

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

|                                    |   |                                  |  |                                |  |                  |
|------------------------------------|---|----------------------------------|--|--------------------------------|--|------------------|
| <b>Baseline</b>                    | ✗ | <b>Site Specific</b>             |  | <b>Vulnerable Person</b>       |  | <b>Temporary</b> |
| <b>Produced by:</b> Leigh Phillips |   | <b>Date of issue:</b> 19/01/2019 |  | <b>Review date:</b> 19/01/2020 |  |                  |

**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"> <li>• The operating area as defined by the Watersports Site Manager will be marked with four marker buoys in the water.</li> </ul>   | Low         |
| Impact and Collision injuries                         | All               | <ul style="list-style-type: none"> <li>• Lead Activity Leaders must carry whistles to quickly attract the attention of the group.</li> <li>• Brief the groups to not stand up on the board in shallow water.</li> <li>• Brief the group on the meanings and actions of the Lead Activity Leader whistle.</li> <li>• Brief the group on the action to be taken if likely to collide with others (“Wipeout drill”)</li> <li>• Lead Activity Leaders must maintain a line-of-sight contact at all times with the group.</li> <li>• Be vigilant of other water and shore users and move the group to an alternative safe area if required.</li> </ul> | 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"> <li>• Brief the participants to enter the water holding the boards to their sides so not to be knocked by incoming waves</li> <li>• Brief the participants on how to fall effectively.</li> <li>• If playing tandem paddling games on a single person board, brief the group not to use paddles.</li> <li>• Ensure the session is ran progressively, not putting emphasis on standing until able to paddle and balance effectively.</li> <li>• Activity Leader to monitor the spacing between SUPs and maintain a safe falling zone.</li> <li>• No participants should attempt to stand up on boards in very shallow water or near to rocks.</li> <li>• As part of the wipe out drill, instruct the participants to raise their hand upon surfacing after a fall.</li> <li>• When the SUP XL's are being used ensure all participants are wearing helmets</li> </ul> | Low         |
| Drowning - weak or non-swimmers                       | All               | <ul style="list-style-type: none"> <li>• Activity Leaders must check the level of water confidence before the activity commences.</li> <li>• Brief the group on to use the craft as a floatation device if they are nervous.</li> <li>• Students and Activity Leaders must wear a leash.</li> <li>• Students and Activity Leaders must wear buoyancy aids.</li> <li>• Brief participants on what to do if they fall into the water and the "Wipeout" drill</li> <li>• Activity Leaders must ensure all participants are competent in prone paddling and paddling on their knees before being allowed to SUP.</li> <li>• The Activity Leaders must place themselves in position of maximum visibility.</li> <li>• The Activity Leaders must keep a constant head count.</li> </ul>   | Medium      |
| Poor group control / loss of group members            | All               | <ul style="list-style-type: none"> <li>• Brief the participants in the safe operating zone and marker buoy boundaries.</li> <li>• Brief the participants in control signs, signals and dangers including, "come to me / go there", "one person", "all people" and "Exit Immediately".</li> <li>• 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.</li> <li>• 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.</li> </ul>  | Medium      |