leaders to assess who opens and closes any access gates into BLYM. Scouts advised to avoid any unnecessary touching of surfaces.
Covid Exposure during activity	Safe distancing to be maintained during activity	The length of a kayak, SUP or Canoe ensures that participants can maintain sufficient distances. Participants will be reminded not to come alongside each other as close proximity on the water will compromise the minimum 2 metres distancing. The maximum number of participants to occupy an open canoe will be two people.	Games where equipment is exchanged (such as a ball) to have a duration of ten minutes after which participants are encouraged to sanitise. Swapping of kayaks should be avoided. Capsize should be avoided. In the event of a capsize the participant should swim the boat to shore, before emptying their own boat with minimal shoreside assistance.
The need to administer First Aid to a participant is likely to carry a higher risk of infection due to close contact with the injured party	Injured party and leader administering First Aid	Assessment to be made to see if the participant can be talked through administering their own First Aid, allowing first aider to direct from a safe distance, if not then both injured party and first aider to wear face masks. The administering leader to maintain as great a distance as possible when delivering treatment.	Should the injured party need extensive First Aid they will be made comfortable and professional medical assistance to be sought.

Date: 10.2.2023

Next review date: As Necessary

Author: JP

C10 Risk Assessment –Vulnerable Participants

Vulnerable Participants are identified in the Equality Act of 2010 as anyone who may have a medical, mental, or physical condition that for whatever reason may result in them being exposed to greater danger than others.

This may be as simple as they cannot swim or may be more complex such as visual impairment, hard of hearing or an inability to concentrate or process simple instructions.

Applicants applying for places on a course via the website are asked to disclose any condition that may lead to endangerment, though sometimes parents are unaware of the full extent of risks that might be present in such circumstances. An alternative source of information can be gleaned from clients completing a Consent Form (Form 131).

Group Leaders may be more familiar with the young people they introduce to canoe and paddle sports and are more likely to be aware of underlying conditions, such that they may be better prepared to manage activity having considered the implications.

It is unreasonable for Instructors to be able to deal with every situation, so the risk assessment below identifies courses of action that can be adopted in five commonly found examples that if applied will ensure a safer activity and minimise risk either to the individual or the remainder of the paddling group.

Whilst the CST aims to offer activities to as wide a range of participants as possible, Instructors have the final say as to whether any activity can safely accommodate the needs of any participant, and if required may choose to ask a participant to not take part if their participation represents an unacceptable risk to their safety or that of the activity group.

Hazard	How could participants be harmed	Controls Required	Further actions
Participant is identified as being unable to swim	Participant can drown	Additional assistance would be required so that individual can be more closely monitored. It is recommended that one competent chaperone accompany each non-swimmer.	Non swimmers participate by sharing a boat with a competent adult where there is minimal risk of capsize leading to an in water situation. Distance from shore and depth of water should be considered.
Participant is identified as having a visual impairment so needs to wear glasses	Loss of glasses could result in disorientation that could lead to panic or increased chances of capsize.	If glasses are a requirement, strings can be attached to minimise accidental loss of glasses.	Instructor can look after glasses if part of an activity is more likely to result in the loss of the glasses and it is safe for the participant to take part without glasses.
Participant is identified as having a hearing impediment and wears a hearing aid. Removal of aid could result in confusion of instructions provided.	Removal of aid to prevent it getting wet may require a leader to either face participant when giving instructions to aid lip reading or raise voice to be better heard	Instructor may need to use more visual body language and hand skills to improve communication methods	Chaperone with signing skills may be required to relay instructions to confirm instructions are understood and provide route for feedback.
Cognitive and learning disabilities	Increased risk associated with the activity including increased accident risk and drowning	Consider activity where others including peers can assume the method of propulsion, allowing participant to remain actively involved with friends.	It may be beneficial to double up participant with an adult to provide a water experience whilst minimising activity risks.

		Discuss best ways to communicate with participant's parents/guardians.	
Asthma or other allergies	Increased physical activity or pollens could lead to an asthma attack.	Use consent form information to make activity leaders aware of any allergies, so risk can be minimised. Ensure participants carry their inhalers though with no accessible pockets this may require instructors to carry inhalers on behalf of participants.	Monitor affected participant(s).

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Review date: April 2027

Authors: JP & PC

Risk Assessment C11 – Extreme Temperatures

A rising ambient temperature has the potential to expose participants, supervising shore-based youth leaders and teachers, Instructors, and coaches to an increased risk of temperature related heat exposure or an increased risk of sun burn, with a step change in behaviours normally being sufficient to minimise the risk.

To minimise overall exposure:

1. Participants are required to provide their own high factor sun cream and to apply it to exposed skin regularly.
2. Participants are required to wear a hat, [preferably one with a brim] to provide some shade to the face and neck.
3. Participants are to wear a quick drying light weight T-shirt that covers the shoulders and upper arm.
4. Participants are encouraged to seek shade whenever possible.
5. Participants are required to drink water regularly.
6. The CST reserves the right to exclude participants who do not meet the above criteria from activities when it may put them at unacceptable risk.

During the summer of 2022 the temperature locally peaked at 39 degrees, on this occasion it was necessary to cease activity at 1pm.

Hazard	**How could participants be harmed**	**Control Required**	**Further action**
The Sun	Sunburn, Exposure, Hyperthermia	Do not over dress and avoid use of wetsuits. Instructors to minimise exposure to direct sunlight, during shore-based instruction by conducting such activity in the shade of trees or indoors if shade cannot be found. On the water avoid the centre of the lake, instead seeking shade found at the perimeter. Ensure participants re-apply sunscreen regularly.	If participants are too hot, there may be an enthusiasm to get wet, alternatively, come off the water, inviting them to alter their attire. If unwell seek medical assistance.
Dehydration	Afflicted Person can become nauseous, dizzy and disorientated, in extreme cases could lead to kidney damage. An inability to wee or dark coloured urine is an indication of more severe dehydration.	Drinking water provided at the drinks station with participants required to regularly drink between activities and during lunch breaks. Instructors to consider the need for more frequent use of the toilets when managing their groups.	Adults to ensure participants drink ample water frequently throughout their visit. Place Afflicted person in the shade and encourage them to drink sips of water.

		If the temperature is excessively hot, instructors may need to suspend the activity, coming off the water sooner than planned.	
Heat Stroke (Hyperthermia) and Heat Exhaustion	Dizziness or confusion. Loss of appetite. Feeling sick. Cramps in Arms legs or stomach. Excessive sweating and pale clammy skin. Fast breathing or pulse. Rapid and shallow breathing. Fainting or Unconscious.	Drinking water provided at the drinks station with participants required to regularly drink between activities and during lunch breaks. If the temperature is excessively hot, instructors may need to suspend the activity sooner than planned. Individuals displaying symptoms of heat stroke or heat exhaustion, require affected participant(s) to remain ashore, in the shade, in the company of a first aider.	Treatment for both conditions is: Move the AP to a cooler place. Lie them down raising feet slightly. Drink plenty of water including squash drinks. Cool the skin with a wet cloth or sponge. Monitor their condition- in the event of Hyperthermia, dial 999/112 and cool afflicted person rapidly (plunge in water, ice packs applied to arm pits, neck, and groin).
Reflective Sun Exposure	Sunburn from reflection	Participants to be warned of the effects of sun burn caused by reflected sun from the lakes surface. Areas of concern include under chin and underside of arms, areas of the body that are not normally exposed to direct sunlight. Application of sun cream to these areas of skin should suffice.	Reapply sunscreen after getting wet.

During times of extreme temperature, the Canoe Sports Trust will aim to have spare staff available to provide additional shore-based assistance should it be required.

Date: 13 April 2026

Next reviewed: April 2027

Author: PC

Risk Assessment – C12 Twinhulled Katakanus

Katakanus are twin hulled craft with capacity for between 6 and 8 people. The Trust has access to three craft, one red, one navy blue and one orange. The craft provide a reliable and stable platform suited to those who may have found canoes or kayaks too wobbly, though forward speed and manoeuvrability is forfeited for stability. A reliable work horse and good for introducing those with little water confidence, unreliable swimming proficiency and limited paddling skills or dexterity.

Both hulls should be checked periodically and any water in the bilges removed, allowing the craft to sit high in the water. Due to their stability, they are good working platforms that can be relied on to remain upright in any flotilla of craft and can be good for boisterous participants with energy to expend.

Hazard	How could participants be harmed	Controls Required	Further actions
Collisions from other craft or with the shore	Slow to manoeuvre craft should avoid busy areas of the lake where collisions are more likely. Crew could be thrown from the craft.	All crew to remain seated when another craft approaches or when coming alongside the shore.	Leader helms craft with inexperienced crew.
Craft sinking	Exposed to a long swim that could result in complications or collisions from other lake craft	Katakanus are impossible to capsize. Draining plugs should be checked as secure. Intended swamping of craft by crew is almost impossible.	Periodic checking of water in bilges, removing any water found.
Fractures and Concussion	Falling from a standing position on to any part of the craft may result in fracture or bruising.	Avoid standing up in craft or moving about without caution.	Leader helms craft with inexperienced crew Make a rule that one person moves at a time.
Impact injuries	Injuries sustained from jumping into shallow water	Stable platforms encourage crew to lark about that may lead to showing off their jumping in skills, this is ok providing the activity leader selects deep water when this happens.	Leader helms craft with inexperienced crew If crew want to jump in suggest a time will be available for this later

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Next review date: March 2027

Authors: PC & DW

C13 Risk Assessment - Leptospirosis

Paddlers are always advised to be vigilant and ensure that they notify their GP should they become ill following paddling.

All water users should be aware of this potentially fatal infection.

Hazard	How could participants be harmed	Control Required	Further action
Leptospirosis is a bacterial infection normally believed to be spread by rat urine, though it can also be transmitted by cat, fox and rabbit urine. Transmission is usually through an open wound or abrasion but can also be caused by ingestion of contaminated water.	Symptoms are lethargy, diarrhoea, headaches, vomiting and muscle pain; sometimes referred to as flu like symptoms, and if untreated can be fatal.	Cover all cuts and abrasions with waterproof plasters. Always wear footwear to avoid cutting the feet. Avoid capsize or rolling practice in rivers following long periods of low rainfall. Instruct participants to shower soon after the activity. Instruct participants to always wash hands after paddling and before eating or drinking.	Instruct participants that if they feel ill after paddling, they should tell their doctor as soon as possible and let them know where and when they have been on the water.

The NHS publish the following guidance: https://www.nhs.uk/conditions/Leptospirosis/

Further information and support available via: safety@britishcanoeing.org.uk

Date: 13.04.26

Next review date: March 2027

Author: PC

C14 Risk Assessment – Blue Green Algae

Paddlers are always advised to be vigilant and ensure that they notify their GP should they become ill following paddling.

Paddlers are highly likely to use waterways which at some times of the year are susceptible to potentially harmful Blue Green Algae. Blue Green Algae is just one of a number of algal species that live naturally in inland waters. When conditions are just right – still water, high nutrient input from such sources as fertilizers (phosphate), calm, hot and sunny weather – algae can reproduce rapidly and very quickly out-compete other plant life to dominate the body of water, causing algal 'scums' and blooms. The algae are unsightly and can be toxic to both people and pets.

The condition starves the water of oxygen, that may have an effect on fish.

On Bury Lake the Local Authority has installed two units that transmit ultraviolet light which reduces the presence of bacteria that causes Blue Green Algae blooms.

Canals and rivers are classified as moving water and therefore do not create the required conditions for blue green algae to grow, though algae is a potential risk if lock use is suspended due to extreme low rainfall resulting in severe periods of drought.

When there is a risk of Blue Green Algae potentially being possible, it may be necessary for patrons to complete a Blue-Green Algae Consent Form (Form 132).

Hazard	**How could participants be harmed**	**Control Required**	**Further action**
Blue Green Algae can be toxic to humans. It forms in blooms that may collect on the leeward side of the lake and create an unsightly scum. If affecting the whole lake, contact may be unavoidable.	Digestion or contact with skin and absorption through ears, nose and eyes should be avoided, leading to affected persons becoming unwell.	Upon discovery, any activities likely to result in a capsize should be avoided. Instruct participants to shower soon after the activity. Instruct participants to always wash hands after paddling and before eating or drinking.	If blooms are extensive immersion activities are to cease. Instruct participants that if they feel ill after paddling, they should tell their doctor as soon as possible and let them know where and when they have been on the water.

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Next review date: March 2027

Author: PC

Risk Assessment C15 – Mega SUP Boarding

Mega SUP boarding is conducted on much larger inflatable boards with a capacity for as many as 10 adults of 12 young people. The size of the craft and close proximity of individuals introduces new risks not evident when paddling single occupancy SUP boards.

CST has two boards available for use, these tend to be used as platforms on which a variety of team games and challenges are conducted against the occupants of the other board. The boards do not tend to be used for journeying or activities conducted in the smaller individual occupancy boards.

Hazard	How could participants be harmed	Controls Required	Further actions
Separation – paddler from board	Paddler separated from board is a swimmer, exhaustion and drowning could result from a long swim. Swimmer experiencing complications could remain undetected.	Instructor to be located on board or in an independent craft, so that presence of participants can be monitored.	Place emphasis on participants to monitor where others in the team are, twenty eyes are better than two. In poor weather conditions or in poor light, activity involving Mega SUPs should be conducted close to shore.
Head or face injury	Use of SUP paddles by multiple occupants on mega SUPs increases likelihood of being struck by a paddle.	Mega SUP occupants to be provided with a shorter canoe or rafting paddle.	Helmets to be worn by all Mega SUP crew.
Hard surfaces	Bang to head fracture from falling off SUP or another craft or shore structure.	If winds are moderate Mega SUPs should be tethered to mooring buoys in deep water, placing them at a safe distance from each other.	Participants reminded to drop to knees close to shore or when being approached or approaching other craft.
Collisions	A bump from another board can easily result in a fall that may lead to an injury.	Determine operational activity of other lake users, avoiding high occupancy areas. Consider prevailing wind direction and occupy areas upwind of other users.	Be aware of other lake craft, if a collision is likely, occupants to drop to knees to minimise risk of falling on to board or into the water.
Concussion	Bang to head following fall from board.	Paddlers taught to fall away from board and to jettison paddle that could cause a head injury.	Practice falling off a board (into deep water).
Impact Injuries	Broken legs, jarred knees and twisted ankles.	Avoid areas of shallow water.	If unavoidable, notify of shallow water risk.
Entanglement	Cuts, grazes.	Avoid use of Mega SUPs close to shore where low hanging flora could result in entrapment or entanglement.	Leader to become familiar with operational areas and avoid paddling too close to shore or under overhanging trees.

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Next review date: March 2027

Authors: DW & PC

Risk Assessment C16 – Coracles

Coracles are small round circular single person craft manufactured from wicker and tarred canvas tarpaulins to create an affordable and manoeuvrable river craft which was used as a craft to fish from.

The modern Coracle is made from fibreglass with a wooden seat and loaded with blocks of foam to give it inherent buoyancy, the craft is light in weight and easily handled. Coracles lend themselves to static activities such as those conducted in sheltered areas close to the shore.

Hazard	How could participants be harmed	Controls Required	Further actions
Capsize/swamping	Coracles give the impression that they will easily capsize, instead coracles are more prone to swamping and then sink that could lead to a participant injury/drowning.	Ensure all participants are wearing a correctly fitted buoyancy aid. Brief participants on what to do in the event of a capsize.	
Entrapment of body parts (e.g. fingers)	Injury could be sustained if body parts get pinched between coracles.	Participants reminded to keep hands/fingers clear of craft rim when approaching other craft.	
Collisions	A bump from another Coracle could easily result in an unexpected jerk that could result in participant losing balance or result in a fall from the seat leading to an injury.	Determine operational activity of other lake users, avoiding high occupancy areas. Consider prevailing wind direction and occupy areas upwind of other users.	
Injury caused by paddle	Injury to head or limbs.	Brief all participants on risk from paddles, including correct paddling technique (at rest and when paddling).	Encourage use of canoe paddles over kayak paddles
Entanglement of limbs about seat	Limbs such as feet if sat in the coracle adopting a kneeling stance could lead to entanglement with the seat when a Coracle gets swamped.	Paddlers encouraged to sit knees forward on the seat.	Larger paddlers should avoid bulky footwear that could lead to difficulties in the event of a swamping incident.
Incident on the water	When venturing on to more open water, keeping close to the shore will not guarantee suitable places to affect a rescue.	Ensure the group is accompanied by an Instructor on a SUP board, that can be used as a platform to assist participants recovering a swamped coracle.	Activity leader to become familiar with operational areas, avoid areas where a swamped boat is difficult to recover.

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Next review date: April 2027

Authors: PC

Risk Assessment C17 – Dragon Boating

Dragon Boating is conducted in 10-man boats, which accommodate up to 10 paddlers, 1 helm and one drummer (optional). CST has two Swift Racing dragon boats available for use on Bury Lake, along with corresponding paddles (of various sizes), steering arms, heads, tails, drums and drummer seats.

As many paddlers will be new to this type and size of boat, this risk assessment considers ensuring participants are familiarised with the craft. The Method Statement for Dragon Boating should also include a thorough safety briefing.

Hazard	How could participants be harmed	Controls Required	Further actions
Lifting Injuries	Dragon boats are quite heavy (>200kg) so lifting injuries could occur while moving/launching boats.	Dragon boats are only expected to be launched and recovered at the beginning and end of the season. Ensure sufficient adults are on hand, and instruct them on safe lifting techniques.	None.
Capsize/swamping	Capsize/swamping of dragon boat could lead to participant injury/drowning.	Ensure all participants are wearing a properly-fitted buoyancy aid. Brief all participants on what to do in the event of a capsize, including numbering off and buddy system. Carry bailers in dragon boats, to remove any water from the boats to improve their stability.	
Participant falling overboard	Falling out of the dragon boat could lead to participant injury/drowning.	Ensure all participants are wearing a properly-fitted buoyancy aid. Brief all participants on what to do in the event of falling in, importance of remaining seated, and how to move around the boat safely if swapping places. Brief all participants on how to get in/out of the boat. Boarding/disembarking to be managed by the helm or leader onshore. Carry throw-bag onboard.	

Entrapment of body parts (e.g. fingers)	Injury could be sustained if body parts get pinched between boats, or boat and dock/jetty.	Helm to ensure all paddlers keep hands/fingers clear when approaching/leaving other boats and dock/jetty.	
Collisions	A bump from another boat can easily result in a fall that may lead to an injury.	Determine operational activity of other lake users, avoiding high occupancy areas. Consider prevailing wind direction and occupy areas upwind of other users. Helm to yell/use whistle in the event of risk of collision.	
Injury caused by paddle	Injury to head or limbs.	Brief all participants on risk from paddles, including correct paddling technique (at rest and when paddling).	
Hypothermia, sunstroke, sunburn, etc.	Weather or immersion-related health risks	Ensure all participants are suitably dressed for the activity.	
Incident on the water	Collision with other lake users, collision with shore, grounding, etc.	Have safety boat on call for any incidents (note: this may be a shared safety boat with other lake users). Activity leader to become familiar with operational areas and avoid paddling in shallow areas, too close to shore or under overhanging trees.	

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Authors: AR

Risk Assessment C18 – Off Site Activity

There will be occasions when CST licensable activity takes place on the canal, such activity beyond the confines of the lake and localised facilities are considered as Off-base activity and additional instructors may need to be allocated to the group if weather conditions are poor or forecast to become worse or the group is inexperienced. The responsibility for allocating additional instructors remains with the lead instructor and the base supervisor for licensed activities.

Groups are encouraged to only go Off-base if planned to do so in advance, this ensures sufficient instructors are provided for the occasion. Specific instructions are detailed in the Method Statement for Off-Site activities.

This RA covers a range of specific methods to be adopted when leaving the main site to conduct activity on the Canal which tends to occur during the school Easier and summer holidays when the three- and four-day camps are run.

During these camps we use the canal for journeying and expeditions. This risk assessment looks at specific risks associated with offsite activity in canoes as these re the predominant craft used for journeys, and includes activities associated with getting to and from the canal, other canal traffic and portaging locks.

The management of activity on the lake will have become second nature to most Instructors, moving on to the Canal introduces different dangers. This risk assessment should be shared with Instructors during their morning brief each day an expedition on to the canal is planned so that the whole Instructor team is reminded of the different dangers they might face.

Hazard	How could participants be harmed	Controls Required	Further actions
Dehydration	Lack of liquids available to be consumed	Has everyone got a full water bottle?	Instructors to take spare water.
Accidents	Accidents can happen on trips, provision needs to be made to deal with incidents that happen in remote areas, not within easy access of a road.	Instructors to carry First Aid kits, A VHF radio and a mobile phone in a waterproof pouch in case of a need to contact emergency services.	Second phone would be an advantage amongst Instructor team. The non-paddling Base Supervisor is to be available and contactable for the duration of the trip.
Lifting Injuries	Boats are heavy and whilst the walk from CST to the canal is not far, manually handling a boat over that distance is beyond most participants ability.	Boat wheels (C-Tug) are to be deployed, these will require Instructors to ensure the C Tugs are correctly attached to the canoes and balanced, to assure safe transportation to the canal. Depending on the size of the group, multiple trips may be required between base and canal.	None.
Supervision of participants on the towpath	Participants to be supervised by a minimum of two instructors on any towpath. A canal is deep at the sides, falling in is easy, recovery less so.	Should a participant fall into the canal the group need to shout “swimmer” and point at the swimmer, alerting instructors to assist in the recovery of the swimmer.	Throwlines need to be carried by instructors to assist in deep sided canal rescues of swimmer and capsized craft.

Capsize/swamping	Capsize/swamping of Canoes and rescue thereof is sometimes made more complicated by other canal traffic.	Ensure all participants are wearing a properly fitted buoyancy aid. Brief all participants on what to do in the event of a capsize, including numbering off and buddy system.	Carry bailers to remove any water from the boats to improve their stability.
Participant falling overboard	Falling from a canoe into a muddy canal could lead to participant panicking and at worse sustaining an injury or drowning.	Ensure all participants are wearing a correctly fitted buoyancy aid. Brief all participants on what to do in the event of falling in, importance of remaining calm. Brief all participants on how to get in/out of the boat. Boarding/disembarking to be managed by instructors assisting from the shore.	Instructors carry throw-bags.
Entrapment of body parts (e.g. fingers)	Injury could be sustained if body parts get pinched between boats, or boat and dock/jetty.	Helm to ensure all paddlers keep hands/fingers clear when approaching/leaving other boats and dock/jetty.	
Collisions	A bump from another boat can easily result in a fall that may lead to an injury.	Manage the group when navigating the canal, inform all paddlers of their responsibility to keep to the Right and pass boats coming the other way on the Left.	
Injury caused by paddle	Injury to head or limbs.	Brief all participants on risk from paddles.	
Hypothermia, sunstroke, sunburn, etc.	Weather or immersion-related health risks	Ensure all participants are suitably dressed for the activity.	
Incident on the water	Collision on the canal are likely to be more catastrophic that collisions ion the lake.	Ensure instructors lead and bring up the rear of the expedition flotilla. Spare instructor boats should position themselves in the middle of the group.	All Instructors should maintain line of site contact with each other and carry radios to warn other of dangers observed.

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Authors: PC