

Risk Assessment – Bodyboarding

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|---------------------|-------------------------------------|----------------------|--------------------------|--------------------------|--------------------------|------------------|--------------------------|
| Baseline | <input checked="" type="checkbox"/> | Site Specific | <input type="checkbox"/> | Vulnerable Person | <input type="checkbox"/> | Temporary | <input type="checkbox"/> |
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Operating notes:

- This risk assessment covers the use of Bodyboards and Surfboards in sheltered tidal water / sea (see BCU terms of reference)
- Body Boarding is an activity where participants get the opportunity to experience body surfing, water confidence games and body boarding in the sea under the supervision of a qualified RLSS NBLQ (Beach Lifeguard) or a qualified RLSS NWSMP Level 3
- 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
 - Bodyboarding Session Plan
 - Bodyboarding Training Plan
 - Observations Standards
 - Equipment Management Standards

Risk – Benefit Statement: There is a low risk of injury / drowning whilst taking part in Board Sports, 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 two Flags on the beach and two marker buoys in the water. | Low |
| Sprains, strains other muscular injuries | All | <ul style="list-style-type: none"> • Run warm-up games and or stretches within the water competency tests. | Low |

| Hazard Description and activities giving rise to risk | Who may be harmed | Control Measures | Risk Rating |
|---|-------------------|---|-------------|
| Drowning - weak or non-swimmers | All | <ul style="list-style-type: none"> • Brief the group on the use of a leash and to use the boards as a floatation device • The Beach Lifeguard must place themselves in position of maximum visibility. • The Beach Lifeguard must keep a constant head count. • Weak swimmers should not be allowed deeper than waist level. • Regular rotation of Lifeguards where more than one lifeguard is present. • Confidence games are always played in water no deeper than waist deep first at the beginning of the session. | Med |
| Poor group control | All | <ul style="list-style-type: none"> • Brief the participants in the safe board zone and the flags and marker buoy boundaries. • Brief the participants in control signs, signals and dangers including, “come in/ to shore”, “move left / right”, “one person”, “all people” and “Exit Immediately”. • The Activity Leader must position themselves in the water to ensure the students do not drift outside of the safe board zone boundary as marked out by flags and buoys by the Beach Lifeguard. • In the event that the group drift down the beach, the Lifeguard will recall the group to the beach and walk them back to the marked board zone area. | Med |
| Manual handling injury from lifting and carrying equipment. | All | <ul style="list-style-type: none"> • Consider weather conditions when carrying boards, especially larger boards in wind conditions, where difficult instruct the group to pair up. | Low |
| Head or facial injuries | All | <ul style="list-style-type: none"> • Brief the participants to enter the water holding the board to their sides so not to be knocked by incoming waves • Ensure the group is efficiently spread so to reduce the risk of collisions. • Brief the participants on how to fall effectively including the “Capsize” drill • Explain and demonstrate correct taking off, dismount and wipeout procedure. | Low |