

TCC Canoe Polo Activities Risk Assessment

Titans Canoe Club:

Assessment carried out by:

Vincent Lemonnier, TCC Treasurer

Date Assessment was carried out/reviewed:

09/04/2025

Date of next review:

30/09/2025 or on material change to club activities/post incident

Canoe Polo trips / activities					
What are the hazards?	Who might be harmed and how?	What are you doing to control the risks?	What further action do you need to control of the risks?	Who needs to carry out the action?	Risk Tolerable Yes / No
Transporting kayak to / from activity location	Club members / Public in RTC or falling equipment Club members suffering musculoskeletal injuries	- Members to ensure kayaks are secured to vehicles and drive safely to and from venue - Appropriate manual handling techniques to be used when carrying boats and equipment - Minimum 2 persons lift when required	- Monitor situation and amend / update as necessary - Basic manual handling is discussed with new member of the club	- All members - Members leading development / coaching sessions	Yes
Drowning	Club members capsizing Club members / helpers falling into water	- All team member trained into wet exit/rescue - All spraydecks to be fitted with grab handle - All members to wear Buoyancy Aids at all times on the water or puntoons - All members / helpers to take appropriate care around water and pitch areas	- Encourage all members to practice wet exit/rescue - Ensure all members are aware of specific hazards identified at venues	- All members - Participants of all development and coaching session	Yes
Weather conditions	Club members paddling in weather condition beyond their capabilities	- Range of Weather forecasts checked prior to any paddling activities - Confirmation carried out during pre-activity briefing, that all members understand and happy with expected conditions	- Encourage all participants to check range of weather forecast prior to registering for an activity - Encourage all members to develop an understanding of their own capabilities in various weather conditions	- All members - Members posting planned activities on WhatsApp / Spond	Yes

Hypothermia	Club Members by becoming overly cold during paddling activities	- Members are made aware of suitable clothing for conditions during regular development sessions - Confirmation carried out during pre-activity briefing, that all members understand current conditions and are suitably clothed for expected conditions - Club already paddles all year round which allows members to experience wide range of weather conditions	- Check members are wearing suitable clothing prior to engaging in any activity - Members accept that they may not be able to participate in specific activities if not suitably clothed - Group carries extra clothing during paddling activities in case of emergency - Group carries emergency shelter in case of emergency - Paddlers encouraged to bring hot drinks / suitable food	- All members - Members leading activity	Yes
Heat Stress / Sunstroke	Club Members by becoming overly warm / exposed to sun during paddling activities	- Members are made aware of suitable clothing for conditions during regular development sessions - Confirmation carried out during pre-activity briefing, that all members understand current conditions and are suitably clothed for expected conditions - Club already paddles all year round which allows members to experience wide range of weather conditions	- Check members are wearing suitable clothing prior to engaging in any activity - Members accept that they may not be able to participate in specific activities if not suitably clothed - Group carries sunscreen during paddling activities - Paddlers encouraged to bring cold drinks / suitable food - Paddlers encouraged to wear suitable headwear during paddling activities	- All members - Members leading activity	Yes
Club Pool Sessions	Club members by attending organised pool sessions	- All of the above control measure plus - Number of kayaks / paddlers limited in pool at same time - All kayaks / equipment must be clean before entering pool - Care must be taken not to slip / trip due to kayaks at poolside - Members must register for pool sessions prior to attending - All conditions of pool operator must be met - Pool lifeguards must be in attendance who will provide first aid cover	- Some pool activities may be best carried out without wearing a suitable buoyancy aid; in these circumstances extra vigilance must be carried out by all attending due to higher risk of drowning - Members should work in pairs where possible and adopt a "buddy" system for safety purposes	- All members - Members leading activity - Pool Operator	Yes

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| | | <ul style="list-style-type: none">• All instructions of lifeguards must be fully complied with• Identified member acts as coordinator for each pool session | | | |
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