

Risk Assessment: Nevis Canoe Club Pool Sessions

Assessors Name	Elizabeth Stevenson	Assessment Date	18/02/2025
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Reviewed By		Reviewed Date	February 2026 or prior to any planned pool sessions
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Description of Activity	Indoor Swimming Pool Practice Sessions
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Location of Activity	Lochaber Leisure Centre, Belford Road, Fort William, PH33 6BU
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What are the hazards?	Who might be harmed and how?	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?	When is the action needed by?	Done
<p>Manual handling is required to transfer kayaks, paddles and spray decks from external container into the swimming pool</p> <p>Transferring from outside container to pool side: may encounter wet, slippery poolside surfaces</p>	<p>Club members by attending organised pool sessions. Participants carrying the kayaks.</p>	<p>Appropriate manual handling techniques to be used when carrying boats and equipment.</p> <p>Some smaller river boats might be safely carried by one person.</p> <p>For larger kayaks a minimum 2-person lift is indicated.</p> <p>Care must be taken not to slip/trip due to wet surfaces and kayaks at poolside</p>	<p>Basic manual handling is discussed with new members to the club</p> <p>Monitor situation and amend/update as necessary</p>	<p>Members leading the practice session</p>	<p>Prior to entering the water for the pool session</p>	

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<p>Relatively small, enclosed space with risk of crowding</p>	<p>Club members by attending organised pool sessions. Participants carrying the kayaks.</p>	<p>The number of kayaks/paddlers in the pool at the same time will be limited to 10 boats and 20 people Participants will be club members and must register for the pool sessions prior to attending</p>	<p>This will be monitored throughout the session</p>	<p>Members leading the activity</p>	<p>Throughout the pool session</p>	
<p>Pool sessions are mostly used by paddlers to practice and improve skills; support strokes, self-rescue and rolling. This increases the risk of longer times in the water and increases the risk of drowning</p>	<p>Club members by attending organised pool sessions. Participants carrying the kayaks. Participants will have varying levels of skills, experience and confidence</p>	<p>Pool lifeguards will be in attendance and will provide first aid cover All conditions of the pool operator must be met and all instructions of the lifeguards must be fully complied with. Members should work in pairs where possible and adopt a "buddy" system for safety purposes</p>		<p>All participants in the pool sessions</p>	<p>Throughout the pool session</p>	

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Use of unfamiliar equipment	Participants in the pool sessions will not be using their own kit. They will be unfamiliar with the boats, spray decks and buoyancy aids.	<p>All participants to familiarise themselves with the equipment prior to use. Inexperienced paddlers will be supervised and advised eg use of spray deck and ensuring the release handle is outside of the kayak to ensure safe, and prompt, exit from upturned boat.</p> <p>Participants, especially those less experienced, are advised how to indicate that help is required eg both hands banging on the upturned hull.</p>		All members participating in the pool sessions	Participants to familiarise themselves with the equipment prior to undertaking practice manoeuvres	
Some pool activities are best carried out without wearing a suitable buoyancy aid	Participants are at higher risk of drowning	<p>Extra vigilance is required by all attending the pool sessions.</p> <p>Members should work in pairs where possible and adopt a "buddy" system for safety purposes</p>		Club members are encouraged to work in pairs during pool sessions	Participants advised at outset of pool session re working in pairs and "buddy" system.	

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Office use only (to be completed by a risk assessment checker if selected for sampling)

Checked by:		Position:		Date:	
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