

Coaching Canoe Polo from the Bank

Carry – Do you have a first aid kit or one close to hand?

Assess – Have you checked the weather forecast and is it appropriate for the session/game? Are the pitch and facilities safe to use? Any signs or concerns with water quality?

Notice – Are the players showing signs of fatigue? Are they too cold or too warm?

Organise – Ensure players warm up appropriately and consider the structure of the session to build up gradually.

Ensure – Have you set appropriate safety frameworks? What rescue equipment and craft are available to initiate a rescue? Are players capable of assisting you? Is there a need for a lifeguard?

Prepare – Do the players know the plan so they can prepare themselves appropriately? For example, the right clothing and equipment.

Operating procedures – Do you understand the operating and emergency procedures of the facility? How would you raise the alarm or call the emergency services?

Look after yourself – Wear appropriate safety equipment for the environment, keep warm, stay hydrated, etc.

Off the water – Make sure players are off the water before you leave the waterside. Their safety is more important than getting away 2 minutes earlier!

