

Risk Assessment: Stand up Paddle Boarding (Special Needs)

Hazards	Who could be effected	Existing Control Measures (please specify if present)	Risk Level			Date Complete by (name)
			Low	Med	High	
Walkway and Pontoon Slips, trips and falls	Participants and instructional staff	Instructor to advise the students that slipway and wooden pontoons can be slippery when wet Instructor to monitor students when walking on the walkway pontoon and slipway	✓			Chris Beal
Foreign substances/objects next to session area – Poisoning from ingestion, inhalation or lacerations of the same	Participants and instructional staff	Session area checked prior to arrival of groups. Participants warned of dangers of picking up unnatural objects. To wash hands on returning from session, Footwear to be worn at all times while on session	✓			Chris Beal

Lifting boards – Injury to backs and muscles etc.	Participants and instructional staff	All instructors are to be aware of the dangers of lifting and carrying the boats. Using correct manual handling to be used at all time. Instructors are to read and be familiar of the B.C.U. Injury Prevention in Paddle sports Scheme (CB 574 04/06/98)	✓			Chris Beal
Falling in the water – Drowning/Hypothermia	Participants and instructional staff	Group and instructors are supplied with wetsuits, spray tops and approved and tested personal buoyancy	✓			Chris Beal
Falling over a boards/paddles – Injury due to impact with the equipment	Participants and instructional staff	All participants are to wear safety and personal protective equipment	✓			Chris Beal

Weather extremes – Exposure/ hypothermia/ hyperthermia/ heatstroke/ sunburn and other associated conditions	Participants and instructional staff	Instructors to check weather forecast prior to the start of the session/trip. It must be ensured that all participants have the appropriate protective clothing for prevailing conditions. Spare clothing, thermal blankets and survival bags are available from the lead instructor. In the case of exceptionally hot weather drinking water is carried on session, and dispensed at various intervals. Instructors are constantly monitoring the group's condition	✓			Chris Beal
Handling of the paddle – Injury due to impact with the paddle	Participants and instructional staff	All participants are to wear safety and personal protective equipment	✓			Chris Beal
Other water users –	Participants and instructional staff	Instructors are to be aware of the danger of other water users and to be vigilant throughout the duration of the session	✓			Chris Beal
Animals – Injuries caused by animal attack	Participants and instructional staff	Keep the group away from wildlife	✓			Chris Beal

Head Injuries when Stand Up Paddleboarding	Participants and instructional staff	When leaving or returning to the slipway, pontoon or lake sides the participant must be kneeling as they leave or arrive at the get out area, this is introduced at the start of the session.	✓			Chris Beal
All of above	Participants and instructional staff	Instructors continually reassessing risks whilst water sports activities are ongoing	✓			Chris Beal

Written by:

Chris Beal
 Activities Director
 Reviewed Date: 19th April 2017