



Stand Up Paddleboards (SUP) Risk Assessment

Paddleboarding on local waters of Lincoln under normal water conditions, using all types of Stand Up Paddleboards during organised club sessions

December 2017

Identified Hazards	Who is at risk?	Example Causes	Control Measures
<p>Impact with something solid E.g. Collisions, Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones</p>	<p>Coaches & All Participants/ Group Leaders</p>	<ul style="list-style-type: none"> • Being hit by a boat • Falling or slipping on to hard surface. • Jumping on or off landing stage. • Being pushed by wind or another water user in to solid object. 	<ul style="list-style-type: none"> • Pro-active instruction providing direction and methods to prevent impact injuries. <ul style="list-style-type: none"> ○ Entering or exiting water via landing stage on knees. ○ Giving way to other boats • Wetsuits (in cold conditions), leashes and appropriate footwear must be worn. • On-going monitoring of site to ascertain suitability for SUP. • Careful monitoring of water state required both prior to and during the activity. • Discourage any kind of jump from land to SUP, or SUP to SUP • First-aid kit to be carried when going on a journey away from the club.
<p>Personal Injury E.g. Slips, Cuts, Head Injuries, strained backs</p>	<p>Coaches & All Participants/ Group Leaders and the public</p>	<ul style="list-style-type: none"> • Hit in face with paddle. • Playing water confidence games involving moving around on board(s). • Lifting boards inappropriately. 	<ul style="list-style-type: none"> • Warm up paddling to be encouraged before racing or playing games. • Coach to provide health and safety briefing(s) to prevent injuries, including manual handling. • Coach to be aware of nearest first aider and first aid box.



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Drowning	Coaches & All Participants/ Group Leaders	<ul style="list-style-type: none">• Buoyancy aid not fitted correctly• Entrapment under water.• Sudden immersion (e.g. Dry Drowning).• Unconscious swimmer.• Weak swimmer.	<ul style="list-style-type: none">• Juniors must have BAs fitted correctly and worn near and on the water always.• Adults must have BAs fitted correctly and worn near and on the water at all venues that require them.• Equipment to be visually checked prior, during and after the activity.• Coach must always check swimming ability and always ask participant to confirm prior to water use.• When not at Lincoln instructor to assess participants swimming ability through a visual observation at the start of session in a safe place and make appropriate decision on route choice.• Pro-active instruction providing direction and methods to prevent impact injuries. E.g. entering and exiting water.• A clear communication process outlined to participants prior to entry to the water.• Wetsuits (in cold conditions) and appropriate footwear must be worn.• Coaches to carry knife and throw line on moving water.• Coaches to hold appropriate water rescue training.• Careful monitoring of river state required both prior to and during the activity.
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Illness	Coaches & All Participants/ Group Leaders	<ul style="list-style-type: none"> • Weils Disease • Water pollution. • Allergic reactions. • Pre existing medical conditions <p>e.g. Asthma</p>	<ul style="list-style-type: none"> • Avoid areas of concern/do not enter the water. • Medical conditions requested prior to water use, assess severity and suitability to participate • Ensure appropriate medical equipment is carried – <p>E.g. Inhalers.</p> <p>Advice on prevention and identification of Weils disease with the necessary steps to seek help must be provided to all participants who paddle on Canals and rivers</p>
Difficulty controlling body temperature (Hyperthermia/ Hypothermia)	Coaches & All Participants/ Group Leaders	<ul style="list-style-type: none"> • Submersion hypothermia. • Cold water. • Cold, wet, windy days. • Hot days. 	<ul style="list-style-type: none"> • Wetsuits/drysuits to be worn in cold condition • In very hot conditions participants should be warned about over heating in wetsuits • Instructor/Participants to carry drink for hydration • Safety equipment to be carried in line with SOP, considering weather conditions on the day.
Becoming trapped	Coaches & All Participants/ Group Leaders	<ul style="list-style-type: none"> • Nervous group members. • Tired group members. • Injured group members. 	<ul style="list-style-type: none"> • Careful monitoring of river state required both prior to and during the activity. • Pro-active observation by instructor of group competence, fitness levels and objectives. • Coaches to be aware of escape routes on all sections of coastline utilised. • Late back procedure in place to allow an alarm to be raised.



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<p>Not being able to paddle where you require</p> <p>Strong winds and currents</p>	<p>Coaches & All Participants/ Group Leaders</p>	<ul style="list-style-type: none">• Head or side winds.• Tiredness.	<ul style="list-style-type: none">• At venues with restricted zones for paddling the instructor is to make participants and marshals aware of the boundaries, what to do if they get into difficulty and how to signal for help.• Ratio of 1 Coach to 6 students in very light or no wind (this can be increased to 10 with competent assistance)• Ratio of coach to student will be reduced in medium strength winds or above• Changes to Coach to student ratios may affect the number of beginners we can teach in each session.• In open water the instructor must be familiarised with route prior to leading group.• Gain awareness of group ability.• Coaches to provide leadership in accordance with BS qualification to ensure participants remain safe.• Clear communication system involving signals to be explained and understood by group prior to getting on the water.
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