

## Risk Assessment – White Water

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<b>Assessors Name:</b>	Russell Meyer	<b>Review Date:</b>	June 2026
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<b>Description of assessment</b>	<p><b>Club Risk Assessment for white water.</b></p> <p>This RA covers kayak session on the Salmon Pool weir and Woodmill Weir in closed cockpit kayaks with spray decks.</p> <p>The weir is a 6m wide artificial weir under a road bridge. The weir is on a tidal stretch of the Itchen and manifest about 2 hours before and through to 2 hours after low water. The weir can be safely shot at any point in its width, but the most straightforward route is through centre.</p> <p>The weir was refurbished in 2004/2005 and does not have any fixed major underwater hazards that could pin a boat or entrap a person. In conditions in which the race will be run there is a good flow and no significant stopper wave / hydraulic that could hold a boat or person.</p>
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<b>Location Details</b>	Woodmill Activity Centre, salmon pool weir and Woodmill weir. The weirs don't have any underwater hazards or strong stoppers. There is a pool of calm water below the weirs if people need recovery.
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What are the hazards?		What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?		Done
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	Who might be harmed and how?				When is the action needed by?	
Boat or body Pin or entrapment	Paddlers & rescuers	<p>Weirs at Woodmill do not have any significant underwater obstacles that are likely to entrap boats or paddlers.</p> <p>Sessions to be supervised by Level 3 inland Coach or White Water kayak coach award. (min qualifications)</p> <p>Paddlers should not have any loose lanyards, shoelaces, straps that may become entangled in the kayak.</p> <p>Spray decks to be correctly fitting and have suitable release strap. Paddlers briefed on capsize drill and spray deck release.</p> <p>Weir under Woodmill road bridge to be monitored particularly when the tide drops as a stopper can form. This is not particularly strong but coaches to be aware.</p>				
Head Injury resulting from capsize.	Paddlers	All paddlers must wear correctly fitting helmet suitable for white water use with chin strap.	Coach to check helmets before paddlers get on to the water.	Every session.	<p>Visual check of helmets for fit every session .</p> <p>Annual thorough inspection of helmets.</p>	

Drowning	Paddlers	<p>Sessions to be supervised by (min qualifications) Level 3 inland Coach or White Water kayak coach award.</p> <p>All paddlers to wear buoyancy.</p> <p>Coaches to ensure that all participants have the necessary competence to take part in the session. Participants will be competent flat water paddlers.</p> <p>Boats must have sufficient buoyancy to keep them afloat and support the paddler in the event of a capsize.</p> <p>At least one rescue boat with a competent paddler capable of performing white water rescues will be on the down river side of weirs to make a rescue in the event of a person capsizing in the weir.</p>	<p>BA to be regularly checked.</p> <p>Thorough annual inspection of BA's during club maintenance day. Replace as required.</p> <p>Coaches &amp; paddlers ensure BA's fit paddlers correctly.</p> <p>Check boat buoyancy.</p>		<p>Visual check of BA for suitability and fit every use.</p> <p>Thorough annual inspection of BA's during club maintenance day. Replace as required</p>	
Multiple swimmers.	Paddlers	<p>Only one person allowed to use the weir at any one time. The rescue boat will signal to give clearance to shoot or move into moving water.</p>				
Changes in water conditions.	Paddlers / coaches	<p>All moving water at Woodmill is affected by tides and the volume of water coming from the freshwater river above Woodmill.</p> <p>Coaches to have a clear understanding of tidal movement. As tide drops the nature of the weirs changes significantly.</p>	<p>Dynamic RA monitor tidal changes and affect on weirs.</p>	Coaches / paddlers		

Injury – soft tissue, strains, dislocation.	Paddlers	<p>Paddlers to warm up before undertaking white water activities.</p> <p>Participants to be competent paddlers in the craft they are using. As a minimum they would be good flat water paddlers.</p> <p>Paddlers to be briefed on capsize drill. Do not participate in white water paddling activities with and preexisting injury that could be affected.</p>				
Uncontrolled club members on the water.	Club Members Becoming detached from the group	<p>Session briefings to take place on land before getting onto the water.</p> <p>Briefing will include.</p> <ul style="list-style-type: none"> <li>• Description of session.</li> <li>• “One at a time” rule for shooting weir.</li> <li>• Safety signals.</li> <li>• Capsize drill &amp; spray deck release.</li> </ul> <p>Once on the water groups all paddlers to congregate in agreed meeting point until the coach is happy that all group members are present and ready to start the session.</p> <p>Group coaches to monitor and account for all paddlers in their group throughout the session.</p> <p>Session leader to carry mobile phone.</p>				

Adverse weather that could lead to cold and or hypothermia.	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p> <p>Due to cold weather, wind chill, cold water immersion.</p>	<p>Appropriate clothing and equipment are to be always worn both on and off the water.</p> <p>Volunteers and members aware of signs and symptoms of <b>hypothermia</b>.</p> <p>When athletes start showing signs of being cold, they will be taken off the water to shelter away from the elements.</p> <p>Safety blanket / Foil sheets should be carried by coaches to provide for athlete and coach recovery from cold.</p>	<p>Paddlers and coaches to monitor weather forecast prior to every session.</p> <p>Coaches may enforce the use of, cags, and hats in cold conditions.</p> <p>Close monitoring of individuals throughout sessions</p> <p><b>Dynamic RA's during session.</b> Coaches and paddlers monitor themselves and others for signs of cold and hyperthermia.</p>			
Slips, Trips and Falls	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p> <p>Spectators</p>	<p>Non-slip floors in changing rooms. Mop any puddles form floor. Leave changing rooms clean and tidy after use.</p> <p>SOU CC to clean pontoon as required. All boats and paddles to be taken clear of river access and egress points as soon as practical.</p> <p>Novice and newer paddlers are recommended to wear suitable nonslip footwear at all times.</p> <p>Competent paddlers recommended to keep footwear in their boats in case of capsized and need to walk out.</p> <p>Suitable footwear to be worn for all portage training. This should be able to resist sharp objects.</p>	<p>Easy access to Personal First Aid Equipment.</p> <p>Pontoons, slipways and Launch points to be cleaned as required</p>	<p>All participants</p> <p>Parents</p> <p>Volunteers</p>		

		<p>Store kayaks, paddles and other equipment safely away from pedestrian routes.</p> <p>Suitable footwear to be worn when moving around the activity site.</p>				
Manual Handling of paddling related equipment	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>Correct lifting, emptying techniques to be always used. Coaches to instructed on the best way to lift and carry boats at taster, try-out sessions or induction.</p> <p>Members briefed to consider asking for help.</p> <p>Where suitable nonslip footwear.</p> <p>Heavier boats to be lifted in pairs.</p> <p>Adults to assist weaker paddlers when carrying boats.</p> <p>Members instructed on how to empty the boats and rescue them safely.</p> <p>Adults to supervise and assist juniors and new members when racking boats in storage containers.</p>	<p>Kayak trollies provided for use where needed.</p> <p>Keep pontoons clean so they do not become slippery.</p> <p>Ongoing manual handling training. Lookout for people who maybe struggling and help.</p>	Coaches, paddlers, parents & volunteers	Each Session	
Allergies and asthma.	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>All allergies and asthma are to be declared on the club joining form. People should make the coach and peer group aware of their condition and any medication that they have.</p> <p>Medication including inhalers and adrenaline auto-injector pens should be carried by the paddler. Coaches to be FA trained and should familiarise themselves with any medicine and how and when it is to be administered. Coaches should not administer auto-injector adrenalin unless</p>	<p>Consider auto-injector training for any coaches with people in their group that carry adrenaline pens.</p> <p>Coaches to be able to access emergency contact information for all member of their group.</p> <p>If anyone is having an anaphylactic reaction Call 999 / 112 immediately.</p>	Coaches, paddlers, parents, volunteers.	Each Session	

		<p>trained to do so. Paddlers will normally administer their own medication if needed.</p> <p>Avoid contact with allergens.</p> <p>Coaches to carry mobile phones.</p>	<p>Always call 999/112 after the administration of adrenaline even if the person appears well.</p>			
<p>Water borne illness. – weill's disease / leptospirosis.</p> <p>Gastro-intestinal illness</p>	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>Shower after paddling.</p> <p>No deliberate splashing or swimming activities other than rescue training.</p> <p>Avoid paddling with open wounds.</p> <p>Wash hands prior to consuming food.</p> <p>Wash kit after use.</p> <p>Avoid swallowing water.</p> <p>Cover cuts, grazes broken skin with water proof dressing.</p>	<p>Be aware of leptospirosis / weils disease symptoms. These include high temperature, headache, body aches and pain, tummy ache, feeling sick or being sick, diarrhoea, redness in the white part of your eyes, yellowing of the skin. Inform your doctor that you have undertaken outdoor water activities. Request a check for leptospirosis.</p>	<p>Coaches, paddlers, parents &amp; volunteers</p>	<p>As required</p>	
<p>Foot Injury. Debris underwater including glass, sharp objects etc.</p>	<p>Members</p> <p>Non-member participants</p> <p>Volunteers.</p>	<p>All paddlers to wear suitable kayaking non sip foot wear with sole that will prevent injury.</p>				
<p>Crossing Woodmill lane with and without boats. Pedestrians in car parks. Risk</p>	<p>Members</p> <p>Non-member participants</p> <p>Volunteers</p>	<p>Use "green cross code" when crossing road.</p> <p>Pedestrians to congregate away from car park areas where vehicles move.</p>				

to traffic accident.		Warning to all paddlers to be cautious of moving vehicles. Adults to supervise juniors when moving boats.				
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Office use only (to be completed by a risk assessment checker if selected for sampling)

<b>Checked by:</b>		<b>Position:</b>		<b>Date:</b>	
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