

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.

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.

COVID-19 Compliance amendments:

Use of equipment – potential to pass on Coronavirus	<ul style="list-style-type: none"> Users will be provided with a paddle and Buoyancy aid that they will use for the duration of the session. Instructors will ensure entry to the water is one boat at a time. Participants may be required to move a boat to the water edge. Participants will also be required to return boats to storage area at the end of the session.
Maintaining Social Distancing in use of safety equipment	<ul style="list-style-type: none"> Instructor will verbally show user how to fit and check safety equipment (Buoyancy Aid) Group leaders are responsible for ensuring social distancing measures are observed whilst members of the group are receiving safety equipment or undergoing briefings.
Maintaining Social Distancing in an emergency	<ul style="list-style-type: none"> In the event of a capsize the instructor will encourage the participant to swim to the bank. The instructor will ensure that the participant is reunited with their boat on the bank and will re-enter from here. If an instructor has to physically rescue a participant, the session may come to end if an instructor wished to shower and change clothes.
Equipment cleaning – reducing the potential to pass on Coronavirus	<ul style="list-style-type: none"> All Equipment including boats will be wiped down using soap and water and/or antiviral spray post session. Buoyancy Aids will be cleaned with a Milton solution prior to be using again.

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.
Water borne infections. Weil's disease.	Infection, illness, varying symptoms, death.	Cuts and abrasions covered with waterproof dressings. Group briefed on risks. Shower advised at home after activity.
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.

Eaton Vale Scout and Guide Activity Centre

Risk Assessment



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 centres 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 testing 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 river bed.	Footwear to be worn by all at all times