

## **Risk Assessment: Stand Up Paddle Boarding**

Reviewed: August 2021

Next Review Date: August 2022

Assessment undertaken by: Chris Martlew, Chief Instructor

L = LOW M = MEDIUM H = HIGH

Hazards	Effects	Who is effected	Risk		Methods to Avoid/Reduce Risk
			Likelihood	Consequences	
Giant SUP					Giant SUP
Drowning	Death, serious illness	Group	L	H	Buoyancy aids must be worn at all times, and they must be checked every 8 weeks. Minimum qualification for lead and assistant instructor (see minimum qualification sheet) Good group control BCU guidance ratios adhered to and BC terms of reference document used. A thorough safety briefing must be conducted Uncontrolled immersion to be minimised A mobile phone must be carried on the water– with someone manning a phone at the centre or with another phone and instructors' number.
Falling off the SUP	Back/neck injury/head, Hypothermia, bruising.  Shock, asthma, panic attack.	Group	H	L	Remounting procedure to be clearly explained before launching Appropriate safety kit carried for group and prevailing weather conditions Warm drink to be carried if necessary Check personal medication is carried
Being hit by a car walking across the car park or down the road.	Back / arm / shoulder / head / leg injury	Individual	L	M	Group to be monitored carefully and closely on walk to the river
Entrapment	Death, drowning, panic, shock	Individual	L	M	Clear briefing, constant observation by the instructor. Instructor to stay close to the group and keep good group control at all times. Instructors to always carry a river knife on session.

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			Likelihood	Consequences	
Giant SUP		Group			Giant SUP
Lifting and carrying	Back/arm/shoulder injuries Cuts bruises, broken limbs	Group	L	M	Staff trained in manual handling Instructor brief and demonstration to participants 2 adults or multiple children to lift SUP's First aid kit to be carried
Damaged unsuitable equipment	Cuts, grazes, splinters	All	L	M	Pre-use equipment checks carried out Equipment fitting supervised and checked by instructors Unserviceable equipment dealt with accordingly
Collision with other boats	Bruises, trapped fingers, arms	All	M	L	Safety briefing and awareness by instructor River etiquette explained to participants
Launching/landing	Injury though slipping, falling or collision	All	H	L	Instructor briefing and awareness Staff training in manual handling Show consideration and keep distance from other users.
Loading and unloading trailers	See the 'trailer' risk assessment	All	L	M	Refer to 'trailer' risk assessment
Contaminated water	Loss of group control	All	L	H	Consider alternative location River condition checked prior to session Consider alternative activity Shower after activity (if fully immersed) Instructor to be aware of water quality All cuts covered Wash hands and arms up to the elbows after activity
Flooded river (in spate)	Loss of group control Increased potential for injury/ drowning	Group	H	L	Consider alternative location River condition checked prior to session Consider alternative activity
River obstacles e.g. strainers, weirs, trees in the river and overhanging branches	Increased potential for entrapment, or injury, particularly to upper body/head	All	H	M	Consider alternative location/activity Avoid and work downstream of overhanging trees/branches, remove if possible
Weather – heat, cold and rain	Sunburn/sunstroke, hypothermia/hypothermia, shock.	All/individual	H	L/M/H	Appropriate clothing/kit carried for group Hot/cold drinks available if necessary Consider alternative activity All level one Coaches to be site specifically trained by a level 2 Coach or higher
Insect bites	Stings, allergies, reactions, anaphylactic shock	Individual	L	H/M/L	Any personal medications available and instructor aware of any medical conditions.
Strain injuries	Back/arm/shoulder injuries	All/individual	L	M	Instructors to brief participants really well on proper paddling techniques and to continuously monitor participants for bad technique throughout the session. Participants advised to start off slowly and to take their time when getting used to paddling the SUP boards.