

Cotherstone Fly Fishing Club

Safety & Risk Assessment

All individuals present - whether members, officials, guests, or visitors, regardless of their participation in fishing activities - are expected to be aware of the potential risks within their environment and to undertake a personal risk assessment. This typically involves the application of sound judgment and the adoption of appropriate measures to ensure their own safety and that of others. However, it is a strict requirement that all anglers read, fully understand, and expressly accept this Safety & Risk Assessment Statement as a condition of participation.

Risks Associated With Fly Fishing

Paths/Access

Only use obvious paths. Take care when walking on wet surfaces particularly when wearing waders or wading boots. Exposed tree roots present tripping and slipping hazards as do riverbanks

Banks

Beware of unstable or eroded riverbanks, especially near deep water.

Wading

Take care whenever wading. CFFC recommends the use of appropriate wading footwear, wading staff, wading belt and life jacket. Polarised sunglasses can reduce surface glare and assist in seeing underwater surfaces. We recommend you check water levels on the Environment Agency website before fishing to ensure water levels are both safe, and are not predicted to rise.

Power lines/lightning

Caution must be exercised when fishing in the vicinity of overhead power lines (or during thunderstorms), as electricity is capable of arcing across significant distances. Individuals standing in or near water are particularly at risk, as water provides an effective earth for electrical current. Additionally, it is important to note that graphite, commonly used in fishing rods, is a highly efficient conductor of electricity.

Casting

Anglers must exercise due consideration for others along the riverbank by ensuring their casting does not come into contact with any individual. The use of protective eyewear is strongly advised while fishing, as a precaution against injury from hooks.

Hooks/Flies

Hooks are inherently sharp and can easily puncture skin. Their use brings them into contact with bacteria and other contaminants that may pose a risk to health. Caution must be exercised when handling hooks, particularly when attaching, removing or casting them.

Trees and Falling objects

Fishing under trees can be unsafe in windy conditions. Beware of falling debris, branches or trees themselves.

Insects

Be aware of ticks and other stinging insects with special relation to Lyme's disease.

Weils Disease

This disease is transmitted through contact with rat urine. Under no circumstances should wet fishing lines or any other equipment that has been in the water be placed in the mouth. Waterproof dressings should be applied to any cuts or abrasions to reduce the risk of infection. Additionally, certain waters may carry a health risk due to the presence of treated sewage effluent..

Falling/Drowning

Accidental immersion in water can result in drowning. It is recommended that a life jacket/buoyancy aid be worn at all times when on, in, or near water. When using waders, a securely fastened wading belt should be worn to help retain trapped air and provide additional buoyancy. It is recommended that a wading staff is attached to you by a lanyard at all times.

Weather

Weather conditions can change rapidly, potentially creating hazardous water conditions without warning. Anglers should remain vigilant and continuously monitor the weather and its possible effects. It is advisable to consult reliable sources for current weather forecasts and water levels before commencing any fishing activity. Extreme caution should be exercised when the river is in flood.

Contamination

Prior to fishing, it is essential to ensure that all tackle has been thoroughly dried or appropriately disinfected to prevent the potential spread of contamination, particularly after fishing in a different still water location or river.