

Risk Assessment – Stand-up Paddle-boarding ~ Isle of Wight (Sea)

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| Baseline | <input checked="" type="checkbox"/> | Site Specific | | Vulnerable Person | | Temporary | | Version | 2020.1.0 | Date of issue: | 20/01/2020 |
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Operating notes:

- Stand-up Paddle boarding is an activity where participants get the opportunity to experience SUP'ing on both single and multiple person boards
- This document must be used in conjunction with (all can be found at <http://kingswoodintranet/home/woodle>):
 - Watersports Operating procedures ~ Isle of Wight, which incorporates:
 - Supervision ratios and qualifications
 - Weather restrictions
 - Equipment levels and management
 - Site Specific information
 - Site Specific Risk Assessment ~ Isle of Wight (Sea) Watersports
 - Site Specific Training Plan
 - Stand-up Paddle boarding Session Plan
 - Stand-up Paddle boarding Training Plan
 - Observations Standards
 - Equipment Management Standards
 - Kingswood Safeguarding Portfolio

Risk – Benefit Statement: There is a low risk of injury / drowning on SUP, but high levels of participation in a new activity and environment involving aerobic exercise and learning new skills, making the risk tolerable.

| Hazard Description and activities giving rise to risk | Who may be harmed | Control Measures | Risk Rating |
|---|-------------------|---|-------------|
| Tides, rips, currents and weather. | All | <ul style="list-style-type: none"> • The operating area as defined by the Watersports Site Manager will be marked with four marker buoys in the water. | Low |
| Impact and Collision injuries | All | <ul style="list-style-type: none"> • Lead Activity Leaders must carry whistles to quickly attract the attention of the group. • Brief the groups to not stand up on the board in shallow water. • Brief the group on the meanings and actions of the Lead Activity Leader whistle. • Brief the group on the action to be taken if likely to collide with others (“Wipeout drill”) • Lead Activity Leaders must maintain a line-of-sight contact at all times with the group. • Be vigilant of other water and shore users and move the group to an alternative safe area if required. | Low |

| Hazard Description and activities giving rise to risk | Who may be harmed | Control Measures | Risk Rating |
|---|-------------------|---|-------------|
| Head or facial injuries | All | <ul style="list-style-type: none"> • Brief the participants to enter the water holding the boards to their sides so not to be knocked by incoming waves • Brief the participants on how to fall effectively. • If playing tandem paddling games on a single person board, brief the group not to use paddles. • Ensure the session is ran progressively, not putting emphasis on standing until able to paddle and balance effectively. • Activity Leader to monitor the spacing between SUPs and maintain a safe falling zone. • No participants should attempt to stand up on boards in very shallow water or near to rocks. • As part of the wipe out drill, instruct the participants to raise their hand upon surfacing after a fall. • When the SUP XL's are being used ensure all participants are wearing helmets | Low |
| Drowning - weak or non-swimmers | All | <ul style="list-style-type: none"> • Activity Leaders must check the level of water confidence before the activity commences. • Brief the group on to use the craft as a floatation device if they are nervous. • Students and Activity Leaders must wear a leash. • Students and Activity Leaders must wear buoyancy aids. • Brief participants on what to do if they fall into the water and the "Wipeout" drill • Activity Leaders must ensure all participants are competent in prone paddling and paddling on their knees before being allowed to SUP. • The Activity Leaders must place themselves in position of maximum visibility. • The Activity Leaders must keep a constant head count. | Medium |
| Poor group control / loss of group members | All | <ul style="list-style-type: none"> • Brief the participants in the safe operating zone and marker buoy boundaries. • Brief the participants in control signs, signals and dangers including, "come to me / go there", "one person", "all people" and "Exit Immediately". • The Activity Leader must position themselves to ensure the students do not drift outside of the safe operating zone boundary as marked out by buoys. • In the event that the group drift down the beach, recall the group back to the safe operating zone and consider changing the zone if required. | Medium |