

Table 1

Background	<p>Who does this apply to? All staff, contractors, clients or others associated with the delivery of adventurous activities by Active Growth Ltd (AGL). Everyone is responsible for safe and enjoyable delivery and participation, but ultimate responsibility and accountability rests with the MD AGL or senior instructor coordinating the activity being delivered if MD not present.</p>		
	<p>Where does this apply? The primary delivery site used by AGL to deliver adventurous activities is Pinewood Scouts Centre (Pinewood). Pinewood does not require AALA licence for watersports due to the small size of the lake. These locations are defined under British Canoeing definitions as Very Sheltered (Pinewood). Other venues in development are subject to the terms of this risk assessment.</p>		
	<p>What does this cover? This risk assessment covers all events of situations that present a significant risk of harm, injury or death. As such this covers all activities, equipment and processes that may represent a risk of harm, personal injury or death through use or exposure to hazards during the course of adventurous activities (Kayaking, Canoeing and Stand up Paddleboarding (SUP), improvised raft building, archery and air-rifle shooting.</p>		
	<p>When does this apply? The continual assessment of risk is mandated during: the planning for; during the delivery of; and the post delivery activity of all adventurous activities delivered by AGL.</p>		
	<p>Why is this required? Identification and mitigation of risk that can cause harm and potential loss of life is a legal requirement. Adventurous activities are potentially hazardous and this risk assessment sets out particular known hazards that can be anticipated and mitigated. It also identifies the 'Actions On' to be followed in the event of unanticipated incidents and situations that require an emergency response.</p>		
	<p>How will this be used? This risk assessment will be a living document that identifies safety measures that, when applied and followed, reduce identified risks to an acceptable and manageable level. Understanding and application of this risk assessment is included in the induction of all staff and contractors delivering adventurous activities for AGL. It will be used and reviewed during planning for client sessions and dynamically during activity delivery. It will be available for inspection by clients and potential customers of AGL, as required, and be updated and amended in response to incidents or changes to the locations / venues or equipment used by AGL or in response to any changes to policy introduced by national governing bodies e.g. British Canoeing, Archery UK and NRSA.</p>		
Anticipated Hazards	Risk of drowning	All activities will adhere to British Canoeing (BC) prescribed maximum instructor / client ratios (max 1:8). All craft, equipment and PPE will be appropriate for the task and issued prior to access to water. Safety instructions will be clear, understandable and included in all activity briefing. All activity will be delivered and supervised by suitably competent and accredited staff* trained in BC Fundamental Safety and Rescue Training (FSRT) and appropriate outdoors 1st Aid (min 16hrs). All parties will wear approved buoyancy aids and clothing and other PPE appropriate for the conditions. Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP)	Comments * See staff competence matrix
	Risk of cold water immersion shock and / or hypothermia / hyperthermia	All parties involved in the participation and delivery of paddlesports activity by AGL will wear approved buoyancy aids, clothing and other PPE appropriate for the conditions. Specific instruction on cold water immersion shock will be included in safety briefings. Specific instruction on signs of hypo and hyperthermia will be included in safety briefings. All activities will be delivered and supervised by suitably competent and accredited staff, trained in FSRT and 1st Aid. Shore side 1st Aid supplies and support will include instructions as per the CIRP	
	Risk of injury from equipment failure	All equipment and PPE will be inspected prior to issue for damage or wear and removed from service if assessed as not safe. Buoyancy aids / vests will be float tested every 12 months. Craft, helmets, kags and paddles will be sized to clients and correctly adjusted / fitted prior to access to water. All activity will be delivered and supervised by suitably accredited staff, trained in BC FSRT and appropriate outdoors 1st Aid (min 16hrs). Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP)	
	Risk of injury resulting from instructor error	All instructors will be assessed for competence** prior to deployment, hold appropriate accreditations for the activity and be subject to continuous professional development in response to guidance issued by National Governing Bodies (e.g. British Canoeing). All activities will be subject to an agreed session plan that will be articulated in the session safety briefing, with sessions being subject to dynamic risk assessment in response to unexpected changes to weather or environment. All activity will be delivered and supervised by suitably competent and accredited staff, trained in BC FSRT and appropriate 1st Aid (min 16hrs). Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP)	** applies to the terms set out in the AGL competence matrix and this includes periodic completion of practical scenario practice on an agreed schedule as part of individual personal development plans and CPD
	Risk of injury resulting from manual	Equipment and craft used in paddlesports can be heavy and	

	handling	awkward to manoeuvre on land. All participants involved in the preparation, moving, launch, recovery and storage of equipment and craft will be given specific instruction in manual handling as part of the session safety briefing. All activity will be delivered and / or supervised by suitably competent and accredited staff, trained in manual handling, BC FSRT and appropriate 1st Aid (min 16hrs). Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP)	
	Risk of injury or illness from existing medical conditions	All participants engaging in paddlesports with AGL must complete a declaration of existing conditions prior to attendance to, and participation in, the event. This may be supported by a discussion with the MD AGL as to viability for participation or introduction of reasonable adjustments. Non completion of required declaration will result in the participant being refused access to the activity. All disclosed information will be treated as CONFIDENTIAL and not disclosed further. AGL aspires to be provider to all and inclusive of visible and non-visible conditions.	
	Risk of injury, incapacitation or death of instructor / group leader	Specific actions on will be included in the session safety briefing, with specific reference to the location and use of water side and shore side 1st aid and other rescue equipment. This will include specific explanation of the CIRP	
	Risk of Weils Disease	Weils disease (leptospirosis) is a bacterial illness spread in the urine of infected animals, commonly rats. Rats and other wild animals are commonly present in public areas, attracted by food fed to birds and discarded rubbish. Pinewood does not have this attraction but presence of rats cannot be eliminated. You can catch weils disease if infected urine gets in your mouth, eyes or cuts, where it is present in the lake water. Although rare in the UK, all water sports presents a chance of catching leptospirosis, and paddlesports, including SUP, include the potential for immersion in the water. All participants will be instructed to cover any cuts with waterproof plasters and informed to wash with soap and water and clean any wounds immediately on leaving the water. Awareness of weils disease symptoms will be included in the activity safety brief.	
Activity Specific Hazards	Stand Up Paddle Board (Falls / Entanglement)	AGL SUP activity will be delivered on only Very Sheltered or Sheltered water. All participants will wear buoyancy aids and appropriate clothing / PPE for the conditions and specific reference will be made to the risk of falling onto shore edge, bank side trees or submerged unseen objects. Although AGL know the location of the majority of submerged objects in used waters, other objects may exist and present a hazard. Event safety briefings will identify known hazards to be avoided and session delivery will avoid these. All participants will wear SUP leashes when assessed by the Head Coach / Senior Instructor as appropriate. All SUP leashes deployed by AGL are premium quality quick release waist belts. Safe use of these is detailed in the session safety briefing. Session instructors will have access to, and deploy with, appropriate safety equipment, including a specifically purposed rope knife. All activity will be delivered and supervised by suitably competent and accredited staff, trained in BC FSRT and appropriate 1st Aid (min 16hrs). Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP)	Instructor will brief on progression from kneeling to standing on launch and recovery both during the session safety briefing and when afloat. Instructor will explain instruction to get group to drop to knees on whistle instruction or alert similar to the archery "STOP" command

	Open Canoeing	Open canoes can be operated as single crew, double crew or rafted alongside another open canoe. Open canoes used by AGL are large stable bodied craft that contain contained buoyancy chambers in bow and stern. Although relatively stable risks of capsize exist so all participants must wear appropriate buoyancy aids, PPE and clothing appropriate for the conditions. Open canoes, due to their size, shape and weight present manual handling hazards. All participants involved in the preparation, launch, operation, recovery and storage of open canoes must be familiar with manual handling processes explained during AGL induction and / or the safety briefing for the event intending to use open canoes. Open canoes made of aluminium can present a cut hazard if damaged. All users will be issued with guidance on how to enter and exit the craft and the storage of equipment. PPE will include the use of suitable helmets. When two open canoes are lashed together to form a raft, central spars will be used across the central thwarts to ensure the craft cannot come together and present a crush hazard to hands / other limbs. All activity will be delivered and supervised by suitably competent and accredited staff, trained in BC FSRT and appropriate 1st Aid (min 16hrs). Shore side 1st Aid supplies and support will include instructions to follow as part of the Critical Incident Response Plan (CIRP).	
	Kayaking	AGL deploy a fleet of single occupancy kayaks. These craft are fitted with additional floatation bags to prevent sinking if filled with water. Spraydecks will only be deployed if paddlers are assessed as competent in use and removal of spraydecks in the event of capsize by the Head Coach / Lead instructor delivering the session. Nylon spraydecks will be used, with neoprene spraydecks only used if personal property or specifically approved by the Head Coach / Lead instructor after being reassured by physical demonstration of the ability to perform a safe and effective capsize drill with the neoprene spraydeck. During games or racing, paddles represent a risk from blows to the head or upper body. AGL will include approved helmets as part of the PPE to be used during the session.	AGL has its own stock of quality PPE and will seek to use this first, topping up equipment belonging to Pinewood Scouts Centre or SNL if required.
	Improvised Raft Building	Although there is no specific National Governing Body for improvised raft building, AGL will apply the same levels of risk mitigation applied for other water based activities, as articulated above. The principle risks involved with improvised raft building include manual handling, limb crush / entrapment and entanglement. To mitigate these, specific instruction will be provided in the form in which rafts are constructed and knots to be used. Rafts will be constructed from dedicated barrels, ropes and poles and be inspected by AGL prior to launch and specific guidance provided on transportation, portage onto the water and loading of the raft once afloat.	Improvised rafts will utilise clove hitch and square lashing knots to construct raft frames
	Archery	Archery is a potentially lethal sport, with arrows capable of inflicting serious injury or death. All use of archery equipment will be delivered by a suitably accredited instructor who has successfully completed the minimum of the Archery UK, 2 day instructor course, or equivalent, and who is 'in date'. Archery delivered by AGL will occur on the dedicated archery range at Pinewood Scouts Centre. This range will be provided as 'fit for use' as defined by the Croydon District Scouts Premises Committee and final decision of whether to accept the range for use will reside with the instructor delivering the session. All archery equipment will be inspected and approved by the instructor delivering the session immediately prior to deployment. Any suspect or faulty equipment will be isolated and removed from immediate use pending assessment, repair, disposal or destruction. All activity will be conducted within the defined range area, under the terms of Archery UK range safety guidance. This includes the deployment of arm braces and the use of stringing straps when preparing bows for use.	

	Air Rifle Shooting	Air rifle activities will be limited to .177 calibre air rifles firing at approved <71bft pressure. All use of air rifle equipment will be delivered by a suitably accredited instructor who has successfully completed the minimum of National Small-bore Rifle Association (NRSA) 2 day Youth Proficiency instructor course and who is 'in date'. Air rifle shooting delivered by AGL will occur on the dedicated air rifle range at Pinewood Scouts Centre, or other approved venue containing similar standards of safety facilities. The range at Pinewood will be provided as 'fit for purpose, as defined by the Croydon District Scouts Premises Committee and final decision as to whether to accept the range for use will reside with the instructor delivering the session. Any suspect or faulty equipment will be isolated and removed from immediate use pending assessment, repair, disposal or destruction. All activity will be conducted within the defined range area, under the terms of NSRA range safety guidance. This includes deployment of eye, ear protection (safety glasses and ear defenders) and only quality lead flat head .177 pellets at all times.	Air rifle targets will be paper roundels, as used in competition and not represent any living object or person.
Venue Specific Hazards	PW 1: Blue Green Algae	Pinewood is a natural lake, fed by ground water and rainfall. This can cause fallen leaves and debris to collect on the lake bed and decompose to create conditions that support the build up of nitrites that support algae growth. The lake is constantly monitored for signs of algal blooms, which if occur will trigger AGL's CIRP and immediate cessation of operations on the lake under algae levels are restored to safe levels. AGL have initiated new controls to improve water quality. These include application of Envii Lake Klear ecological bacteria treatment and installation of an Otterbine Airflow 3 submerged aeration system. AGL have installed a freshwater shower point at lakeside to enable participants to wash down selves, craft and equipment upon leaving the lake.	
	PW 2: Lymes Disease	Lymes Disease is a bacterial infection carried by Deer ticks and transferred to humans by being bitten by an infected tick. Deer ticks are present in the undergrowth at Pinewood and the risk of coming into contact with ticks in late Spring / early summer is moderate / high. All personnel must be aware of the signs of tick bites and report any suspected bites to a 1st aider asap. Individuals who find lodged ticks in their skin should not pull the tick off or squeeze the body of the tick, but seek assistance from someone who can remove the tick safely without leaving the head in the skin or disgorging the contents of the tick into the individual, as this is how the bacterial is transferred.	Deer ticks range in size from pin head to >5mm in diameter. Bites are red target shaped lesions up to 10p size in middle with outer bullseye rings of up to 10cm. Lymes disease can be easily treated if caught early and requires prescription antibiotics from your GP.
	PW 3: Area control	Pinewood is a 6 acre site containing mature woodland, a building, different activity areas and ranges and a lake. Given the distributed nature of this site AGL should consider use of hand held personal radios to maintain contact between activities and supervisors / other staff on site.	AGL currently have access to waterproof Motorola T92 handheld radios
	PW4: Indoor range facilities (winter / evening operation)	Archery and Air Rifle ranges can be established within the main hall. This requires deployment of appropriate backstop curtains and ballistic blanket along the back wall and side walls. These to be suspended from permanently fitted steel cable suitably fixed to bear the weight of the backstop materials. Ranges to be 12m minimum, with firing line located at the 'kitchen' end of the hall and kayak store, rear entrance and both side rooms removed from use during range operation. Archery will operate a maximum of two (2) target butts in doors with a maximum of four shooters at any time. Air rifle will deploy up to four (4) pellet catcher targets.	