

MANVERS WATERFRONT BOAT CLUB RISK ASSESSMENT

ACTIVITY: Dragon Boating

VENUE: Manvers Lake

Author: M.Benton

DATE: 30/03/25



This is a “generic” risk assessment for training at Manvers Lake. The importance of dynamic risk assessments by the organisers of each event cannot be stressed too highly. Be prepared to modify or even cancel the activity as a result of the dynamic risk assessment.

ITEM	HAZARD	WHO IS AT RISK?	LEVEL OF RISK?	CONTROLS IN PLACE
Risk of drowning.	<ul style="list-style-type: none">• Cold water shock.• Non swimmer/weak swimmer.	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Buoyancy aids to be worn when not racing, weak and non-swimmers must be identified, before training starts.• All weak/non swimmers must use B/A. at all times.• Adequate safety cover always provided.• First aider on duty throughout the event.• AED available in Boathouse.
Capsize / capsize with swamping.	<ul style="list-style-type: none">• Cold water shock.• non swimmer/weak swimmer.	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Adequate safety cover always provided.• Buddy System in place.• Account for wind, weather.• Coaches/Helm regular training on capsizes.• Safety Brief before every Session.
Launching and moving the Dragon Boat.	<ul style="list-style-type: none">• Slips, trips, falls.• Collisions.	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Dolly to be used at all times.• Correct Procedures for lifting/ HSE Manual Guidance.

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				<ul style="list-style-type: none"> • Be aware of other users near path and make sure path is clear. • Min 6 to lift (10/20 man). • Follow instructions of coach/Helm. • Follow B.D.A Guidelines.
Conflict with other water users.	<ul style="list-style-type: none"> • Sailing, windsurfing, angling and other paddlers. 	<ul style="list-style-type: none"> • All participants • Other lake users 		<ul style="list-style-type: none"> • Inform other users training session/activity is taking place. • Zone off spaces where possible.
Hypothermia/Hyperthermia.	<ul style="list-style-type: none"> • Extreme changes in body temperature. 	<ul style="list-style-type: none"> • All participants 	Low	<ul style="list-style-type: none"> • Session activities and clothing are appropriate to weather conditions, water temperature and group age/ability. • Activities modified or session shortened/cancelled if not appropriate.
Impact injury.	<ul style="list-style-type: none"> • Hit with paddle, collision with other water users. 	<ul style="list-style-type: none"> • All participants 	Low	<ul style="list-style-type: none"> • Coach to exercise appropriate group control.
Slips, Trips, Falls.	<ul style="list-style-type: none"> • Uneven or slippery surfaces in car park, slipway, showers & changing rooms. 	<ul style="list-style-type: none"> • All participants 	Low	<ul style="list-style-type: none"> • Particular hazards pointed out during safety briefing. • Adequate supervision & control of group.

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				<ul style="list-style-type: none"> Changing room floors to be periodically mopped/squeegeed.
Equipment paddles/drum/boat.	<ul style="list-style-type: none"> Minor injury Cuts/grazes 	<ul style="list-style-type: none"> All participants 	Low	<ul style="list-style-type: none"> Helm/coach to complete visual inspection of all equipment before and after activity.
Inexperienced /Junior paddlers.	<ul style="list-style-type: none"> Injury Drowning 	<ul style="list-style-type: none"> Inexperienced /Junior paddlers 	Medium	<ul style="list-style-type: none"> Crew Safety Brief before any Activity. Safety boat must be out. Buddy system to be used. All Helms Centre trained.
Water Borne Diseases.	<ul style="list-style-type: none"> Skin contamination 	<ul style="list-style-type: none"> All participants 	Low	<ul style="list-style-type: none"> Participants should be made aware of the possibility of water borne diseases such as Weil's disease. Hand washing facilities are available and should be used before eating. Importance of covering cuts and wounds before paddling. Need to wash hands after paddling. Need to shower after capsize. To seek medical opinion if an individual become ill after paddling.
Lightning Strike.	<ul style="list-style-type: none"> Electrocution Death 	<ul style="list-style-type: none"> All participants 	Low	<ul style="list-style-type: none"> Coaches to remove group from water in the event of thunder lightning or threat of lightning.

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Weather	<ul style="list-style-type: none">• High Winds• Rain• Low Visibility• Ice• Sunstroke	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Check forecast prior to the activity taking place.• Session activities and clothing are appropriate to weather conditions, and group age/ability.• Activities modified or session shortened/cancelled if not appropriate.
Manual Handling Injuries	<ul style="list-style-type: none">• Maneuvering craft.	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Coach promotes and uses safe lifting strategies.
Minor Injuries	<ul style="list-style-type: none">• Minor cuts and bruises.	<ul style="list-style-type: none">• All participants	Low	<ul style="list-style-type: none">• Participants advised to carry some basic first aid equipment with them (wound covering/wipes/gloves).