

**Event:** Colour City Dragons Dragon Boat Club On-Water Training Sessions<sup>i</sup>  
**Date:** Mondays, Wednesdays & Saturdays – in peak season (daylight saving)  
 Saturdays – off peak  
**Venue:** Lake Canobolas, Orange  
**Event organiser:** Colour City Dragons Dragon Boat Club  
**Person completing Assessment:** Regina Fogarty  
**Version:** 2016 Version 1  
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Hazard / Risk	Consequence	Likelihood	Risk Level	Managing Risk	Responsibility
<b>Off Water</b>					
Arrival & Car parking – collisions, accidents	Marginal	Unlikely	Low	Parking in accordance with Orange City Council requirements within Lake Canobolas	Individual members
Car - theft	Minor	Remote	Low	Provide a buoyant secure container for key storage while boats are on the water	Session Coach/ Committee person
Safety risks for paddlers ie first aid, drowning prevention	Marginal	Likely	Low	Provision of safety gear ie First Aid kit, PFDs for all paddlers Decisions made about wearing PFD First Aid kit bought to Lake for each session	Club Committee  Session Coach Club Committee
Bringing the boat from the shed – accidents, injuries	Marginal	Unlikely	Low	Clear any obstacles from around the boat in the shed. Follow the roadway where possible to ensure firm footing and smooth passage Boat steerer to fully concentrate on direction, turns, obstacles, traffic – both vehicular and human Boat pushers to take care to take up positions that avoid the wheels and steering device If someone is required as ballast, they must remain seated while in the boat.	Session Coach and Sweep/s/ club members
Launching the boat – slips, trips, injuries	Marginal	Unlikely	Low	Assessment of approach as water levels fluctuate Launch to be under the direction of session coach or sweeps Boat launchers to wear footwear to protect against stepping on sharp rocks, debris, needles etc.	Individuals / Session coach or sweep

Sharp objects on ground and sand – cuts on feet	Minor	Unlikely	Low	All paddlers to wear footwear to protect against stepping on sharp rocks, debris, needles etc.	Individual members
Boat Loading – slips, trips, falls	Marginal	Likely	Medium	Clear boat ramp area of debris which could hamper the launching of the boat or injure boat handlers. Minimise items within the boat to reduce trip hazards Coach to organise loading sequence Paddlers to assist colleagues either entering or leaving the boats On-board paddlers to become seated asap and remain in the paddles flat position.	Session Coach and Sweep/s
Appropriate safety equipment on boats in the event of an emergency	Marginal	Unlikely	Low	Ensure boats carry tow ropes and bailers.	Session Sweeps
Accessories on boats	Marginal	Unlikely	Low	Check to ensure sweep oar/s are secure and other accessories are safely stowed.	Session Sweeps
Pre-training preparation Paddling – muscle strains, injuries to paddlers	Minor	Likely	Low	10 to 15 minutes of land-based warm-up exercises for all paddlers. Cool down stretches following session	Session Coach
<b>On Water</b>					
Collision of 2 boats in water	Critical	Remote	Low	Trainee sweeps must be under supervision of L3 or higher sweeps and are trained in what to do to avoid, or in case of collision. Crew trained in procedures. Always undertake safety message and protocols and launch ie numbering off and responsibilities	Session Sweeps
Capsize of a boat	Critical	Unlikely	Medium	Sweeps are trained in capsize procedures as part of accreditation – head count, assess any injuries, stay with boat and remain calm	Session Sweeps
Debris in water	Marginal	Unlikely	Low	Sweep/s and strokes to be on look out of floating debris.	Session Sweeps and boat strokes

Drowning – man overboard	Critical	Unlikely	Medium	PFDs to be worn by anyone who has acknowledged they cannot swim more than 50m in paddling gear, anyone under twelve and all paddlers during winter months. (note Lake Canobolas is not an Alpine water) PFDs are available in boatshed prior to training session.	Individual members
<b>Environmental Hazards</b>					
Weather conditions	Critical	Unlikely	Medium	Observe prevailing weather conditions and check with BoM or NWD website for weather predictions Followi DBNSW safety Guideline on Lightning (30/30 rule ie < 30 sec between lightning and thunder – off the water, stay off until 30 min since the last clap/thunder event)	Session Sweeps/Coaches
Heat Stroke / Hypothermia; Hydration; Sunburn	Marginal	Unlikely	Low	Paddlers to wear and carry appropriate clothing, lotions, water/drink	Individual members
<b>First Aid</b>					
Injury on and off the water	vary from Critical to Negligible	Unlikely	Medium to Low	Stocked first aid kit in boatshed. Person with First Aid certificate present on boat. Communication to shore from boat via two-way radio system. Ability to contact 000 for emergency. Hospital in close proximity to boatshed.	Session Coach

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<sup>i</sup> Club to operate within the following DBNSW Guidelines  
DGS-02 Lightning  
Safety Policy V1, General Safety Guidelines  
Management of Distressed paddlers on a Boat  
Heat induced illness (First aid management)