

Ulverston Canoe Club Health & Safety Checklist

This checklist should be used as an aide memoire by club Activity Leaders prior to starting any club activity. It is not meant to be exclusive and many of the points listed could be included in the pre-activity briefing given to all participants.

Leaders to consider:

- Venue overview
- Hazards identified in Risk Assessment
- Needs of participants established?

Nature of Activity

- Coaches & Leaders appropriate to group / environment / activity?
- Register of participants established?
- Location of nearest telephone / mobile phone coverage?
- Location of First Aid kit(s)?
- All other equipment appropriate and suitable for use?
- H&S / medical issues notified to activity leaders
- Suggestions to improve H&S / safety issues noted

Participants to be made aware of:

- Proposed nature of activity
- Safety equipment & First Aid available during activity
- Boundary limits for proposed activity
- H&S procedures / particular hazards identified in RA

Any feedback / Learning from Experience / Incident Reporting completed post event?