

Activity Risk Assessment: - Canoeing - onsite

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged risks	Control Measures	Managed risk
1	Drowning	Instructors & Group	High	<ul style="list-style-type: none"> • Instructor training, knowledge, supervision and experience. • Assessment of student ability and tailoring of sessions accordingly. • All participants wearing correctly fitted and checked buoyancy aids when on and near the water. • Dry land capsize and rescue brief. • Avoid students wearing large footwear and heavy clothing. 	Low
2	Struck by paddle	Instructors & Group	Medium	<ul style="list-style-type: none"> • Group control during session. • Inspection of paddles for sharp edges etc. • Sufficient spacing and appropriate demo of paddling. • Safety briefing on games before they are played. • All participants to wear helmets and buoyancy aids throughout the session. 	Low
3	Infection	Instructors & Group	Low	<ul style="list-style-type: none"> • Cover all cuts/new piercings etc. • Advise all students to shower after finishing water activities. 	Low
4	Lifting and moving boats	Instructors & Group	Medium	<ul style="list-style-type: none"> • Show the correct procedure for moving and carrying boats. 	Low
5	Bank side obstacles (branches, jetties etc)	Instructors & Group	Low	<ul style="list-style-type: none"> • Brief group to stay away from obstacles. • <i>Maintain bank and manage vegetation growth.</i> 	Low
6	Jetties	Anyone	Medium	<ul style="list-style-type: none"> • Warn of gap between the bank and the jetty. 	Low

				<ul style="list-style-type: none"> • Warn of moving Jetty. • Brief group on conduct whilst on the jetty. • When getting in/out of a canoe make sure someone is stabilising it. • Do not allow participants to swim under the jetty. 	
7	Difference in water depths	Instructors & Group	Low	<ul style="list-style-type: none"> • Instructor to have a basic knowledge of lake depths. • Use appropriate part of lake for different skills and games. • Brief group on water depths and what to do if they fall in. 	Low
8	Sinking into deep mud around the lake.	Group	Medium	<ul style="list-style-type: none"> • Instructor to have knowledge of these areas and to keep group away from them. 	Low
9	Hypo/hyperthermia and exposure	Instructors & group	Medium	<ul style="list-style-type: none"> • Instructors should ensure that the group is appropriately clothed for the weather (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.). • Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. • Instructors should be prepared to stop or have a break during the session. 	Low