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| ***Specific Site:*** | **St Brides Haven.** | ***Risk assessor:*** | **RL** | ***Date:* 28/08/2018** |
| ***Activity:*** | **General Kayak and Canoe Training** | ***Review:*** | **SC** | ***Date:* 28/12/2018** |

***Coach in this document refers to a Coach or a Leader. This document only addresses issues specific to the site and must be read in conjunction with the club generic risk assessment. In addition, a coach should carry out their own dynamic assessment of the conditions, the group, the activity etc, before and during the session. The coach must not lead activities in situations they are not prepared for. The Club will always support the decision of a coach to cancel, abort, or change the activity for safety reasons.***

***Description of Venue:*** *(Access point, limits of the operating area):*

St Brides bay within the confines of the bay. The seaward limit of the area covered is a line drawn between the rock outcrops either side of the entrance to the bay. This risk assessment does not cover canoe polo at this site.

***Class of Water:*** *(Hazard Level: Very Sheltered, Sheltered, Moderate, Advanced AND Type: Inland, Sea, Surf, White Water, see document“BC Terms of Reference for Coaches and Leaders” British Canoeing website for more detail)*

Sheltered tidal water: onshore or cross shore winds of force three or less. Off shore winds of force two or less within the bay. Strong southerly winds may produce locally unacceptable offshore winds. Strong north to north west winds may produce unacceptable onshore winds and associated waves.

*(Level 1 Coach can run trips of* ***Very Sheltered Water*** *with site specific training)*

*(Level 1 Coach with 3 star for water type can run trips on* ***Sheltered Water*** *with site specific training)*

***Nearest Emergency Telephone / Help:***

Mobile phone reception is available at St Brides. A defribulator is located on the toilet block in the car park.

***Summary of Site Specific Issues a Coach should include in their briefing:***

1. Uneven surface on track between the car park and the beach and also on the beach including areas of seaweed covered rocks.
2. Vehicles moving about the car park.
3. Stay within 10m of coach (unless activity needs 20m) and in line of site.
4. Footwear.
5. Youths must wear helmets. Adults should wear helmets when playing games or asked by the coach / leader.
6. What to do in event of a Capsize.
7. Stay away from moored boats.
8. Be aware of moving boats and stay clear.
9. Be aware of divers using the area.

***Coach Equipment required*** *(above that normally expected)*

* Advise tow line for “Sheltered” water trips.

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| **Hazard** | **Probability** | **Severity** | **Action required** |
| **Multiple Capsize**  (Uncontrolled situation) | **2** | **3** | This venue should not be used in stiff southerly winds which may result in paddlers being blown out to sea. With onshore winds or light winds there are no major concerns.  For “Sheltered” water most paddlers should have experience of a capsize in outside conditions. |
| **Cold Shock and Hyperthermia** | **1** | **4** | To avoid cold shock paddlers under the guidance of a level 1 coach should wear a wetsuit or drysuit that covers their torso when the offshore sea temperature is less than 15 degC. |
| **Head Injury** | **2** | **4** | Helmets must be worn when required. |
| **Rubbish (Personal injury)** | **2** | **2** | Potential for glass/ metal debris. All paddlers must wear footwear with a sole that will not fall off when swimming. I.e. no wetsuit socks or flip flops. |
| **Capsize** | **3** | **1** | All coaches are trained to deal with this situation. Tidal movements are negligible therefore conventional ‘X’ rescue will be most appropriate. Access on to the bank is available on the south and east side of the bay. |
| **Games** | **2** | **2** | The bay is suitable for games in all areas away from rocks and the moored boat. All coaches should have assessed the risk of their games and ensure appropriate protective equipment is used. |
| **Landing and Launching (**Changing circumstances) | **3** | **2** | This site is subject to tidal variations and dries around low water. Be aware of seaweed covered rocks at mid to high tide. The beach area is very limited at high water spring tides. |
| **Boat movements within the harbour** | **4** | **2** | The bay is used by a small fishing boat. Dive boats also visit the bay on occasions. The leader shall be mindful of boat movements and adjust activities to suit. |
| **Unloading boats and changing.** | **3** | **3** | Access is from the car park at the back of the beach. Paddlers should be aware of the risk of other moving cars in the area. |

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| **Probability**  1 - Almost unknown  2 - Rare  3 - Occasional  4 - Frequent  5 - Generally occurs | **Severity**  1 - no treatment required  2 - Minor first aid needed  3 - Injury requiring first aid and medical follow up  4 - Major injury requiring immediate hospitalisation  5 – Death  Environment (Low, medium high) |

Risk assessment review record

This risk assessment must be reviewed every three years, if there is a significant change to the hazards identified or if there is an incident that requires its review and amendment.

Reviews should be recorded below:

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| **Date** | **Revision** | **Reviewer (Print and Sign)** | **Comments (reason for review / amendments)** | **New risk assessment issued (Y/N)?** |
| 20/07/18 | 2 | SM | Amendments based on committee meeting for public event. | Y |
| 28/8/18 | 3 | RL | Minor amendments to ‘Class of water’ | Y |
| 28/12/2018 | 4 | SC | Reference amendments only | Y |
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**Risk Assessment Level 1 Coach Training Sign off Sheet**

**(Level 1 Coaches and Canoe Wales Certificate of Competence Holders should complete training facilitated by the training officer to operate independently at this site. This form documents who has completed this training)**

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| **Name** | **BC Level III sign to confirm level 1 coach training.** | **Date** |
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