

# Risk Assessment – Stand Up Paddleboarding

Updated - 14.02.18

<b>Required Instructor Competence</b>	<ul style="list-style-type: none"> <li>• BSUPA Level 1 / BC L1 &amp; SUP DSM &amp; Statement of Competence</li> </ul>
<b>Ratios</b>	<ul style="list-style-type: none"> <li>• <u>  </u>1:8</li> </ul>

<b>Identified Hazards</b>	<b>Who is at risk?</b>	<b>Example Causes</b>	<b>Control Measures</b>
<b>Drowning</b>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Being close to the water without BA on and falling in.</li> <li>• Poor safety briefing.</li> <li>• Poor monitoring</li> <li>• Equipment Failure</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of weather/sea conditions</li> <li>• Effective safety briefing</li> <li>• Water confidence test</li> <li>• Equipment to be visually checked prior, during and after the activity.</li> <li>• BAs to be fitted correctly and worn near and on the water.</li> </ul>
<b>Personal Injury</b> E.g. Slips, Cuts, Head Injuries, strained backs	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Contact with paddle</li> <li>• Water confidence games</li> <li>• Lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor to provide health and safety briefing(s) to prevent injuries, including manual handling.</li> <li>• Helmets may be appropriate in certain circumstances</li> <li>• Instructor to hold first aid qualification and carry first aid kit.</li> </ul>
<b>Difficulty controlling body temperature</b>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Submersion.</li> <li>• Cold, wet days.</li> <li>• Hot, sunny day.</li> </ul>	<ul style="list-style-type: none"> <li>• Wetsuits to be provided when appropriate</li> <li>• Appropriate group safety equipment to be carried – e.g. shelter, warmth, water etc.</li> </ul>