



Section 4 – Health and Safety Policy

Lagan Warrior Paddlers

HEALTH AND SAFETY POLICY STATEMENT:

“**Lagan Warrior Paddlers** is strongly committed to encouraging our members and participants to take part, but the health, wellbeing and safety of each individual is always our paramount concern. We recommend the level/nature of training and activities to be dependent on age and ability and expect our members and participants to participate within these boundaries. This policy aims to comply with current legal requirements for health and safety legislation following guidelines from Paddle NI standards of deployment.”

CLUB HEALTH AND SAFETY OFFICER:

Mary McGahon

SAFETY POLICY:

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessments of the Club premises and all activities undertaken by the Club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members and participants are given the appropriate level of training and engage in activities/competition commensurate with the individual's ability depending on age, maturity and development.
- Ensure that all members and participants are aware of, understand and follow the Club's health and safety policy.
- Appoint a competent Club member to assist with health and safety responsibilities in the role of Club Safety Officer.
- Ensure that **standard** operating procedures and emergency operating procedures are in place and known by all members and participants.

- Provide access to adequate first aid facilities, telephone and a qualified first aider at all times. Coach, leader or instructor to carry 1st aid safety and kit on their person and/or in their boat.
- Report any injuries or accidents sustained during any Club activity or whilst on the Club premises and keep a record of all such incidents.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.

AS A CLUB MEMBER YOU HAVE A DUTY TO:

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues, respect club rules and policies.
- Correctly use all equipment provided by the Club.
- Not interfere with, or misuse, anything provided for your health, safety or welfare.

AS A CLUB Lagan Warrior Paddlers (LWP) WILL DEPLOY OUR VOLUNTEERS UNDER THE FOLLOWING TERMS:

- Coaches, Leaders and Instructors deployed by LWP hold a valid qualification and have been assessed for competence in the venue to which they have been deployed.
- Adult Coaches, Leaders and Instructors will have a valid REC2 1st aid certificate and have been access NI checked.
- When a junior instructor or leader (those under 18 years of age) is deployed they will be accompanied by a suitably qualified supervising adult club to provide additional support to the junior instructor/leader.
- Coaches, Leaders and Instructors deployed by LWP will operate under the appropriate LWP risk assessment for that venue, and will supervise sessions at the correct ratio for their experience, the level of experience of the paddlers and the type of activity taking place.
- For any newly qualified (or new to the club) coach, leader or instructors, there will be a period of supervision under a coach (and review by the club committee), during which the instructors' competency to run sessions within the framework of this document and the risk assessment is assessed. When the instructor is deemed suitable for the club, competent and adequately skilled, they will be independently deployed in accordance with the risk assessment and this Health and Safety policy.
- All decisions on Health and Safety made before, during and after paddling will be made in accordance with the risk assessment appropriate for the venue and the

level of qualification of the Coaches, Leaders or Instructors deployed during the session.

FIRST AID:

Location of first aid facilities:

Pool Side & Reception (Shankill Pool)

At the boat ramp (main ingress/egress point; Shaw's Bridge)

At reception Moira lakes.

On the coach, leader or instructor in charge.

Location of telephones:

Mobile phone with Coaches/Leaders/Instructors (Shaw's Bridge, Moira Lakes & Shankill pool), Reception (Shankill Pool, Moira Lakes), on land support (Shaw's Bridge)

All adult Coaches, Leaders and instructors hold a current REC 1st aid qualification in order to be deployed

LWP REC2 qualified 1st aiders (Level, Name & date of renewal):

1. Leader, Patrick Walsh (7/1/27)
2. Instructor, Thomas McGahon (24/4/25)

The club will hold a list of other qualified 1st aiders who may be called upon to assist with the provision of 1st aid as and when necessary.

REVIEW AND IMPLIMENTATION OF RISK ASSESSMENTS

The minimum level of reviewing of any new risk assessment will be initially after every activity during the 1st month of deployment by all Coaches, leaders or instructors deployed in conjunction those attending (paddlers and volunteers) using the activity session log form for LWP, then monthly for the 1st year, then yearly thereafter unless any infringement occurs which results in a near miss or hospitalisation where upon the risk assessment will be revised and regarded as new, undergoing the same review process as the intervals stated above.

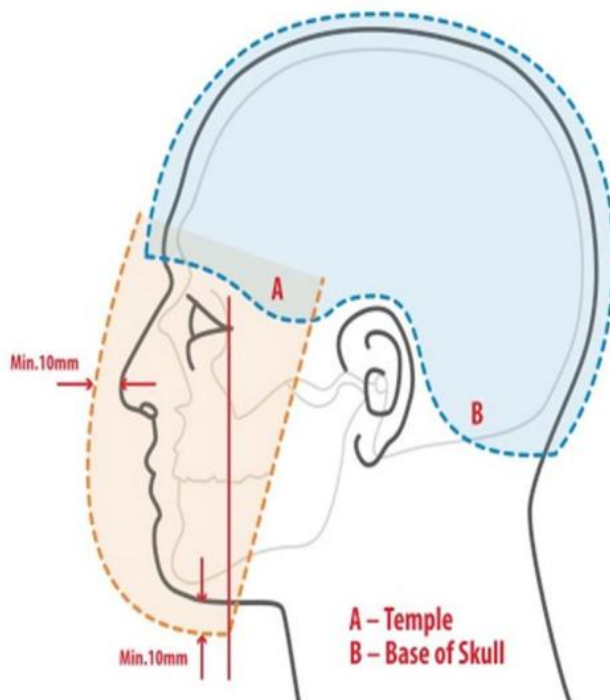
All members and participants agree to implement and abide by the appropriate risk assessment governing the safe undertaking of activities within the remit of the Lagan Warrior Paddlers club.

MINIMUM SAFETY COVER REQUIREMENTS: Personal Protective Equipment (PPE)

All paddlers must wear sufficient PPE to participate in any club activities. Minimum standards for general paddling are a well fitted buoyancy aid which is sufficient for the weight and size of the participant.

For canoe polo activities the participant must wear a helmet which is sufficient to cover the occipital bone (B on image below) and has a faceguard which protects the entire face beginning at the lower level of the chin, and jawline and covering the surface between the two temples (A on the image below) to ensure that no contact is possible between the face or skull and a blade of a horizontally held paddle.

There must be a minimum distance of 10mm between the facemask and the nose of the wearer. The facemask must be of a strong material such as steel or other equally strong material. The facemask must be securely fixed to the helmet, without any sharp edges or dangerous fixings. The facemask must have no horizontal or vertical opening any larger than 70mm.



Canoe polo paddles must be double bladed with no sharp projections, edges, holes or other dangerous features. Metal tipped blades are not allowed.

The body protection in the form of a Personal Floatation Device (PFD) must be at least 20mm thick. The body protection must protect against any impact from other players equipment, which may be reasonably anticipated in the course of a game.

For further information and guidance see Chapter 16 of the ICF canoe polo competition rule book 2025

https://www.canoeicf.com/sites/default/files/2025_icf_competition_rules_canoe_polo_-_final.pdf

MINIMUM SAFETY COVER REQUIREMENTS: supervision on the water

As per Paddle NI/British canoeing standard of deployment, at all club venues, paddlers can only be on the water in the presence of a qualified coach, leader or instructor at the minimum ratios outline below, for the appropriate environmental conditions and activity, AND only after the paddler has received safety information via induction.

The Coach/Leader in charge must of course use their own judgement regarding the need to reduce further the ratios, taking into account the prevailing and predicted weather conditions and the particular group they are leading AS WELL AS the experience level of the Coach/Leader involved. Instructors must abide by the ratios stated for the activity and follow the SOP for instructors provided by LWP.

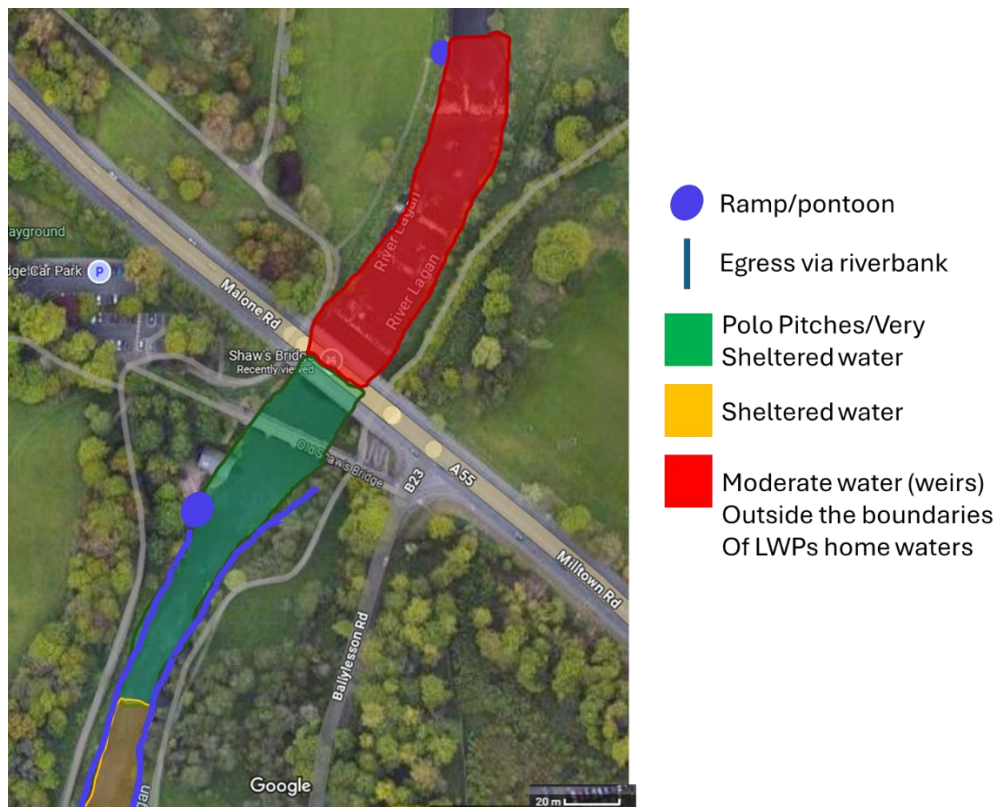
Activity	Location	Recommended minimum level of qualification	Supervision Ratios coach/leaders/instructors:paddlers
Taster/beginner session	Swimming pools, very sheltered or sheltered inland water	Paddle NI Paddlesport coach	1:8
		Paddle NI Paddlesport Leader	1:8
		Paddle NI Paddlesport instructor (Adult)	1:8
		Paddle NI Paddlesport instructor (Junior)	1:4
General paddling	Swimming pools, very sheltered or Sheltered inland water	Paddle NI Paddlesport coach	1:8
		Paddle NI Paddlesport Leader	1:8
		Paddle NI Paddlesport instructor (Adult)	1:8
		Paddle NI Paddlesport instructor (Junior)	1:8
Canoe Polo	Swimming pools, very sheltered inland water	Paddle NI Paddlesport coach	1:10
		Paddle NI Paddlesport Leader	1:10
		Paddle NI Paddlesport instructor (Adult)	1:10
		Paddle NI Paddlesport instructor (Junior)	1:8

Venue and environmental conditions

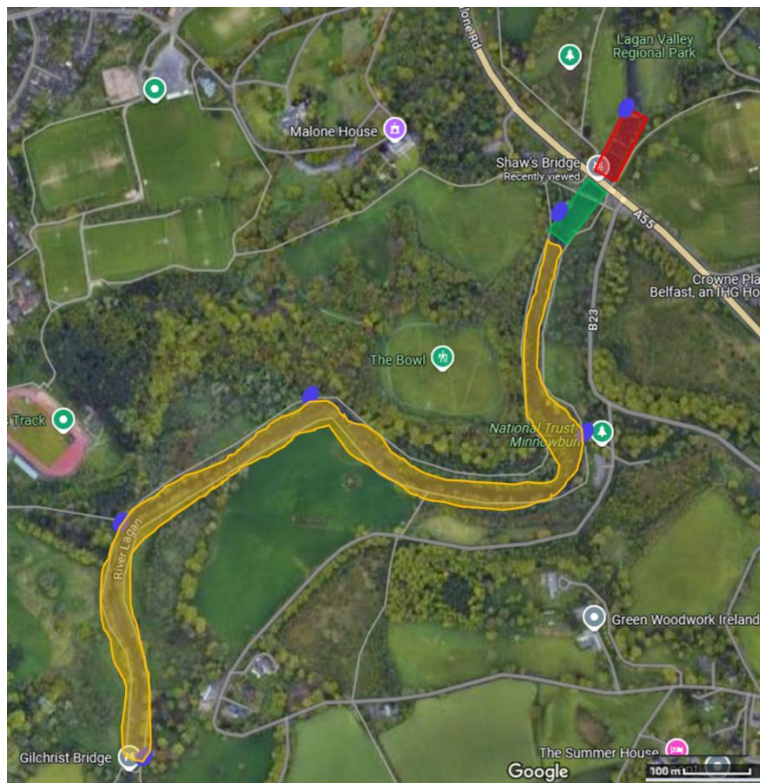
- Shankill pool has been rated as Swimming pool/very sheltered waters
- Lagan River at Shaw's Bridge (within polo pitches) is rated as 'ungraded' 'Very Sheltered Inland Water' (<50m to boat ramp egress point).
- Lagan River at Shaw's Bridge (from polo pitches upriver until Gilchrist Bridge) is rated as 'ungraded' 'Sheltered Inland Water' (<200m to boat ramp/pontoon points with suitable banks along riverside at all times for egress)
- Lagan River at Shaw's Bridge down stream of bridge is excluded from our Home Waterways as it is rated as 'grade 2' 'moderate water' due to the presence of small weirs with regular waves requiring some manoeuvring.
- Moira Lakes are regarded as very sheltered waters with egress via beach/pontoon access as well as being surrounded by sloping banks.

Maps of Our home Waterways

Lagan river at Shaws bridge

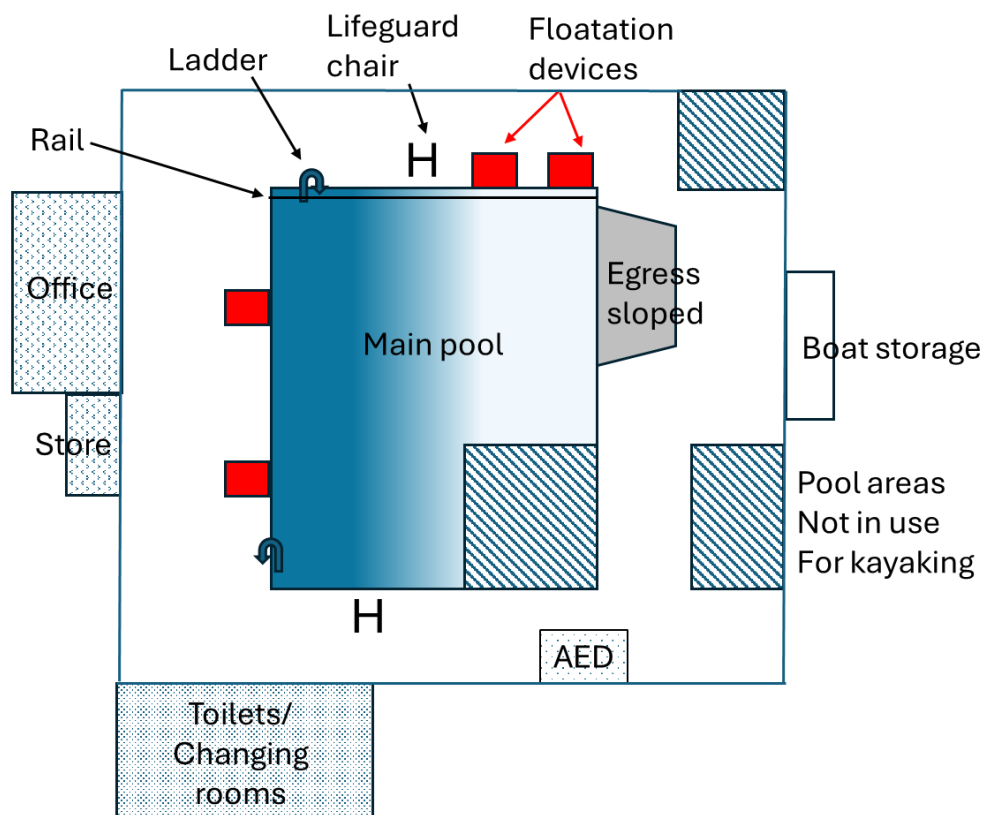


Paddlers will not pass beyond the middle of the new road bridge over the Lagan at Shaw's bridge due to the presence of weirs beyond this area.



- Ramp/pontoon
- | Egress via riverbank
- Polo Pitches/Very Sheltered water
- Sheltered water
- Moderate water Weirs

Shankill pool



Moirra Lakes



REPORTING OF INCIDENTS

Reports of injuries can be submitted by anyone supervising a session or by the Health and Safety officer.

Injuries of paddlers, Coaches/leaders/instructors, members of the club, participants and the general public which occur in conjunction with a club activity that require 1st aid will be noted in the activity log for the session as soon as is practically possible, then be reported to PaddleUK as a near miss via their reporting system

<https://paddleuk.org.uk/online-incident-reporting/> and to the Health and safety officer via email Healthsafety.lwp@gmail.com within 1 month of the injury occurring.

Any injuries requiring a hospital visit are reported by phone to a member of the committee (preferably the chair) as soon as practically possible and through RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations) via the following link <https://www.hse.gov.uk/riddor/> in addition to reporting to PaddleUK and the Health and safety officer as soon after the incidence as possible.