



Shannon Paddlers Safety Statement

Shannon Paddlers Club policy is to create and maintain a safe and healthy place for wellness on the water, and a safe environment for members and visitors. Club members shall be made aware of the hazards and risks on and off the water, be able to identify them and to take necessary precautions. Kayaking/canoeing is an adventure sport and members have a duty to act in a safe manner and to co-operate by:

1. Taking reasonable care for their own safety, the safety of other club members and visitors
2. Adhering in all circumstances to club rules and guidelines
3. Wearing a buoyancy aid on or near water
4. Reporting any dangerous incident including an accident, which causes or may cause an injury or damage, to a committee member.

RESPONSIBILITIES

COMMITTEE IS RESPONSIBLE FOR:

- Monitoring safety
- Reviewing this statement and related safety policies as required
- Ensuring committee members and members are aware of the policy

CLUB MEMBERS ARE REQUIRED TO:

- Have completed and signed the membership form which includes a requirement to have read the following documents:
 - Club Constitution
 - Code of Ethics
 - Safe Paddling Protocol
- Have completed their Canoeing Ireland Level 1 Flatwater Skills training before Joining Club
- Be proactive on safety through their own behaviour
- Avoid acts or omissions which may cause unsafe situations
- Report defects in equipment or facilities to the appropriate committee member
- Report any incidents of bullying or of inappropriate behaviour to a committee member
- Co-operate with all arrangements
- You are required by Irish law to wear a 50 Newton CE/ISO certified buoyancy aid while Paddling.
- Wear a helmet when appropriate
- Adhere to club rules
- Breaches in these safety guidelines will be escalated to the committee and sanction may follow

RISK ASSESSMENTS OF AREAS OF ACTIVITY

1. Yard at O'Brien's Bridge Club and immediate area

RISK IN NORMAL USE

- Risk of injury from trips
- Risk of injury from slips in changing room trailer and in yard

ARRANGEMENTS MADE TO MITIGATE RISK

- No running/ boisterous behaviour
- Surfaces kept clear
- Dry changing room floors after use
- Car parking not permitted at yard
- Members advised to exercise caution, wear appropriate footwear and gear around yard and riverside area
- Hand gel is provided in containers for members to wash hands in order to minimise risk of infection from Weils disease
- Raise members awareness of risk from Weils and Lyme disease, Hogweed and other invasive species and measures that can be taken to minimise said risks
- Equipment brought on site by members should be safe to use
- Ladders should be well supported before being used
- Circuit breaker to be used with all power tools (main circuit breaker panel equipped with residual current detector (RCD circuit breaker))

RESOURCES PROVIDED

- Security for Gate and Container
- First aid kits in containers
- Water tap in yard
- Rubbish bins
- Hand disinfectant
- Mops in changing room trailer

2. Boat/Equipment Containers in O'Brien's Bridge Yard

RISK OF MINOR BODILY INJURY FROM

- Manual Lifting Injury

- Falling boats
- Trip Hazard

ARRANGEMENTS MADE TO MITIGATE RISK

- Restricted access to containers
- Step up into container
- Numbered boat racking system
- No climbing on racking
- Maximum of 4 people in the container at any one time
- **MANUAL HANDLING GUIDELINES**
 - Assess the load - Never lift a boat that is too heavy, get help
 - Stand close to the boat
 - Bend your knees and keep your back straight
 - Grasp the boat firmly
 - Lift with your legs and not your back

RESOURCES PROVIDED

- Numbered racking systems for boats
- Racking System for other equipment (e.g. PFDs)
- Lights in containers

3. Flatwater area and trips from Club Yard upriver to Parteen Weir, downriver to CastleConnell Boat Club (CCBC) and Erinagh Canal

RISK ON FLATWATER PADDLE TRIPS

- Risk of minor injury
- Risk of serious injury
- Drowning
- Risk of contracting Weils or Lyme disease, injury from Hogweed or other invasive species from contaminated water & river banks
- Risk of exposure from cold / immersion in water
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ARRANGEMENTS MADE TO MITIGATE RISK

- **Members are required to wear buoyancy aids at or near water at all times**
- Trips should not go above warning signs 200 meters from Parteen Weir or below Worrals End Jetty at CCBC .

- Members should peer paddle in groups of three or more, and two must have completed RSR1 training and certification.
- Buoyancy should be present in boat
- ICU guidelines on instructor/pupil ratios are followed
- Members are required to wear clothing appropriate to the conditions in which they are paddling to manage the risk of exposure.
- Members should:
 - Understand that consuming or handling food while paddling is not recommended without disinfecting hands first. Members are required to carry their own hand gel.
 - Avoid touching mouth / nose
 - Ensure all cuts or abrasions are cleaned and dressed with water proof dressings
 - Check for ticks - get medical advice on safe removal asap.

RESOURCES PROVIDED

- 2 x First aid kits in Containers (1 x fixed & 1 portable for paddling trips)
- 1 x CPR face mask
- Local Authority owned lifebuoys at riverbank
- Emergency numbers for all members listed in container Number 3
- Access to training in rescue techniques
- All members encourage to obtain training in first aid
- Peer Paddle Request Forms
- Peer Paddler Report Forms
- Incident Report Forms

4. OTHER FLATWATER LOCATIONS

RISK ON FLATWATER PADDLE TRIPS

- Risk of minor injury
- Risk of serious injury
- Drowning
- Risk of contracting Weils or Lyme disease, injury from Hogweed or other invasive species from contaminated water & river banks
- Risk of exposure from cold / immersion in water

ARRANGEMENTS MADE TO MITIGATE RISK

- **Members are required to wear buoyancy aids at or near water at all times**

- Members should peer paddle in groups of three or more, and two must have completed RSR1 training and certification.
- Buoyancy should be present in boat
- Members are required to wear clothing appropriate to the conditions in which they are paddling to manage the risk of exposure.
- Members should:
 - Understand that consuming or handling food while paddling is not recommended without disinfecting hands first. Members are responsible for bringing their own hand gel.
 - Avoid touching mouth / nose
 - Ensure all cuts or abrasions are cleaned and dressed with water proof dressings
 - Check for ticks - get medical advice on safe removal asap.

RESOURCES PROVIDED

- 2 x First aid kits in Containers (1 x fixed & 1 portable for paddling trips)
- 1 x CPR face mask
- Access to training in rescue techniques
- All members encourage to obtain training in first aid
- Peer Paddle Request Forms
- Peer Paddler Report Forms
- Incident Report Forms

5. CLUB TRIPS TO WHITEWATER RIVERS

RISK ON WHITEWATER PADDLE TRIPS

- Risk of minor injury sustained on land or water
- Risk of serious injury on land or water
- Drowning
- Risk of contracting Weils or Lyme disease, injury from Hogweed or other invasive species from contaminated water & river banks
- Risk of exposure from cold / immersion in water

ARRANGEMENTS MADE TO MITIGATE RISK

- Experienced leaders with each group on the river
- Members should paddle in groups of three or more
- Buoyancy should be present in boat
- **Members are required to wear buoyancy aids at all times**
- **Helmet must be worn**

- Members should:
 - Understand that consuming or handling food while paddling is not recommended without disinfecting hands first. Members are responsible for bringing their own hand gel.
 - Avoid touching mouth / nose
 - Ensure all cuts or abrasions are cleaned and dressed with water proof dressings
 - Check for ticks - get medical advice on safe removal asap.

RESOURCES PROVIDED

- Safe Paddling Protocol
- Leaders with personal paddling standard L3 and above.
- Leaders with instructors qualifications/adequate rescue training and experience
- Leaders with First Aid qualifications

Hospital	UHL: (061) 301 111 St Johns: (061) 462 222 Nenagh: (067) 31491 Ennis: (065) 682 4464
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