

APPLIED ACTIVITY

You are coaching a youth group (10 to 12 Year Olds) in the Lake District in March. You are operating in a small section of a large Lake where sailing and windsurfing are also going on. It is overcast and there is a slight breeze. Measure and grade the following risks using the consequences vs probability method.

- Hypothermia
- other water users
- Lifting and carrying canoes/ kayaks
- Contracting weils disease.

With a partner or as part of a group compare your results. Be prepared to justify your results

Types of risks

As well as different ways of assessing risk there are also different types of risk that should be identified as part of the procedure.

Generic Risks

Generic risk assessments refer to the risks present in a particular sport or activity. In our case this is Paddlesport. Other examples would be climbing, mountaineering, sailing etc. Generic risks are those that exist in canoeing no matter where you are or who your working with. Examples would be; entrapment, lifting/ carrying, becoming separated from the group etc.

Specific Risks

These are risks that are specific to a certain location or population. For example, an overhanging tree on a particular lake or risks associated with a group who have a hearing impairment. It is wise to consider specific risks when working in a particular location or a particular group for the first time.

Dynamic risks

As mentioned earlier dynamic risks are those that are likely to change during the course of the day or session and they demand extra consideration. British weather is notoriously changeable and just because it was sunny when the session started doesn't mean it will stay like that! Dynamic risks require you to be flexible and adapt your coaching as they unfold. Examples of dynamic risks are; water levels, wind, weather, individual's behaviour or damage to equipment.

Risk assessment is a large part of the coaching process at level 2 and is a skill that will develop with experience. The ability to identify and control risks is central to the process as is the abilities to grade risks. With experience coaches generally need to write less on paper but have a mind which is constantly asking;

what might happen? Is it likely to happen?
How can I stop it happening?
What will I do if it does happen?

The next instalment of Establishing a Safe Coaching Environment Ed Christian looks at Equipment Checks, Moving and Handling, Environmental Awareness, Safety Briefing and Journey Management.

Canoe England Coach Updates 2012



North East- Adventure Sunderland
 18th February 2012 Details available from
 Ken Hughes rco.northeast@bcu.org.uk
 Tel 07890 139908

Cumbria- Water Park
 4th March 2012 Details available from
 Gavin Smallbone rco.cumbria@bcu.org.uk Tel 07766 900125

East Midlands- Leicestershire
 10-11 March 2012 Details available from Colin Broadway
 rco.eastmidlands@bcu.org.uk Tel 07768 876 756

Eastern- Hertfordshire
 14th March 2012 Details available from
 Gary Denton rco.east@bcu.org.uk Tel 07795 561741

South East-Sussex-Cobnor
 17th March 2012 Details available from Graeme Moss
 grahamemoss@clovers.fsnet.co.uk

West Midlands- Birmingham
 24th March 2012 Details available from Ian Dallaway
 rco.westmidlands@bcu.org.uk Tel 07715 005153

Yorkshire- Aldwark
 31st March - 1st April 2012
 Details available from John Lucas rco.yorkshire@bcu.org.uk
 Tel 07884 18828

London- Leaside
 1st April 2012
 Details available from Andy Noakes andy.noakes@gll.org
 Tel 02084428116

South West- Weymouth
 22nd April 2012 Details available from Paul Hurrell
 P.Hurrell@dorsetcc.gov.uk Tel 01305 777633

South West- Devon
 28th April 2012 Details available from Darren Joy
 rco.devonandcornwall@bcu.org.uk Tel 07946 763667

Eastern- Suffolk
 9-10th June 2012 Details available from Gary Denton
 rco.east@bcu.org.uk Tel 07795 561741

North West- Manchester
 16th June 2012
 Details available from Kevin Beattie kevin@venture-out.co.uk

South West- South Cerney
 16th June 2012 Details available from Gavin Lewis
 Gavin.Lewis@gloucestershire.gov.uk Tel 01285860388

North East- Ellerton
 5th August 2012 Details available from Ken Hughes rco.
 northeast@bcu.org.uk Tel 07890 139908

For further dates see page 8

