BDCC Health and Safety Policy

Safety

• The Club will endeavour to provide a safe and healthy environment in which to pursue the sport of canoeing and associated activities.
• Guidelines as recommended by the National Governing Body, Paddle UK (PUK), will be followed.
• Accidents and incidents/near misses will be reported to the Committee and an online PUK form completed. A first aid box is available in the club house kitchen.
• All PUK qualified coaches are holders of first aid certificates.
• A fire extinguisher and fire blankets will be provided and prominently displayed in the club house kitchen.
• Codes of Conduct are to encourage sound and safe practice in the club's activities and will be published on the club website
• Equipment status, damage and maintenance will be reported on the Stack Team app.
• Coaching & tuition of beginner groups will be under the instruction of suitably qualified instructors.

Risk Assessment

• There will be a formal risk assessment of all club operations and activities. which will be reviewed at least annually
• The findings of each assessment will be recorded. The Committee will adopt the safest methods for undertaking the activities.

General Safety Rules

• Buoyancy aids should be worn when deemed necessary. As a general rule, all paddlers who are required to wear a buoyancy aid when racing should wear one when paddling. Juniors in Divisions 1-6 are required to wear buoyancy aids when training during the winter months i.e. when the UK is on Greenwich Mean Time (GMT).
• Paddlers are required to dress appropriately for their session. A coach has the right to refuse a paddler who is not wearing sufficient clothing for the conditions. Paddlers are advised bring a change of clothing for after paddling, particularly in the winter months.
• When paddling at night members will have a rear facing red light showing at all times.
• A notice regarding the risk of Weil's Disease is posted in the club house. Members will be reminded of the need to wash their hands after paddling and to shower as soon as possible.
• Members are advised to use safe lifting methods when moving boats. They will be given basic training on how to carry boats as part of their beginners' course

Emergency Procedures

• All coaches should be aware of how to watch for conditions such as hypothermia.
• All coaches have first aid qualifications.
• If a paddler is seriously ill or injured during training and unable to return to the clubhouse, someone from the group should stay with the paddler whilst someone else

goes for help or calls the emergency services using a mobile phone. The first source of help must be the narrowboats or nearby houses.
• Medical details of all paddlers are kept in a secure cupboard in the clubhouse kitchen next to the first aid kit.

Paddling when there is ice on the canal

• Paddlers are advised not to paddle when there is ice on the canal or the canal is frozen. If ice is unexpectedly encountered when paddling, paddlers should return to the club house as ice may damage racing boats and paddles.
• In case of ice or adverse weather club sessions may be cancelled or alternative activities arranged. Please see Facebook or newsletter for updates.
• Do not use racing boats or club wing paddles when there is ice on the canal, on occasion plastic boats may be used but there should be a minimum of 3 paddlers in a group and all paddlers must wear buoyancy aids.

Thunderstorm Procedures

• Lightning can strike up to 10 minutes before a storm hits. Follow the 30/30 rule. If the gap between lightning to thunder is less than 30 seconds you are in danger, lightning is within 6-8 miles of your location and you should take defensive action. Wait at least 30 minutes after the last flash is seen before resuming your activity.

• If you are on a canal or river and are close enough to your base, get back as quickly as you can. If not then you must get off the water to a safer location. Leave your boat and paddles on the bank and go to one of the following:

- Underneath a bridge
- On a narrowboat or cruiser
- Ditches, trenches or low ground
- By a hedge or clump of trees that is taller than you.

• If you are on a lake or the sea and cannot get to shore, avoid close contact with other paddlers. Stay at least 15-20 feet apart from each other and do not paddle near shore.

• If you are with someone who is struck by lightning, prompt first aid could save their life. Eighty percent of lightning strike victims survive the shock. If the casualty's breathing or heart have stopped, start CPR immediately and send someone to get help. Medical attention should be sought as soon as possible since there may be internal injuries that are not immediately apparent.
• Detailed information about what to do in a thunderstorm is displayed on the notice board in the club house.

This information is intended for guidance only Banbury and District Canoe Club will not accept any liability for material damage, loss, theft, personal injury or death sustained in conjunction during or after activities. Persons participate entirely at their own risk.