

Harefield Wild Water Race

DUTY	NAMED PERSON OR DOCUMENT ETC	SUPPLEMENTARY NOTES
ORGANISERS	The Sharks canoeing@thesharks.org.uk 07951770241	
INSURANCE	The Sharks as an affiliated Club to Paddle UK; affiliation number: 100653 canoeing@thesharks.org.uk 07951 770241	
Welfare Officer and Child Protection	Angie Cochrane – Club advisor	Not on site, a nominated name will be published on the day at the event.
First Aid	Neal Underwood Grant Underwood Start and Finish	
Emergencies Minor and Major	Nearest A&E Hospital is Watford	
Incident Recording	By Control staff	
WAVEHOPPERS	The Sharks have some Wahvehopper boats which will be available for people to use. We also have a WWR C2 and C1, for those who want to try something different.	
WWR Race paddlers	All WWR race paddlers will be required to wear safety helmets and buoyancy aid whilst practising and racing	
WWR Race Practice	There will be supervised practice before the event starts.	There will be an opportunity to try Wild water racing boats or wavehoppers if interested again ask WWR race Organiser
WWR Race	For the WWR race safety cover is by paddlers racing and you must ask for help or any paddler seeing another who is or may be in	

	<p>difficulty must render assistance in keeping with WWR rules.</p> <p>For the WWR race paddlers must wait on until the next two paddlers have finished there must always be two paddlers at the bottom of the race acting as safety.</p> <p>Any paddler offering help during the race will get a re-run if they request it within 10 minutes of their run.</p>	
Facilities e.g. toilets, catering etc.	<p>Toilets: at Rickmansworth Sailing Club</p> <p>Catering etc.: No catering</p>	
Entries (notification of wishing to race)	<p>In advance via email: canoeing@thesharks.org.uk, on the day by cash or card.</p> <p>Entry cost £6 for all ages/boats, second category of entry free.</p>	
WWR race specific documents, bibs and stop watches ALSO MEDALS	Bibs will be provided	
WWR Race start and finish personnel	The Sharks CC	

RISK ASSESSMENT

L=LOW RISK (IF ADVICE FOLLOWED); M=MEDIUM RISK AND H=HIGH RISK (IF ANY RACE RISK DEEMED HIGH THEN RACE TO BE MOVED OR CANCELLED DUE TO BEING ADVERTISED AS SUITABLE FOR NOVICES)

HAZARDS	RISK TO WHOM	RISK AVOIDANCE, ACTIONS AND ADVICE	RATING IF PRECAUTIONS ETC FOLLOWED

INSURANCE ETC			
PADDLER CONTROL	Paddlers	<p>A short briefing will be held just prior to the start of the first WWR run.</p> <p>Paddlers, spectators and parents etc. to follow instructions and safety, site etc. plans and directions from the organisers. It is their responsibility to acquaint themselves with this.</p>	L
RACE ORGANISER.	Organisation	<p>The Sharks hold third party liability insurance via Paddle UK, affiliation number is 100653</p> <p>The Sharks is a Paddle UK affiliated club and the event is being run under Paddle UK Wild Water racing Committee rules.</p>	L
INSURANCE COVER CHECKS	Organisation and Paddlers	All competitors must either be members of British Canoeing members, or of an affiliated Club, in accordance with WWR rules	L
COMPETENCE	Paddlers	Paddlers are solely responsible for their own competence, medical fitness and issues and welfare undertaking the race in the conditions present on the day.	L
START AND FINISH NUMBERS MATCHING	Organisation and Paddlers	<p>All paddlers will have a start number and start time allocated. Start and finish numbers will be compared.</p> <p>Paddlers will be briefed on ensuring they do not leave the race area without first reporting their withdrawal.</p>	L
PADDLER SPECIFIC			
NON PADDLERS & MEMBERS OF THE PUBLIC	Paddlers and Spectators	<p>The tow path by the canal is a public right of way and paddlers need to take care when they move boats around Paddlers, paddles etc. Children should supervised when on site.</p> <p>Beware of cyclists on the tow path.</p>	L

GETTING IN AND OUT	Paddlers and spectators	<p>All WWR paddlers and spectators or officials getting on the water MUST wear a buoyancy aid. ALL paddlers MUST also wear a safety helmet.</p> <p>Paddlers to be careful getting in and out and request assistance if required.</p>	L
RACE OVER TAKING	Paddlers	<p>In all cases the catching paddler MUST shout WATER and ideally ON YOUR LEFT OR RIGHT. The paddler being caught where safe and competent to do so MUST move the opposite way to the way the paddler advised they were passing so IF ON YOUR LEFT the caught paddler should try to move right and vice versa.</p>	L
CAPSIZE	Paddlers	<p>The paddler should get to the bank as quickly as possible with their canoe and paddle if they can. If they need help, they MUST stop the next paddlers by calling for help from them. The water is shallow so most paddlers will be able to stand up easily on the bottom.</p> <p>For the WWR race safety cover is by paddlers racing and you must ask for help or any paddler seeing another who is or may be in difficulty should render assistance in keeping with WWR rules.</p> <p>You must wait on until the next two paddlers have finished there must always be two paddlers at the bottom of the race acting as safety.</p> <p>Any paddler offering help during the race will get a re-run if control (finish judge) is notified within 10 minutes of their run.</p>	L
WEIR SHOOT CURRENT AND WAVES	Paddlers	<p>The weir can be mild to strong. Paddlers will start in the weir stream and have to turn under the bridge. If you are forced into the bank steady your boat watch your paddles don't get caught between you and the bank and push away edge down the bank until you can break free and start paddling again.</p>	L

RIVER BOAT TRAFFIC	Paddlers	The is a navigation and there maybe canal traffic. Please keep away from them, canoes and kayaks are more manoeuvrable.	L
EQUIPMENT FAILURE	Paddlers	Get to the bank or a shallow bank/area as quickly as you can or get out and get to the bank/shallow safe areas and call for help from another paddler if required.	L
WEATHER ETC			
CONDITIONS E.G. WIND,WEATHER ETC.	Paddlers and Spectators	Wear clothing appropriate to the weather conditions. Be careful walking about and carrying kit it the banks are wet or icy.	L
ILL HEALTH/INJURY			
ILL HEALTH and or INJURY	Paddlers	If you can pull to the side or safe bank area, or an area you can beach boat or hold on safely to something if you can get out and rest on bank. Call for help in any situation and report to the race organiser.	L
HYPOTHERMIA/HEAT STROKE	Paddlers and spectators	Wear clothing appropriate to conditions and that suits your own bodily temperature control needs. In all cases where there is any doubt as to the paddlers (or spectators etc. condition professional medical help should be called sooner rather than later	L
WEILS DISEASE	Paddlers	WEIL'S DISEASE Weil's Disease is a RARE but very serious illness which is caused by bacteria carried in the urine of rats (and some other animals). It can be contracted anywhere but especially around waterways. The descending scale of risk is: Stagnant water, canals and slow moving rivers (particularly after flash floods), swifter streams. Precautions:	L

		<ul style="list-style-type: none"> • Avoid capsize drill or rolling in stagnant or slow moving water • Wash or shower after canoeing Cover minor scratches on exposed parts of the body with water-proof plaster • Use foot-wear to avoid cutting feet <p>Should you become ill after canoeing (2-19 days) with a flu-like illness (temperature, aching limbs & joints) call your doctor and tell him/her you are a canoeist and may have come into contact with the Leptospirosis bacteria - see your Yearbook Contact the British Canoeing Office for more information – see for standard handout please.</p>	
EMERGENCY			
EMERGENCY	Paddlers and Spectators	Mobile phones are carried by all staff in case of an emergence to dial 999.	