

# Canoeing

### Location

This activity takes place on the River Yare above Keswick mill and below Cringleford Bridge. The river has a constant gentle flow and is between 0.5 and 2 metres deep. The river is not more than 20 metres wide at any point.

The session will follow the river off site and leaders will not be able to follow along. If groups leader wish to be with their group for the entire session they will need to book as a participant.

### Access

A purpose-built slipway and jetty provide access direct from Eaton Vale Activity Centre.

### Equipment

Buoyancy aids and paddles are provided. The Canoes have multiple seats and are made of polyethylene. Glass fibre or wood Canoes are not used.

### Health & Hygiene

Appropriate clothing must be worn with consideration given to the prevailing weather conditions at the time of the activity and the fact that clothes will possibly get wet.

Hazard	Hazard Effect	Risk Control Measures
Falling in the water.	Cold shock, panic, collision injury, hypothermia, drowning.	Buoyancy aid worn at all times. Qualified instructors trained in rescue techniques & first aid. Group briefed by instructor on safety and capsize procedures. Activity session plan modified to accommodate weather conditions and participants ability.
Poor instruction & leadership.	Muscle strains & injury through incorrect techniques. Group separation. Drowning.	Minimum qualification requirement for instructors and on-site assessment. Continuous observations by Senior members of Centre staff and feedback from user groups.
Group becoming separated and young people being unsupervised	Cold shock, panic, injury, hypothermia, drowning, trauma.	Mandatory stop points along river, instructor at back of group to go forwards, instructor at front of group to go backwards if group was to become separated
Lifting and dragging equipment	Muscle strains & injury through incorrect techniques.	Only to lift as part of a pair, one person can drag but using proper techniques through the centre's guidelines.
Equipment failure.	Drowning Slight to severe injury (Bleeds, breaks, bruising).	Visual check of buoyancy aid and paddle on each use. Repair or destruction of damaged equipment. Regular checking of buoyancy aid.
Hypo/ Hyperthermia.	Too hot/cold, minor to severe effects.	Group leader awareness of individual susceptibility. Instructor awareness of prevailing conditions and modify session to meet conditions.
Collision with other Canoes or obstructions.	Bruised/trapped fingers/limbs Capsize, falling in the water.	Avoid or remove visible obstructions. Keep fingers inside Canoes, instructor to give a safety brief so they can connect safely. Instructor to observe from the rear and relay information when needed.
Debris/rubbish in river.	Cuts to feet from unseen rubbish in riverbed.	Footwear to be worn by all at all times
Nettle Stings	Allergic reactions stings	Groups reminded to use their paddles to avoid colliding with nettles that line the bank

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## Risk Assessment



Wildlife on river	Distress, physical injury	Instructors to monitor wildlife on water. Ensure group keeps distance from swans.  During the Bird flu epidemic further inspections of the birds along the river will take place with calls being placed to RSPCA and DEFRA. Liaising with EVRA about further birds found in the area.
Dogs across the river	Stress, Psychological damage, Bites	Groups to be reminded that if the dogs do come to the bank and bark, they should remain calm and quiet and paddle away from the bank  Instructor to try and ensure that groups stay close to the Eaton Vale bank as they are paddling
Radio failure/out of range from centre	Group unable to get assistance they require	Mobile phones provided to instructors so that centre and instructors are able to contact each other.