



ADUR CANOE CLUB

Brighton Road, Shoreham-by-sea, West Sussex, BN43 5LT

www.adurcanoeclub.org.uk

ACC Site Specific Competences

#3 - Wadurs Pool

Version 12, July 2010

This is to go in the coach's logbook. The reviewer should keep a note of completion and any limitations, and pass it to the committee.

	Name	Date	Signature
Coach			
Reviewer			

There is currently no ACC Risk Assessment for the pool.

Activity / Location	Aspect	Content	Check
Desk	Admin	Housekeeping & paperwork Don't go in through the shower full of ladies. Times of arrival & departure.	
Wadurs	Club Pool Rules	Pre-read on website & discuss <ul style="list-style-type: none"> - Hazards of swimming - When to wear helmets - When not to use paddles - How many is too many 	
	Wadurs Procedures (ACC summary)	Normal Operating Procedures: Whistle signals - if hear whistle, see lifeguard for guidance (3 blasts is alarm). Wadurs Duty Officer is key contact. Protection issues could be addressed to Adur District Council's Monitoring Officer. See Wadurs Duty Officer for reporting any incident, as well as reporting to Club. Coaches to have a whistle. Wadurs advise cover should not coach or officiate. Emergency Action Plan: Tannoy may be used. First Aid Room – location. Pool rescue aids & face masks Evacuation to Homebase car park, via rear emergency exits. ACC - If evacuated, take sign sheet & yellow box if safe to do - will have contact details.	
	Safety Tips	Supervision of pool with Wadurs staff Hand of God & relevant rescues Emptying boats without strain Facing the right way Putting a stop to...	
	Accident Procedure	Club Accident Procedure & Wadurs Accident Book	
	Issues relating to nearly-naked paddlers in close proximity	Be wary of bullying issues and child protection issues, and don't forget <u>both</u> changing rooms.	
	Kit	<ul style="list-style-type: none"> - Clean boats - Helmets - Blow up airbags 	



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Activity / Location	Aspect	Content	Check
		<ul style="list-style-type: none"> - Need to wash decks - Borrowing Wadurs Kit - Clearing stuff for polo - Take a whistle 	
	Activities that may be unacceptable	Conditions for photography: Tell Wadurs and tell paddlers and tell parents. Be aware some activities may intimidate. Playboating when at all crowded	
	Things to coach	<ul style="list-style-type: none"> - Confidence - Edging skills - Support strokes - Rolling - Variations & games – esp - No-paddle-polo 	
	Things not to coach – maybe people not to invite.	<ul style="list-style-type: none"> - Forward paddling, - Open canoes (usually) - Long kayaks (usually) - Young kids without parents (depending on the kid) 	
	Rolling coaching workshop.	<ul style="list-style-type: none"> - Rolling – different rolls. - Handrolling - Suggested books or videos 	
	Practice	Coach & assist at 4 ACC pool sessions	