



Health & Safety Memo

Date of issue: March 2010

Number: 10 01

Subject: Use of Whitlingham Great Broad

**To Whom: All Coaching Staff.
cc. All Members.**

Some Club Members and Parents/Guardians have raised concerns about safety whilst the Club is using the Great Broad during the winter and cold periods. This concern is understandable but I am confident we have the correct procedures in place to manage the risks. I would like to take this opportunity to remind all Club Coaches and supporting Club Members that safety is of paramount importance and governs all of the Club's activities and reinforce the Club Policy for the use of the Great Broad during the winter and cold periods:

Whilst the Great Broad offers a contained environment and generally the ability for Coaches (and Paddlers they are responsible for) to see each other; it does present a greater risk from the effects of the cold water during a capsized than the river does due to distance that somebody would have to swim or be assisted to the bank and therefore the time they would be in extremely cold water. This risk is managed by only using the Great Broad in winter and cold periods for a 2k time trail with a course (see Google Earth map at the end of memo) down the right hand side of the Broad (looking down it) with Paddlers encouraged to stay to the right where the Broad opens out whilst they are making for the turn Buoy at the bottom near the Bank on the right hand side.

However the use of this designated 2k course can be compromised by other users on the Broad such as the Model Boaters but please note well that this does not mean that a new course can be used, which takes Paddlers across the Broad and which carries more risk as stated earlier in this memo. In this scenario the Coach in charge should consider asking the Model Boaters that in the interest of safety would they be kind enough to use a different area of the Broad; and if this cannot be arranged then the Coach in charge should consider using the River, Small Broad (around the perimeter or along the edge with turns).

Use of the Great Board for Races

The wider expanse of the Great Broad may be used for racing, which could take place during colder periods however the risk of capsized Paddlers being in the water is managed by the use of a Safety Launch staffed by qualified staff. The Launch will be able to rescue Paddlers in a very short time frame.

Norwich Canoe Club



General Safety

All Coaches must ensure that all their Paddlers know what the session involves, where the start is and what the course is before they get on the water. Don't forget buoyancy aids and whistles and ensure everybody is appropriately dressed. Also remember to notify the Staff at the Watersports Centre that you are on the Great Broad.

Remember that there is an emergency rucksack kept next to the first aid box, which contains a throw line, change of clothing and a first aid kit. The rucksack could be taken by a Parent/Guardian if they are going to watch from the bank and used in any emergency.

Some Parents/Guardians or other Members may even feel a Coach is being over cautious. However do not be afraid to act in the best interests of safety and if you want a second opinion ask myself, the Chairman or Head Coach.

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Norwich Canoe Club



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