Risk Assessment - Paddlesports - Jumbo SUP (Sheltered Water)

Reviewed Date	03/03/2026	
Next Review Date	03/03/2027	
Risk Assessment completed by	Mel Wycherley	
Internally reviewed by	Alex Mortimer	
Reviewed byTechnical Experts (Name & Date)	Darren Joy	30/03/2026

General Information	This risk assessment concerns the use of SUP Jumbo which is distinct from SUP which has its own risk assessments and operating procedures.

Instructor Competency	All instructors need to be current members and have a valid in date 1st Aid and Safe Guarding awards To Lead - Paddle UK Paddlesport Leader or above (I.e. Coach Award) with a SUP personal performance award or equivalent. T/A Statement of Competence Completion of Team Skills by instructor & manager as per activity cloud. To Assist - Paddle UK Paddlesport Instructor with a SUP personal performance award or equivalent. T/A Statement of Competence Completion of Team Skills by instructor & manager as per activity cloud.

Ratios & Remits	1:10 maximum/1 instructor to 1 Jumbo SUP. Land & Wave typically operates from Swanage Beach, Sandbanks Beaches, Sandbanks harbour side. These locations have sheltered water when wind and wave factors are favourable. In the 'wrong' conditions these sites are not 'sheltered water' and activities would need to be cancelled or moved by the Day Manager.

Risk Assessment - Paddlesports - Jumbo SUP (Sheltered Water)

	Sheltered Water where the Jumbo SUP's go no more than 100 metres offshore and the wind strength does not exceed Beaufort force 3, (consistent speed not the gusting speed) Participants must be able to make consistent progress against any wind and therefore group ability is also to be factored in. Jumbo SUP's used for tethered games can be used in stronger winds as long as the instructor holding the board can maintain their footing to hold the Jumbo SUP in a defined area. 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 & Participants	- Taking part without a buoyancy aid or the swimming ability to cope. - Being blown out to sea in sea conditions beyond personal ability. - Falling from a board, banging their head and lying face down in the water. - Deflation of board. - Flipping of the board	- 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 the session if required. - 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, turn 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-goingly 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 keep their group within line of sight and regularly scan the water for participants in danger. - Instructors to brief the group with what to do in case the board flips during the session. - 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. - If the wind direction is offshore the Instructor is to keep the group close to shore while checking the groups ability, and if the group is less able the instructor is to keep the group close to shore and well within the wind shadow area.
Personal Injury E.g. Slips, Cuts, Head Injuries, strained backs,	Instructors & Participants	- Being hit in the face with a paddle. - Water confidence games which bring people into	- Instructor to provide health and safety briefing(s) to prevent injuries, including manual handling. See SOP for full details of operational procedures.

arm/shoulder injury)		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. - Participant are told not to do back flips when jumping off the boards. - Lack of footwear leading to foot cuts and stings. - Sudden movement/jolt of the board affecting the leash wearer.	- Helmets are mandatory. - 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. - 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. - Sessions with novices to follow a systematic process - prone, kneeling, standing. - Participants to be aware of the water depth. - Monitor rough play and stop if it becomes over the top. - Instructors to use purpose made leashes when attaching themselves to the Jumbo SUP's
Difficulty controlling body temperature	Instructors & Participants	- Submersion - Lacking personal protective equipment.	- Wetsuits are frequently worn and instructors to monitor groups on-goingly. - Appropriate group safety equipment to be

			available – e.g. shelter, warmth, water, communication, The SOP provides further detail. The exact equipment must be based on a sound consideration of the journey, environment and participants. - 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.

Emergency Action Plan

Remember;
Self – Team – Casualty – Equipment

1. Make sure you are safe
2. Make sure the group are safe
3. Make sure the individual(s) concerned are safe
4. Rescue the individual(s)
5. Call/send for assistance (as required)
6. Remove all to a safe place

a. Where possible move the casualty and group up an exit route via the safest route to a safe place or vehicle.
b. Water Based rescue. If the casualty is unable to exit, call
for a rescue. When the services arrive, follow their direction.

c. Land Based rescue. If the casualty cannot move, make them safe and await rescue services help. Where possible, move the group away from the venue to a safe place to allow
an unhindered rescue to take place. If the assistant knows the exit,
they may lead the group out at the lead instructor's discretion and make the
group safe.
7. Diagnose the extent of the injury and effect first aid in line with your training.
8. Take further action as appropriate.
9. Inform Day Manager, ensuring all appropriate documentation is
completed at the earliest possible opportunity.

If required, call the emergency services on 999. If no signal exists, move to a new location, perhaps on higher ground. Ensure you have discussed your plans with your colleague and also the additional risk you are being exposed to yourself.

Instructors are to have knowledge of the nearest hospital (A&E or small injuries unit to where they are operating).