

# RISK ASSESSMENT: Open Canoe Sailing Group - Rutland Meet, Rutland SC

DATE -CARRIED OUT: 13/4/2016

ASSESSMENT CARRIED OUT BY:

HAZARD	WHO MIGHT BE HARMED?	HOW MAY THE RISK BE ADEQUATELY CONTROLLED?	WHAT FURTHER ACTION MAY BE REQUIRED?	Review comments / review date
CAPSIZE, COLD WATER IMMERSION, DROWNING	Canoe-Sailors and other meet participants.	All sailors to wear Buoyancy Aid. All sailors to have practised capsize recovery and be aware of other hazards (entanglement, entrapment, impact of boom during accidental gybes). Buddy system to be used by all participants during sailing activities. Advise use of VHF radios where available to coordinate mutual support.	Ensure all participants wear Buoyancy Aids, remind participants of other drowning hazards during safety briefing. Participants to carry out personal dynamic risk assessments to minimize exposure to conditions likely to lead to capsize.	
HYPOTHERMIA	Canoe-Sailors and other meet participants.	Advise on the correct clothing to wear as required, remember to dress for immersion-water temperature may be much lower than air temperature. Adjustment to clothing as required Carry ditch bag/emergency bag with supplementary dry clothing.	Continuous individual dynamic risk assessment to be carried out by participants to adjust clothing according to conditions. Tailor sailing to prevailing weather conditions and reduce periods on water if necessary. Carry food and hot drink in a flask. Be aware of local topography and don't underestimate timescales required to return to campsite.	

SLIPS TRIPS AND FALLS	Canoe-Sailors and other meet participants.	Advise participants during safety briefing.	Continuous individual dynamic risk assessment to be carried out by participants paying particular attention to slippery and uneven underfoot conditions encountered while launching and landing.	
MANUAL HANDLING INJURIES.	Canoe-Sailors and other meet participants.	Advise participants to ask for help while loading/ unloading/ moving canoes and equipment. Use trolleys to move canoes whenever possible.	Continuous individual dynamic risk assessment to be carried out by participants and assistance requested as required.	
POLLUTION AND WATER QUALITY	Canoe-Sailors and other meet participants.	Meet Organiser and Safety Advisor to check local conditions prior to meet and advise participants accordingly.	Risks higher in spate conditions (runoff from agricultural land). Avoid intentional capsizes in poor conditions. Be aware of possibility of Blue/Green Algae. Consider wearing eye protection to avoid accidental splash contamination. Wash hands before eating.	
OTHER WATER USERS	Canoe-Sailors and other meet participants.	Participants to be advised of hazards during safety briefing (reservoir structures such as towers, the dam, dinghy racing fleets, passenger launches, windsurfers and other boats etc). Be aware of other users on shared slipways/ water access points. There are nature reserves at each end of the water, marked by lines of buoys, which are no-go zones and must	All participants aware of “rules of road” (reminder at briefing) but reminded that other water users may not share knowledge.	

		be avoided. Landing on any of the lakeshore is prohibited (apart from official landing zones, such as at the sailing club and the watersports centre)		
WEATHER AND ENVIRONMENTAL CONDITIONS	Canoe-Sailors and other meet participants.	Meet Organiser and Safety Advisor to check weather forecast leading up to and during meet and give advice accordingly (consider advising local sailing/not sailing in unfavourable conditions).	Participants to carry out dynamic risk assessments while on the water. Be prepared to reef early, potentially adjust scale of sailing aspirations according to conditions, competence and capabilities/limitations of equipment.	
EQUIPMENT FAILURE	Canoe-Sailors and other meet participants.	All participants reminded to check equipment for faults/wear and tear prior to going on the water. Ensure Buddy system is in use to allow mutual support in the event of equipment failure.	Participants to carry out dynamic individual risk assessments on equipment while on the water. Participants to consider contingency plans in the event of equipment failure while on the water (carry paddle/spare paddle, practice paddling in windy conditions, practice sailing while steering with a paddle in the event of rudder failure, carry spare parts and emergency repair equipment).	
ILLNESS OR INJURY WHILE SAILING	Canoe-Sailors and other meet participants.	Participants to carry individual First Aid kits. Participants with pre-existing medical conditions to carry any medications that may be required and consider making meet officials and/or	Individual participants to carry our dynamic risk assessment regarding their personal health and fitness to carry out sailing activities in prevailing/predicted weather conditions with a view to	

		fellow buddy group members aware of their condition and any treatments that maybe required.	not sailing if necessary.	
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