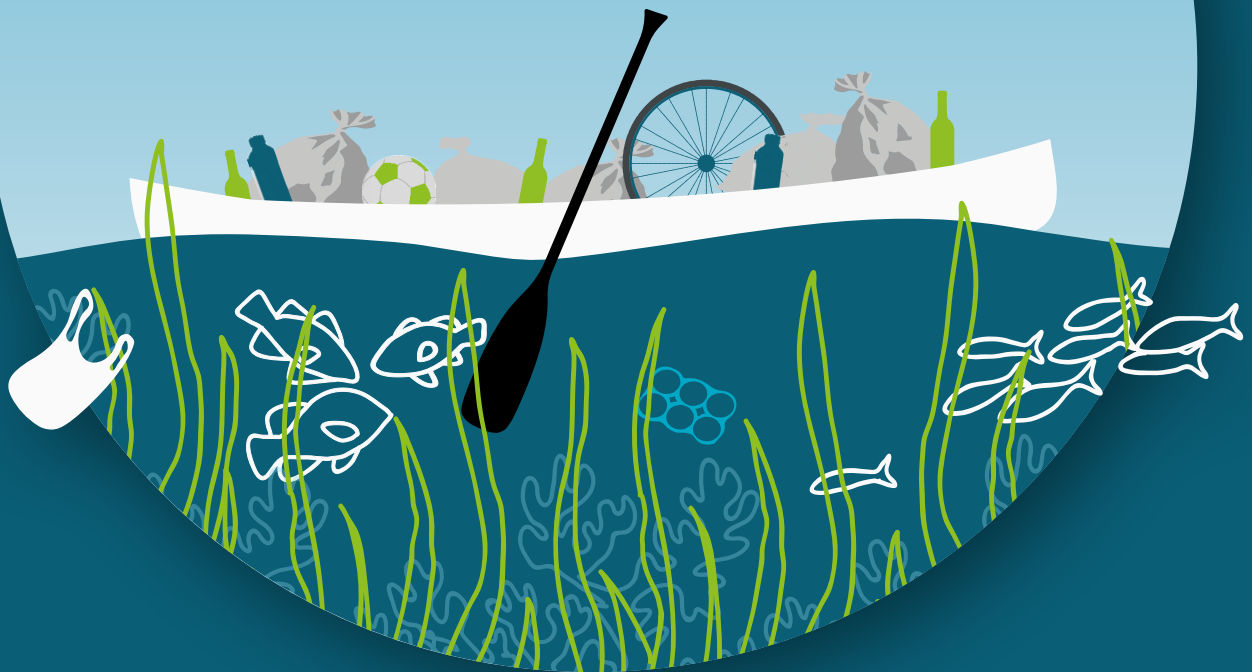


PaddleCleanup TOOLKIT



Everything you need to know to carry out your own Paddle Cleanup!

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- 4 Why #PaddleCleanup?
- 5 What's the problem with plastic?
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“

The basic fact is that 100% of marine litter comes from us. We are human and humans make plastic. It's ours. And we have to clean it up.

Martin Dorey

Founder of #2minutebeachclean



Why Paddle Cleanup?







Join the #PaddleCleanup Community

What is the #PaddleCleanup Community?

This guide supports British Canoeing's Clear Access Clear Waters Campaign, to protect the environment and champion the case for fair shared sustainable open access on and along inland waterways.

We are in a unique position as paddlers, as we can collect plastic from places others are unable to access. There are other positive impacts to a Paddle Cleanup too:

-  Helps protect wildlife.
-  Helps minimise pollution.
-  Brings you closer to nature.
-  Makes you feel better.



“ I was honoured to be a Women's Paddle Ambassador for British Canoeing in 2018. I am the co-founder of the #PaddleCleanup movement with fellow 2018 Women's Paddle Ambassador, Erin Bastian. Together, we are on a mission to empower paddlers to take care of their waterways and talk to their communities about what they are doing. By working with British Canoeing I hope to inspire a movement of #PaddleCleanups across the UK and evoke a wave of change.

Clare Osborn

Founder of [Clare Talks Rubbish](#) and co-founder of the #PaddleCleanup movement.

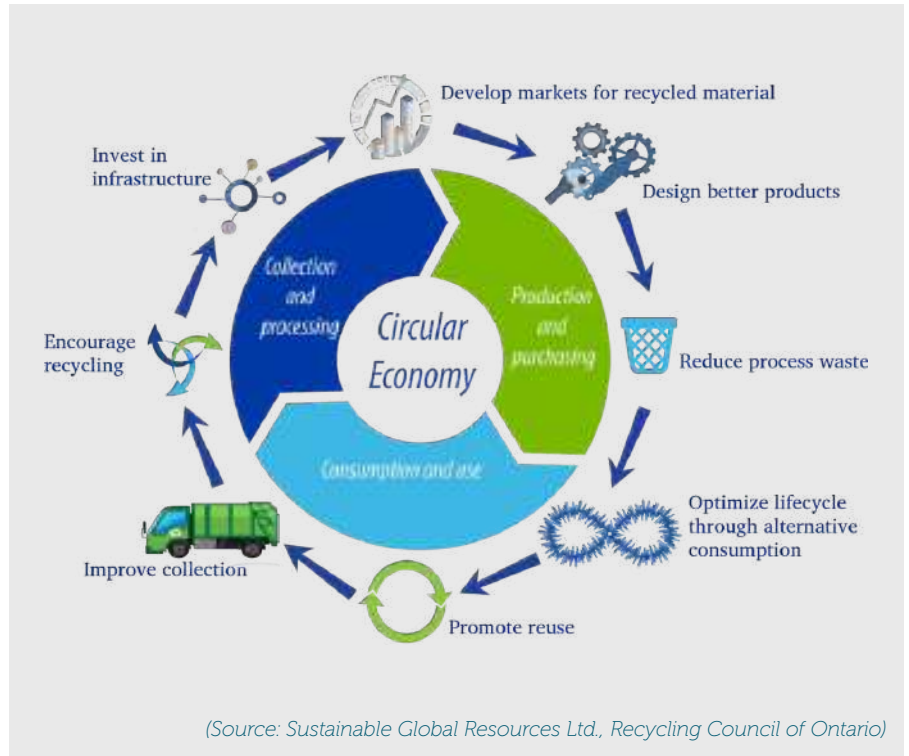
What's the problem with plastic?

Plastic is cheap, versatile and virtually indestructible; so what is the fuss about?

The same characteristics that make it great also cause the problems and so it can now be found everywhere. Plastic is a valuable and limited resource and so we need to take a different approach to the way we use and dispose of it.

The key is a **move away from take, make, dispose to a more circular system** where we use end of life material to make new products.

80% of marine rubbish comes from land based sources which finds its way to the sea via rivers and drains, blown by winds or even swept with the tide.



Ducks Lost at Sea: In 1992, a shipping container carrying 28,000 rubber ducks was lost over-board in the Pacific Ocean. To this day they are still being washed up on shores all over the world! We now know that plastic can travel thousands of miles on ocean currents.

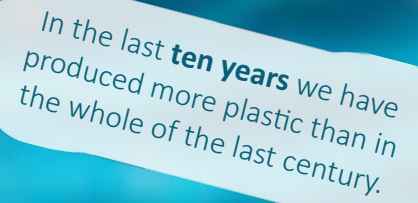
What's the problem with plastic?



Currently, the equivalent of **one rubbish truck per minute** of plastic enters our oceans. A large proportion from our rivers.



Every time you wash your clothes **thousands of tiny microfibers** are released into our waterways!



In the last **ten years** we have produced more plastic than in the whole of the last century.




8.3 billion tonnes (the equivalent of one billion elephants) of plastic has been produced since the 1950s.

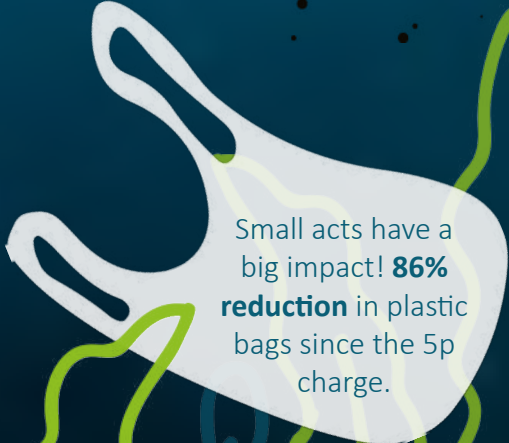


"If we carry on with 'plastic production business as usual' **plastic will outweigh fish in the ocean by 2050**"
- The Ellen MacArthur Foundation.

Plastics are now making their way up the food chain as fish are confusing microplastics in the water with food. They have even been found in our tap water, honey, salt and the air we breathe – the impact on human health is unknown.



Plastic **does not biodegrade**, instead it breaks up into thousands of pieces known as micro-plastics.



Small acts have a big impact! **86% reduction** in plastic bags since the 5p charge.



**Small actions multiplied
by millions of people can
change the world.**

Howard Zinn

Historian and Activist



How to Paddle Cleanup

Before you start your Paddle Cleanup, here's a checklist of things to do:



Appoint a leader to co-ordinate the cleanup.

Name: _____



Check online to see if there are cleanups organised for the same stretch of waterway and if not set a date, time and location. Check that your MP can make it too!

Date: _____ **Time:** _____ **Location:** _____



Check what licences are required for the waterways you intend to cleanup. A list of those covered for British Canoeing members can be found [here](#).

Licences required: _____



Familiarise yourself with the guidance around event access or getting permission [here](#).

Permission required: _____



Arrange disposal of your litter. Contact the relevant river authority; where there is not one, contact your local council who will be able to advise you. Alternatively, you will need to find a willing volunteer to take any waste or recyclables to your local recycling centre.

Disposal plan: _____



Familiarise yourself with the local policy for recycling. You may find [Recycle Now](#) a useful resource. More ideas for recycling beyond the local authority later in this pack.

Recycling plan: _____



Be aware of invasive non-native species when handling your waste and always Check, Clean, Dry.

Potential invasive species: _____



Carry out a risk assessment. You'll find a template in this pack.

Risk assessment carried out: YES / NO



British Canoeing affiliated clubs are insured for recognised activities of the club. Find the policy [here](#).

PLI: YES / NO



Familiarise yourself with the British Canoeing safeguarding policy [here](#).

Checked policy: YES / NO



Check that you have or have borrowed all relevant equipment (See next page for more details).

Promote Your #PaddleCleanup!



Don't forget to shout about the good work you are doing!

With awareness comes change in the greater community, so register your event with us [here](#) so that we can help promote it for you - **you can even tag us on social media @BritishCanoeing or with #ClearAccessClearWaters!**

Tell your local newspaper and invite your local MP too, a template letter can be found [here](#).

Equipment Checklist



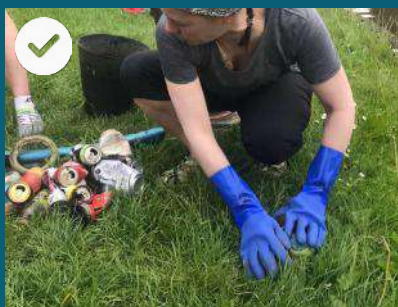
Bags / Boxes

It is important to have bags/ boxes for collection. Ideally use reusable bags which allow the water to drain out. Boxes or clothes baskets work well on SUPs and open canoes can also be used as the 'dumpster' for kayakers. Onion sacks are great for kayakers; perhaps find some that would otherwise go to waste from a local shop. Wash and reuse.



Sharp Items Box

A sealable box for sharp items such as fish hooks and broken glass. Whilst we recommend you carry a sharps box, do not attempt to remove any items which pose a risk to yourself or fellow paddlers.



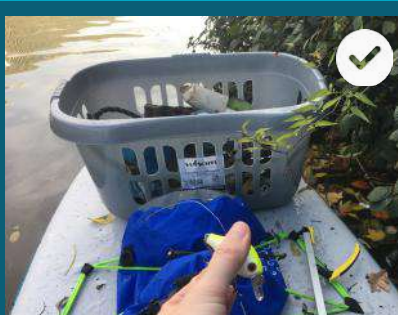
Heavy Duty Gloves

Heavy duty gloves protect against fish hooks and other sharp objects.



Litter Pickers

Litter pickers will make it easier to collect difficult to reach finds. As these sink we recommend making them float by taping insulating pipe around them.



Bucket (for SUPs)

On a SUP it is useful to have a bucket for the waste, however you will need to secure it with bungees to ensure it doesn't also become rubbish.

If you do not have access to this equipment, consider borrowing it where possible or approach local businesses to sponsor some equipment for you.



First Aid Kit and Hand Sanitiser

A first aid kit will be useful in case of minor incidents when on the Paddle Cleanup and it is essential to use hand sanitiser to protect against Weil's Disease.



Scales

If you are wanting to record the weight of your find, take some scales.

At the Paddle Cleanup:



Participant Sign In. It is vital that you check in and out all participants and obtain their consent to any photos that might be taken on the day. An example sign-in sheet can be found [here](#).



Participant Brief. Before you head off on your Paddle Cleanup, you should ensure your participants know what they are doing, as well as all the risks involved and how to keep safe.

Cleanup Briefing



Introduce yourself and any other leaders.



Set the scene and remind participants why they are doing a Paddle Cleanup. Use some of the facts from page 6 of this document.



Use the risk assessment to brief participants on health and safety matters. It is a good opportunity to remind participants that over-reaching for litter can result in capsizing! In a canoe it is also useful to allocate roles for paddling and litter picking.



Appoint a lead boat and sweep boat. Ask participants to stay behind the lead boat and in front of the sweep boat. The lead and sweep boat should be more experienced paddlers and should both be equipped with first aid kits.



Delegate tasks.



Ensure participants are suitably equipped and understand the job they have been allocated.



Advise of the timetable and route for the Paddle Cleanup.



Ensure participants have the means to communicate with the Cleanup leaders.



Advise the participants about any incentives (see page 13).



At the Paddle Cleanup: Incentives

Paddle Cleanups are great fun, and having some incentives can make it even more enjoyable and encourage paddlers to pick up more! Here are some ideas for you:



Competitions for the most rubbish collected or most bizarre item found.



Paddle Cleanup Bingo. See page 23 for a printable version or make your own!



Adopt the site, so you take responsibility for it and keep it clean. Register with local adoption schemes, for example the Canal and River Trust Adoption Scheme [here](#). Involve the community at large with regular cleanups, not only on the waterway but the tow paths, river banks and local community areas.









Have fun and ensure to thank your participants and guests. You could even plan a celebration event for after the clean up.





At the end of Paddle Cleanup, there are some things to remember to do:

-  Find a space to empty and sort all the rubbish that you found. This should be supervised and gloves worn at all times.
-  Make a note of the number of bags/containers collected, the length of the waterways cleaned and if you wish the weight of the litter.
-  Submit your results to British Canoeing using our [Online Cleanup Tracker](#) so we can keep track of how much rubbish you have taken out of the environment.
-  Record your findings, and post on social media, remember to use the hashtags [#ClearAccessClearWaters](#) and [#PaddleCleanup](#) – this can act as a great tool to promote your club.
-  If you have any civic leaders, VIP's, or reporters attending send a formal thank you letter with photos of your event and stats about the clean up.
-  Give yourselves a big pat on the back!



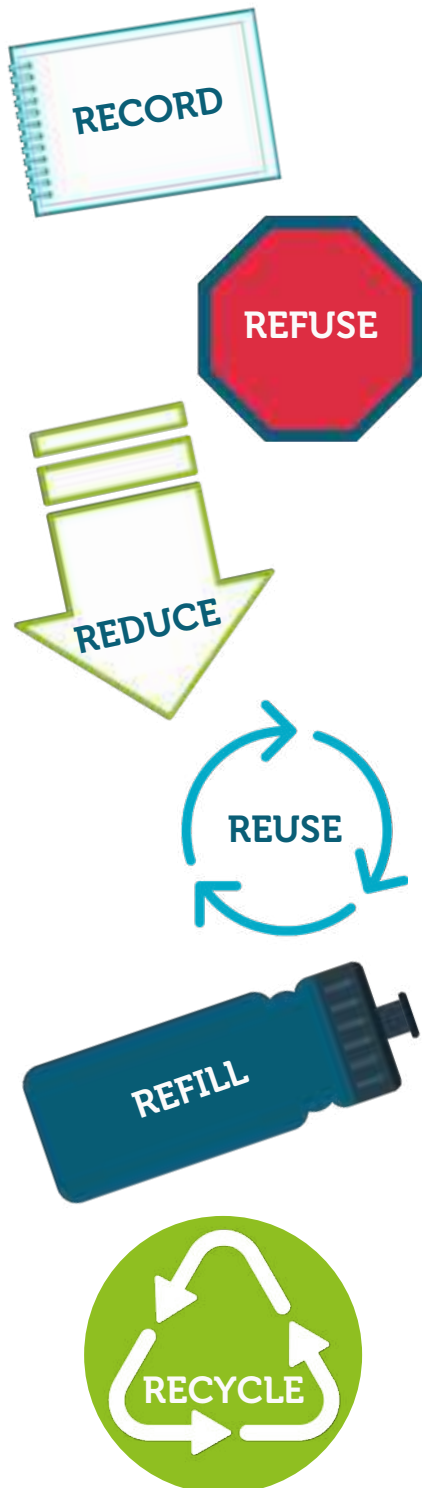
Should there be any incidents, keep a written record and let British Canoeing know via the online reporting system, [here](#).

Beyond the Cleanup: The 6 R's!

By reducing single use plastic in your club, cleaning up and adopting responsibility for your local waterway you can set a positive example for others to follow.

Small efforts can have a big impact, individual club members can create a ripple effect in the club and the wider community by taking simple actions and making small changes.

Here are a few suggestions:



1. Record

Keeping a diary of your plastic usage and recording your progress as you find alternative solutions can be a real boost. You can find an example diary on page 22. (You can also use the online tracker [here.](#))

2. Refuse

Start by refusing the avoidable single use items. Instead think of ways you can use something again.

Engage your community and your local shops by asking them to cut out single use plastic and to ensure any replacements do not cause more of a problem.

3. Reduce

Set a realistic goal. A very easy way to reduce is to simply buy less stuff, or take your own containers to the shops.

Why not set a monthly challenge in your club. For instance a month without plastic pop or water bottles, or a month of bringing your own lunch in a reusable container.

4. Reuse

See 'Reuse and Recycling - beyond the Local Authority' later in this pack.

5. Refill

Use refillables such as water bottles, coffee cups and flasks, refillable cleaning products and cutlery.

Download the [Refill App](#). See where in your local area you can refill reusable water bottles for free. Locate your nearest Zero Waste / Unpackaged shop. Share your cleanup data with them so that they can look at helping the community with the solutions.

6. Recycle

Always recycle where possible!



What are the types of plastic?

Sadly, there is no 'one size fits all' solution, but there are things we can all do to help. Familiarising yourselves with the types of waste and their characteristics, prior to carrying out a cleanup can give a better understanding of the waste you find.

Here are some common plastics you may come across, their recyclability and other information you might find useful:

	What products is it used in?	Can it be recycled?	What does it look like?
 01 PETE Polyethylene Terephthalate	Clear bottles (look for 'bubble' on the bottom of a bottle), food trays (clear, green, black, etc.)	One of the most commonly recycled plastic, clear bottles are likely to be recycled, remove lids first.	A tough plastic that discolours if you bend it.
 02 HDPE High Density Polyethylene	White milk bottles of all sizes, bleach type bottles, washing machine liquids and some bottle caps.	Very commonly recycled, remove lids first.	A thick tough plastic which will spring back if bent, caps can usually be flexed.
 03 PVC-U Polyvinyl Chloride	Clear bottles (look for line on the bottom of the bottle), food trays, toys, piping, wire insulation.	Rarely recycled, check you local area.	More fragile and will crack and/or stay bent if stressed, bottles make a 'crinkle' cracking sound if squeezed.
 04 LDPE Low Density Polyethylene	Plastic bags, plastic wrapping, cling film.	Reuse of bags and targeted collection in supermarkets most likely, dispose of materials contaminated with food.	Can be very thin to thick, but usually flexible and easily torn.
 05 PP Polypropylene	Butter and margarine tubs, clear fresh soup containers, some bottle caps, glass jar caps.	Not generally recycled, check your local area.	Will shatter into strips if compressed, caps will usually be too hard to flex.
 06 PS Polystyrene or Styrofoam	Yoghurt pots, insulated disposable cups, some trays, parcel packaging.	Not generally recycled, check your local area.	Will tear or pull apart depending on form.
 07 OTHER Polycarbonate, Acrylic, Styrene, Perspex	Reading glasses, CDs and DVDs and cases, some electrical connections and wiring, general household plastics.	Reuse of individual items more likely, avoid placing in your recycling unless specifically instructed to do so.	The majority of these plastics are very tough and are likely to shatter if pressure is applied

(Source: Open University: Our Blue Planet)

The background of the image is a deep blue gradient. In the upper right, there is a white silhouette of a person swimming underwater, with their head and arms visible. In the lower half, there are white line-art illustrations of coral reefs and a fish. The fish is positioned in the center-right, facing right, with its body and fins clearly outlined. The coral is located at the bottom, with several branching structures. The overall composition suggests an underwater environment.

**Our past, our present, and
whatever remains of our
future, absolutely depend on
what we do now.**

Sylvia Earle
Oceanographer

Reuse and Recycling - beyond the Local Authority

“ I would suggest starting by collecting one thing only and get a measure for how much time it takes, the issues around contamination, weights for sending (only over a certain weight results in money being paid), etc. Once that is going smoothly then slowly add other schemes, one by one.

Melanie Rees

Founder of Green Centre Brighton

Recycle

Where the local council does not recycle certain materials, there are plenty of alternative methods to help you recycle:

Terracycle

[Terracycle](#) recycle, for FREE, many hard to recycle items such as crisp packets, biscuit and cake wrappers and cigarette waste, all common cleanup culprits. If there isn't a local drop off point for these why not set one up as part of the club? Include items found in the cleanup as long as they are washed and dried.

Supermarkets

Most large supermarkets have a collection point for plastic bags and film. This varies by location so have a look and see what you can find locally.

Odyssey Innovation

These guys recycle hard plastics into the world's first marine plastic kayaks in partnership with Palm Equipment Europe. Awesome! They are based in the South West at the moment but expanding their reach via Keep Britain Tidy. [Contact them](#) direct for details of what they will take.

Artists and Local Projects

Look around your local area for other ideas. Local projects are best as this also reduces the carbon footprint of your waste.

Reuse

Even better than recycling, find re-use solutions to the river treasures you find, where possible. Here are some examples:

Dog Toys and Balls

Wash the reusable ones and either set up a collection point or donate to a local dog shelter or dog walking group.

Fishing Floats and Hooks

See the risk assessment regarding fishing gear, especially hooks! Some floats are reusable so why not donate back to a local angler? Retrieved fishing line can be recycled via the [Angling National Recycle Scheme](#).

Freegle

All other reusable items can be listed on your local [Freegle](#) to find it a new home or maybe there is another community project who would use it?



Islander kayaks are made from recycled marine waste.



Tennis balls washed and taken to a local dog shelter.



Fifteen percent of the globe's plastic waste is recycled, of which just five percent is actually turned into a recycled object or material. Remember those facts.

Lucy Siegle

TV Presenter and Author of 'Turning the Tide on Plastic'

Club Activities to extend your knowledge and impact

Can we live without plastic?



Create a mind map in teams looking at examples of useful plastic in your club. Go through your paddle gear, how much of it contains useful plastic?



Create a mind map of the avoidable plastic in your club (e.g. plastic cups, tuck shop packaging).



Cleanups (on and off the water)

How about a cleanup of the tow paths and river banks, or the area around your clubhouse. Are there differences in the items found on land as opposed to on the water?

How does plastic get into the waterways?



Collect different pieces of waste from your club recycling bin (plastic, paper, metal, etc.) put each item in front of a fan and note if/how they behave differently in the 'wind'.



Place the waste from the activity above into buckets of water from your waterway and place in a safe place outside. Monitor how the materials degrade (or not) over time.



Watch: [The Amazing Journey of Plastic Bags.](#)



Watch: [Ducks Lost at Sea.](#)



Experiment with: Online Plastic Tracker, [here.](#)



Club Activities continued

Create a 'Plastic Timeline'

Research how long it takes for your top 10 items to degrade in the ocean. Print off a picture or get a clean sample of each item and make a visual timeline by hanging them along a piece of string and noting the amount of years it takes for each item to degrade. This can be hung up in your club as a temporary display to remind people to use less single use plastic.



Plastic Free Events

Look at the plastic you use at events and see if you can switch to reusable options and hold a plastic free or 'plastic clever' event. You could hold a club lunch where members bring a plastic free dish or contribution to share. Members and their families can all come together and then discuss how easy or difficult it was and share the solutions they found.

Talks / Workshops

Book a speaker to run a workshop or talk about the issues and solutions. This could be an adventurer, local charity representative or a local expert. Or you could show one of the many films on this topic, e.g. A Plastic Ocean Film, or Albatross. These talks/workshops can be a great means of involving the wider community, so open them up for whoever wants to come along.

Write a Letter or a Tweet

Contact the brands you are finding in the waterways and ask them what they are doing to prevent plastic pollution in the future. Use **#reducepackaging** and make sure you copy in your local authority and trading standards office. Persistence is key.

You could email your MP [here](#) to tell them what you have found and ask them what they are doing about it.



Club Activities continued

Reuse / Recycle Hub

Design a poster which clarifies what can be recycled or reused where in the local area. Include any new collection points you might have added to your community as a result of your great work. There could also be a club competition for the best poster. Maybe find a local business to sponsor a prize and a short print run so it can be distributed in the community?



Audit

Take a look around your club. What types of rubbish are produced on a regular basis?

Make a diary over a one month period and tally up the different types of waste so that you can see what the main offenders are. Speak to the people who make the purchasing decisions about any single use items and ask them to look at alternatives. It is usually a good idea to find some solutions to present to them. For example, replacing any single use crockery, cutlery or cups with reusable options.



Keep a Record

Track your findings over time to see how it changes. Keep track of the top ten items found, perhaps with a chart on the wall in your club. How can you reduce your use of these or find ways in your community to keep these items out of the waterways? Do the top ten items change over time as your community changes its habits?



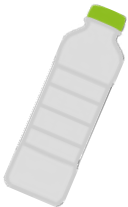
We would love to hear how you get on!

Keep us up to date with your Paddle Cleanup and what unusual items you find so please make sure to use the hashtag **#PaddleCleanup** and **#ClearAccessClearWaters** so we can follow your progress.

Plastic Usage Diary (Printout)



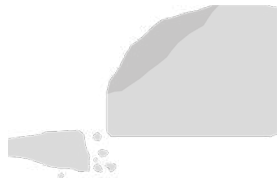



Item of Plastic	Can it be reused or refilled?	Where will it go after its useful life? R - Recycled B - General Bin (landfill or incinerated)	Is there a non-plastic / reusable alternative?	Number used

Paddle Cleanup Bingo

		
Plastic Bottle	Food Wrapper	Ball
		
Polystyrene	Lighter	Bottle Top
		
Toy	Shoe	Carrier Bag



Paddle Cleanup Bingo

		
Plastic Bottle	Food Wrapper	Ball
		
Polystyrene	Lighter	Bottle Top
		
Toy	Shoe	Carrier Bag



(Insert event name).....

Please note we will be taking photos across the event. These photos will be used for reporting on and promoting future events and will be stored as per any other data provided on this form and in accordance with our Data Protection Policy and/or Privacy Statement. If you do not want your photograph to be taken, stored, or used in this manner, please alert the event organiser.

Club Contact lead information

When participants are completing this form we recommend you make them aware of your Data Protection and Privacy Policy. Where details are being shared with British Canoeing, participants can be signposted to the British Canoeing Privacy Centre (<https://www.britishcanoeing.org.uk/about/privacy-centre>) should they need any further information about British Canoeing's approach to privacy.

Please also ensure that the details on this form are kept confidential and managed by an allocated person during the event sign up process. We recommend using a blank covering sheet to keep previous participants' details confidential, and once all attendees have signed up please ensure the form is stored securely at all times.

For those participants who would like to receive the British Canoeing newsletter please send their details to: British Canoeing, FREEPOST –RTJS-LCET-UCHY, National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham, NG12 2LU

Sample Risk Assessment.



Example Risk Assessment: Paddle Cleanup

This risk assessment acts as a **guide** to take you through the hazards, risks and control measures which may be encountered when running a paddle cleanup event. The scale of the event, nature of the water and prevailing conditions on the day should all be considered and a dynamic assessment always carried out on the day of the event before it commences.

All participants should be briefed on the organisation of the event (paddler cleanup toolkit – 'How to paddle cleanup') and overall safety. Use the sign in form to count paddlers in and off the water.

DATE RISK ASSESSMENT CARRIED OUT: ASSESSMENT CARRIED OUT BY:

Hazard	Who might be harmed?	Risk	Control measures	Review date/review comments
Slippery, uneven or steep terrain	All	Slips, Trips and Falls	<ul style="list-style-type: none"> • Plan launching and landing for easy access, seeking alternatives if required. • Use suitable landing techniques and manual handling, using multiple people to move boats where required. • All participants to wear suitable footwear for use in boats and working on rough banks. 	
Weather and water conditions	All	Deteriorating/changeable conditions may compromise the safety of the group.	<ul style="list-style-type: none"> • Plan using a trusted weather forecast. • Make continual assessments at location, & throughout the day. • Adapt/change trip plans to maintain safety, according to the prevailing weather conditions. 	

Sample Risk Assessment cont.

			<ul style="list-style-type: none"> • Ensure all participants are adequately clothed and sunscreen available. • In the instance of lightning the group will evacuate the water and wait for clear conditions to return. 	
Immersion in cold water	All	Drowning, Hypothermia	<ul style="list-style-type: none"> • All participants to wear buoyancy aids, appropriate clothing, equipment and use familiar craft. • Leader to obtain information on participant's water confidence and swimming ability. • Carry spare clothing, land, dry off and change where necessary. • Leader to be competent at deep water rescues. • Participants briefed on procedures in the event of capsize. • Warn of the risks of over reaching for litter and other potentially hazardous maneuvers on the water which may cause capsize. • All participants advised to stay in groups. • At least one whistle per group. 	
Weather or water conditions have an adverse effect on members' health/wellbeing	All	Hypothermia, Overheating, Seasickness, Distress.	<ul style="list-style-type: none"> • Brief participants on expected conditions. • Ensure correct equipment and clothing are worn. • Continual assessment of participants wellbeing. • Land or reduce exposure to elements causing distress of illness. 	
Other water users	All	Collisions and other crafts wake	<ul style="list-style-type: none"> • Brief the group on avoidance of other craft and how to pass safely. • Use routes which minimise exposure to other craft. • Continual assessment of the environment. • Leader to maintain good group management and awareness of others. 	

Sample Risk Assessment cont.

			<ul style="list-style-type: none"> • Use guidance given by British Canoeing on codes of practice whilst using busy ports or waterways. 	
Jetties, Locks, Tow-paths, River Banks, Tunnels	All	Slips, Trips, Falls and collisions.	<ul style="list-style-type: none"> • Make participants aware of the potential of falling off the jetty/lock/bank when removing kayaks from the water. • Brief participants on dangers of other lock/towpath users. • Warn of gap between the bank and the jetty. • Keep clear of any other craft maneuvering or using the locks/jetties/bank. • Brief group on conduct whilst on the jetty or lock-side. • When getting in/out of a kayak make sure someone is stabilising it where required. Do not allow participants to swim in areas with hazards. • Avoid jetties when in moving waters. • Assess the best entry and exit points. • Wear lighting in tunnels to increase viability to other craft, use a whistle and travel in groups, give way to motorized craft, do no enter tunnel until clear passage available. <p>Some tunnels have restricted access to non-powered craft.</p>	
Litter Picking	All	Coming into contact with sharp or dangerous items. Cuts, disease, injury.	<ul style="list-style-type: none"> • Protective gloves must be worn when handling litter. Use litter pickers to collect litter when possible. • Instruct participants not to handle any visible sharps and report to relevant authority. Warn of the specific risk of fishing hooks and needles. • In the event of any cuts or scrapes caused by contact with sharp waste, recommend medical care. • Participants advised not to overload sacks of rubbish and to use opens as intermediate collection points. • Participants to use onion sacks or similar Black sacks can be used by open boaters. 	

Sample Risk Assessment cont.

			<ul style="list-style-type: none"> • Participants advised to stay in groups. At least one whistle per group. • Participants advised to be aware of brambles, stinging nettles and to respect the natural habitat and its inhabitants. • Do not pick up dead animals, instead report them to the relevant authority. 	
Medical issue & 1st Aid	All	Bleeding, illness, loss of conscious, jelly fish stings, asthma attack, allergic reaction and water pollution.	<ul style="list-style-type: none"> • Leader must hold an up to date 16hr 1st aid certificate. • Leader carries a comprehensive 1st Aid Kit. • Participants to fill out and declare known medical history. • Leaders to verbally ask about Medical history. • Ensure participants are carrying/using required medication. • If severe medical condition is disclosed, highlight increased level of risks to participant. • Put in-place measures to reduce exposure to environment. • Leader to maintain close group control to deal with situations quickly. • Choose route with good escape and landing options. • Leader continually assess participants' fitness and health. 	
Water Borne Disease and pollution	All	Contracting Weils disease.	<ul style="list-style-type: none"> • Avoid contact with unclean water. • Brief group on how to avoid contracting water borne diseases. • Wear safety equipment in particular ensure team wear protective gloves when picking up litter and cover any cuts. • Use litter pickers to handle litter where ever possible. • Carry anti-bacterial hand sanitiser and ensure high levels of hygiene before eating. • Wash hands thoroughly after cleanup. • Advise of symptoms to be aware of including but not limited too fever, chills, headaches, nausea, vomiting 	

Sample Risk Assessment cont.

Entrapment	All	Drowning, injury, distress	<ul style="list-style-type: none"> • Brief participants on capsize procedure. • Use correct sized equipment. • Avoid/continually assess use of, enclosed environments. • Leader to manage exposure to high risk environments. 	
Difficulty controlling body temperature	All	Hyperthermia/hypothermia	<ul style="list-style-type: none"> • Ensure appropriate clothing is worn or carried. • Leader carry spare clothing. • Leader to carry group shelter. • Encourage participants to use sun protection. • Ensure participants have enough water and food. 	
River Hazards	All	Weirs and manmade features/overhanging trees or strainers	<ul style="list-style-type: none"> • Brief participants of potential hazards and organise boats and expertise accordingly on the water 	
Other River Users	All	Conflict	<ul style="list-style-type: none"> • Brief participants to be aware of other river users and to take appropriate/avoiding action. If confrontation develops, advise to remain calm and summon help as quickly as possible. All such incidents to be reported to the organiser 	
Dynamic (Capture local risks and always assess on the day before the event)				



Produced by Clare Osborn (Clare Talks Rubbish for Clear Access Clear Waters Campaign)
Find more tips and advice at www.claretalksrubbish.com or [@ClareTalks](https://www.instagram.com/ClareTalks) and in
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