

Risk Assessment – Stand Up Paddleboarding (Sheltered Water)



| | |
|-----------------------------|---------------|
| Reviewed Date | 18/02/2022 |
| Next Review Date | 01/03/2023 |
| Manager Name | Mel Wycherley |
| T/A(Name & Date) | Darren Joy |

| | |
|----------------------------|--|
| General Information | This risk assessment concerns the use of paddle boards which is distinct from Jumbo Paddle Boards which has its own risk assessments and operating procedures. |
|----------------------------|--|

| | |
|------------------------------|---|
| Instructor Competency | To <u>Lead</u> - British Canoeing Paddlesport Leader or above (i.e. Coach Award) To <u>Assist</u> - British Canoeing Paddlesport Instructor & T/A Statement of Competence Completion of <u>Team Skills</u> by instructor & manager as per activity cloud. |
|------------------------------|---|

| | |
|----------------------------|---|
| Ratios & Remits | 1:8 maximum Sheltered Water is where the paddlers are no more than 200 metres offshore and the wind strength does not exceed Beaufort force 3, avoiding the group being swept/blown out of the safe working area. An example - a defined beach with easy places to land throughout, no tide races, overfalls or surf. Site specific risk assessments may apply specific criteria to a site. |
|----------------------------|---|

| Identified Hazards | Who is at risk? | Example Causes | Control Measures |
|--|--|---|--|
| Drowning & Being Blown Offshore | Instructors & All Participants/Group Leaders | <ul style="list-style-type: none">- Taking part without a buoyancy aid or the swimming ability to cope.- Being blown out to sea in sea conditions beyond | <ul style="list-style-type: none">- Day manager and instructor to check sea and environmental conditions prior to the activity. Lead instructor on the water to dynamically assess conditions and end session if required. |

Risk Assessment – Stand Up Paddleboarding (Sheltered Water)

| | | | |
|------------------------|--------------------------------------|---|---|
| | | <p>personal ability.</p> <ul style="list-style-type: none"> - Falling from a board, banging their head and lying face down in the water. | <ul style="list-style-type: none"> - Effective safety briefing, as per SOP. - Recognising water confidence early in the session is required. As a minimum, the ability to swim whilst wearing personal flotation can mean being able to remain upright, turned away from the weather and make forward progress. - Correctly fitting buoyancy aids to be worn at all times and checked at the beginning of session by an instructor and on-going monitored. - Lead & Assistant instructors to understand and be familiar with our operational procedures in relation to wind speed and the specific dangers of offshore winds. - EAP's to be developed which clearly identifies how to deal with off-shore winds and not being able to return to shore, for a specific reason. - Instructors to keep group within line of sight and regularly scan the water for participants in danger. - Instructors to hold a first aid qualification which focuses on what to do in the event of a suspected drowning. - A mobile phone is available to contact the emergency services. - A time off the water is provided to the day manager and checked in. |
| Personal Injury | Instructors & All Participants/Group | <ul style="list-style-type: none"> - Being hit in the face with a paddle. | <ul style="list-style-type: none"> - Instructor to provide health and safety briefing(s) to prevent injuries, including |

Risk Assessment – Stand Up Paddleboarding (Sheltered Water)

| | | | |
|---|--|--|---|
| E.g. Slips, Cuts, Head Injuries, strained backs | Leaders | <ul style="list-style-type: none"> - Water confidence games which bring people into close contact with others. - Lifting and carrying boards longer distances, without advice and guidance could lead to back injuries - Falling from the board in shallower water. - Lack of briefing and instruction to allow participants to develop standing skills in a controlled environment. - Impact with members of the public on beaches - I.e. leaving boards and paddles in walkways. - Lack of footwear leading to foot cuts and stings. | <p>manual handling. See SOP for full details of operational procedures.</p> <ul style="list-style-type: none"> - Helmets at the discretion of the instructor. - Instructor to on-going monitor and instruct the session to proactively prevent people from coming to harm. For example, this may include choosing a specific environment to play a specific game. - Instructor to hold first aid qualification and have a first aid kit in close proximity. - As groups launch and land, instructors are to advise participants to be on their knees in water that is less than chest depth. - Footwear such as wetsuit boots are advised. Cuts to feet and weaver fish stings are a possibility. - Do not leave equipment in public places which present a trip and slip hazard. - Instructor to teach participants to carry boards using effective manual handling techniques. - We advise wearing footwear. - Sessions with novices to follow a systematic process - prone, kneeling, standing. |
| Difficulty controlling body temperature | Instructors & All Participants/Group Leaders | <ul style="list-style-type: none"> - Paddleboarding during the colder, winter months. - Lacking personal protective equipment. - Poor preparation from participants - I.e. missing | <ul style="list-style-type: none"> - Wetsuits are recommended. During very warm summer months participants may prefer not to use a wetsuit. In this case, careful monitoring of body temperature is required. - Appropriate group safety equipment to be carried. The SOP provides further detail. |

Risk Assessment – Stand Up Paddleboarding (Sheltered Water)



| | | | |
|--|--|-----------------|--|
| | | breakfast. - | <p>The exact equipment must be based on a sound consideration of the journey, environment and participants.</p> <ul style="list-style-type: none">- Use of 5mm wetsuits during the months with colder sea temperatures is recommended.- Adjusting routes and time on the water based on weather conditions. |
|--|--|-----------------|--|

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment speak to your manager.