

Risk Assessment



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| Event Date: | 03/05/2026 |
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| Assessors Name: | Gavin King | Review Date: | 02/05/2026 and 03/05/2026 |
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| Description of assessment | <p>The Short Course National Championships involve racing following the ICF Short Course Marathon Format of 3.6km, consisting of 3 laps and 2 portages. The Para class will not have any portages. Manvers Lake is a 50 acre lake (900m x 300m approx), and would fall into the Paddle UK definition of Sheltered Water.</p> <p>The racing course will be set out as a series of buoys within a defined area on the lake .</p> |
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| Location Details | <p>The Boathouse, Station Road, Wath-upon-Deerne, Rotherham, South Yorkshire S63 7DG - ///grownup.flattery.milder</p> |
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| General Principals | <p>All participants are experienced canoe and kayak racers who have reached a suitable standard, and have self-certified that they can swim at least 50 metres in light clothing. Paddlers of this level of competence are therefore permitted to race canoe marathons without a Buoyancy Aid under established Paddle UK Marathon Racing rules.</p> <p>The event will be run within the umbrella of Paddle UK Safety, Safeguarding and Insurance including member codes of conduct and respect</p> <p>The event advert carries information on participant competence and the individual agrees to being of the required standard as part of the entry.</p> <p>Manvers Lake is an Open Water Swimming Venue - advice will be sought from the site owner as to water quality for the event.</p> |
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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 |
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| Drowning | All attendees and Event Staff on or near water | <p>In race details and at briefing all racers and team leaders will also be advised to consider the competence of each competitor individually, and to wear a buoyancy aid if there is any doubt.</p> <p>Race briefing and boat checks will reinforce the need for adequate boat buoyancy to provide assistance in the case of a capsize.</p> <p>Advise non swimmers to stay away from water, wear life jackets/buoyancy aids.</p> <p>Life rings at the centre and around the lake. Two motor launches on the lake with marshals.</p> | End activity [Activate emergency plan, contact next of kin (coach/team leader)] | Paddlers Event Staff | Entry Details and Briefing | |

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| <p>Pre existing health issues and lack of fitness</p> | <p>All attendees - injury/medical emergency</p> | <p>First aid kit and first aider access at race control and portage.</p> <p>Athletes and Volunteers asked to declare pre existing medical conditions at registration</p> <p>Athletes advised not to race at briefing if feeling unwell.</p> <p>Nearest defib location is in the main Manvers Boatclub building. Chief First Aider know access point and code.</p> | <p>End activity [Activate emergency plan on event management doc, contact next of kin (coach/team leader) if incident occurs</p> | <p>Event Staff</p> | <p>At race</p> | |
| <p>Water hygiene (infectious diseases)</p> | <p>Event staff, team leaders, coaches, athlete & spectators.</p> <p>Risk of illness, sickness, diarrhoea.</p> | <p>Manvers lake is an Open Water Swimming Venue - advice will be sought from the site owner as to water quality for the event.</p> <p>Participants advised Handwashing after activity, no splashing or drinking river water; cover cuts</p> | <p>Advise anyone affected to seek medical advice if symptoms occur</p> | <p>Race Organiser (briefing) Paddlers, Spectators and Event Staff</p> | <p>On day During Briefing</p> | |
| <p>Injury or Damage due to Strong Wind</p> | <p>Event staff, team leaders, coaches, athlete & spectators.</p> | <p>Attendees are advised to be adequately dressed in</p> | <p>Adjust course to reduce exposure, end activity if necessary</p> | <p>Event Staff</p> | <p>On the day</p> | |

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| | Hypothermia, windburn, capsize | <p>splash tops to protect from wind-chill.</p> <p>Encourage wearing a warm hat.</p> <p>Briefed regarding effect on craft manoeuvrability</p> <p>Shelter for event staff where appropriate</p> <p>Injury from Boats blown across land by wind,</p> <p>Gazebos and other event structures secured or weighted as required</p> | <p>Advise to remain in Sheltered area if excessive wind</p> <p>Warning given in event of high winds to secure boats and other equipment.</p> <p>Event Structures removed if wind speed goes beyond 40mph.</p> | | | |
| Cold / Hypothermia | Event staff, Team leaders, coaches, athlete & spectators | <p>Attendees are advised to be adequately dressed in splash tops/waterproof jackets for land/water as appropriate to protect/minimise dampness and subsequent loss in body temperature.</p> <p>Encourage wearing of hats, umbrellas (spectators only).</p> | | Race Organiser & Race Officials | Through athlete and volunteer briefing's | |

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| | | <p>Briefed regarding effect of getting wet</p> <p>Provide shelter for event staff (where appropriate)</p> | <p>Advise to take shelter in building/vehicle</p> | | | |
| <p>Sun Stroke / Burn / Hyperthermia</p> | <p>Event staff, team leaders, coaches, athlete & spectators.</p> <p>Risk of sunburn, heat stroke</p> | <p>Protect from sunburn by covering skin. Water available for dehydration cases.</p> <p>Briefing notes advise attendees to bring protection.</p> <p>Shelter made available for event staff where appropriate.</p> <p>Drinking water available.</p> | <p>Advise to take shelter in building/vehicle, seek medical advice if symptoms occur</p> | <p>Race Organiser & Race Officials</p> | <p>Through athlete and volunteer Briefing's</p> | |
| <p>Air Temperature</p> | <p>Event staff, team leaders, coaches, athlete & spectators</p> <p>Risk of hypothermia, heat stroke, heat exhaustion</p> | <p>Attendees are advised to be adequately dressed in splash tops and thermals, hats, spray decks.</p> <p>Survival bag on site for possible hypothermic cases.</p> <p>Provide shelter for event staff where appropriate.</p> | <p>End activity for participant or whole race [Activate emergency plan, contact next of kin (coach/team leader)]</p> | <p>Race Organiser to include within Briefing</p> | <p>Listed in pre Event briefing.</p> | |

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| <p>Water Temperature / Cold Water Shock</p> | <p>Event staff, team leaders, coaches, athlete & spectators</p> <p>Risk of Cold Water Shock, hypothermia, drowning</p> | <p>Advise regarding suitable clothing and reduce capsize with use of stable boats.</p> <p>Survival bag on-site for possible hypothermic cases.</p> <p>Marshal boats to support if required</p> | <p>Shelter, end activity [Activate emergency plan, contact next of kin (coach/team leader)]</p> | <p>Race Organiser to include within Briefing</p> | | |
| <p>Thunderstorms</p> | <p>Event staff, team leaders, coaches, athlete & spectators</p> <p>Risk of Lightning Strike</p> | <p>Races will not be started if thunder has been heard within 30 seconds of a lightning flash within the previous 30 minutes.</p> <p>Races will be delayed if it is felt a storm is imminent. If there is a risk of storms, competitors will be briefed to clear the water and seek/find a safe place away from tall objects.</p> | <p>Shelter, end activity [Activate emergency plan, contact next of kin (coach/team leader)]</p> | <p>Event Organiser and Chief Umpire and on-water marshals</p> | <p>During Racing</p> | |
| <p>Insects</p> | <p>Event staff, team leaders, coaches, athlete & spectators</p> <p>Risk of insect bites (allergic reaction)</p> | <p>Attendees advised don't provoke known 'biters', Insect repellent</p> <p>First aid kit available at race control.</p> | <p>Contact next of kin (coach/team leader), contact emergency services</p> | <p>Event Staff</p> | <p>On day</p> | |

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| <p>Fire</p> | <p>All attending</p> | <p>Fire Extinguishers present on site and key staff familiarised with use before the event.</p> <p>Site information in event pack.</p> <p>Briefing attendees in entry information.</p> <p>Adequate marshalling at key movement points/times.</p> <p>Race briefing reminder.</p> <p>First aid kit at race control.</p> | <p>Contact the emergency services</p> | <p>Event Staff</p> | <p>On day</p> | |
| <p>Parking Area Risk of injury (being run over, tripping, walking into boats/equipment etc),</p> | <p>Event staff, team leaders, coaches, athlete & spectators</p> | <p>Site information in event pack.</p> <p>Briefing attendees in entry information.</p> <p>Adequate signage & marshalling at key movement points/times.</p> <p>Race briefing reminder.</p> <p>First aid kit at race control.</p> | <p>Dependent on hazard - reinforcement; Contact next of kin (coach/team leader), contact emergency services</p> | <p>Event Staff</p> | <p>On day</p> | |

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| Trip Hazards | <p>Event staff, team leaders, coaches, athlete & spectators.</p> <p>Risk of injury from walking into boats/equipment and tripping – boats, paddles, number boards, shoes, drinks</p> | <p><u>Boat Park area</u></p> <p>Marshals regularly check for hazards.</p> <p>First aid kit at race control.</p> <p>Event staff on site at all times.</p> <p><u>Grass area</u></p> <p>Athletes briefed to only have boat/equipment on grass for shortest possible time and to either put away on car/trailer or in boat control area</p> | <p>Dependent on hazard - reinforcement; Contact next of kin (coach/team leader), contact emergency services</p> <p>Equipment moved out of way</p> | <p>Event Staff</p> | <p>On day</p> | |
| Toilets | <p>Event staff, team leaders, coaches, athlete & spectators</p> <p>(Risk of illness, sickness & diarrhoea)</p> | <p>Marshals regularly check for supplies, hazards</p> <p>First aid kit at race control</p> | | <p>Event Staff</p> | <p>On day</p> | |
| Landing stages | <p>Athletes & Officials</p> <p>Risk of drowning & injury (falling onto pontoon or into water, slip on water or ice)</p> | <p>Keep area clear, boats & paddles in boat storage or water only. No running or jumping enforced</p> | <p>Briefing & reinforcement</p> | <p>Event Staff</p> | <p>On day</p> | |

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| Sharp objects | Athletes - risk of injury from sharp objects on changing room floor | Check floor areas for broken Perspex and other objects | Sweep up & remove | Event Marshalls - particularly at the portage | On day | |
| Wall Hooks | Athletes – risk of injury from wall hooks in the changing room | Reinforce good behaviour, no standing on benches | Briefing – reinforcement | Event Staff | On day | |
| Wet Floors | Athletes – risk of injury due to slipping on changing room floors | Mop floor on regular basis | Place down a Hazard warning sign | Event Staff | On day | |
| Swans | Event staff, team leaders, coaches, athlete & spectators Risk of aggressive behaviour/attack which could result in injury to the swan/person | Brief and direct groups away from known groups of breeding swans | Change route if required | Event Staff | On day | |
| Other water users | Athletes and on water marshals Risk of injury/drowning from collision | Lake should be restricted for event use. | Direct other users away from course | Event Staff | On day | |
| Shallow water | Athletes and on water marshals | Brief the dangers of entering shallow water, possible underwater | | Event Staff | On day | |

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| | | obstructions, wear shoes to protect feet | | | | |
| Insufficient buoyancy in craft | Athletes & on water marshals – risk of drowning, injury, boat sinks | <p>Canoes and kayaks to have adequate buoyancy to float and support capsized paddler(s) as per MRC rules.</p> <p>All boats are required to be checked before launch. Boats not checked will be disqualified.</p> | Refuse launch | Event Staff | On day | |
| Equipment Failure (Paddles & Buoyancy Aids) | Athletes & on water marshals – risk of equipment failure, capsizing and drowning | <p>Visiting paddlers requested to confirm adequate condition before launch via entry details and briefing reminder.</p> <p>All Buoyancy aids to be compliant with CE standards</p> | Remove boats from service and race | Event Staff | On day | |

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| <p>Loading/unloading boats (roof-racks & trailers)</p> | <p>Athletes, support colleagues, team leaders – risk of injury and boat damage when lifting boats onto/off roof racks or loading/unloading from trailer.</p> <p>Trailer - storage box lid closing on hand</p> <p>Trailer - attachment to bus</p> | <p>2 people per boat when lifting</p> <p>2 people to perform task, one to hold lid open</p> <p>Colleague to check attachment</p> | <p>Seek assistance if required</p> | <p>Competitors and spectators</p> | <p>On day</p> | |
| <p>Insecure Boats</p> | <p>Athletes, support colleagues, team leaders – risk of injury and boat damage from any boats not properly secured</p> | <p>Secure with straps or bungees only. Colleague to check fixing</p> | <p>Seek assistance if required</p> | <p>Competitors and spectators</p> | <p>On day</p> | |
| <p>Lifting Heavy Equipment risk of injury from lifting heavy equipment</p> <p>Equipment >50kg - level ground</p> <p>Equipment >25kg - uneven ground</p> | <p>Event Staff</p> | <p>Heavy equipment identified. Plan lift - assess number of people / equipment required</p> | <p>Stop lift - review lift approach/technique</p> | <p>Competitors and spectators</p> <p>Event Staff</p> | <p>On day</p> | |

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| Boat control area | Athletes & Boat control team | Clear boundary for area. Access restricted to the current race batch. Briefing. | Additional marshalling, boats removed from area | Event Staff | On day | |
| Warm up area and pre start | Athletes | On and off water pre start marshals with signage. Access restricted to current race (phase launching by class). Briefing. Time penalty/disqualification for misbehaviour. | Activity on hold | Event Staff | On day | |
| Start area (on water) | Athletes | Pre starter and starter giving instructions. Time penalty/disqualification for misbehaviour. | Do not start race | Event Staff | On day | |
| Start area (off water) | Athletes, spectators marshals | Spectators — risk of slipping/ falls in close proximity to the bank interruption to starting proceedings | Delay start until recovery completed | Event Staff | On day | |

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| Finish (on water) | Athletes | <p>Finishers funnelled away from ongoing racing.</p> <p>Finishers funnelled to nearby get off area.</p> <p>Marshals to supervise</p> | | Event Staff | On day | |
| Finish area (off water) | Athletes, spectators marshals | <p>Area clearly marked. Marshals to monitor crowding and ask spectators to move on as needed.</p> | | Event Staff | On day | |
| Getting off water area | Athletes, spectators marshals | <p>Area clearly marked. Marshals to assist athletes or if needed limit one supporter to competitor.</p> | | Event Staff | On day | |

DURING RACE HAZARDS

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| <p>Capsized Paddler risk of drowning, race disruption, collision & equipment damage</p> | Athletes and on water marshals | <p>On water marshals to wear buoyancy aids capable of supporting their body weight. Team leaders, coaches should remind athletes they should consider wearing a buoyancy aid based on their ability and the</p> | <p>End activity [Activate emergency plan, contact next of kin (coach/team leader)]</p> | Event Staff | On day | |
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| | | <p>weather, water conditions.</p> <p>Marshal boats on the water at all times.</p> <p>Availability of mobile phone & radios at race control, portages, marshalling points to contact race control and emergency services.</p> | | | | |
| <p>Overcrowding /rushing leading to involuntary contact with other boat/paddler/spectators with risk of collision, capsize, injury</p> <p>(Portage)</p> | <p>Athletes, portage marshals, spectators</p> | <p>Area clearly marked. clear separation of spectators, marshals, athletes.</p> <p>Competitors individually identified and counted on and off the water.</p> | <p>First Aid kit available at race control.</p> | <p>Event Staff</p> | <p>On day</p> | |
| <p>Disposable Drinks</p> <p>(Portage)</p> | <p>Athletes, portage marshals, spectators – risk of tripping</p> | <p>These will not be permitted on the water for racing. N/A</p> | <p>Disqualification of paddlers not abiding by rules, causing hazard or littering</p> | <p>Event Staff</p> | <p>On day</p> | |
| <p>Matting</p> <p>(Portage)</p> | <p>Athletes, portage marshals – risk of tripping</p> | <p>Matting is carefully and safely secured to reduce tripping risk on edges</p> | <p>First Aid kit available at race control</p> | <p>Event Staff</p> | <p>On day</p> | |

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| | | Portage Marshals to consistently check condition of matting between races and reporting concerns to event lead if required. | Matting removed if risk increases due to damage during day | | | |
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