

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

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:

- Stand-up Paddle boarding is an activity where participants get the opportunity to experience SUP'ing in both single and dual 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

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
Head or facial injuries	All	<ul style="list-style-type: none"> • Brief the participants to enter the water holding the craft to their sides so not to be knocked by incoming waves 	Low

Hazard Description and activities giving rise to risk	Who may be harmed	Control Measures	Risk Rating
		<ul style="list-style-type: none"> • Brief the participants on how to fall effectively. • If playing tandem paddling games, 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. 	
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