Adventure Sunderland

Activity Risk Assessment

Multiuser Stand Up Paddleboard	**Location: Sunderland Marina and Harbor, Tidal River Wear** **Any areas outside of this need a site specific risk assessment and management approval**

Hazard	Potential harm	To Whom	Control Measures
Remote Operation	Exacerbate any injury or illness	Staff and participants	Activity only to be carried out by BCU (or equivalent) qualified coach having undergone activity induction and having completed a competency statement. Staff must take the following: • Spare paddle(s) • First aid kit • VHF radio or mobile phone • Spare clothing and/or 'wearable blizzard bag' • Group shelter • Flask with a hot drink if in the expert opinion of the staff member the conditions and activity dictate
Heavy objects / knocks	Personal injury	Staff and participants	Staff to observe and instruct in correct manual handling of equipment and participants. Staff to ensure a team lift to move the SUP and direct the lift. Staff to ensure paddles are not used in games/activities where the 'long end' may seep round and injure other participants. Helmets to be worn at all times on the water.
Collisions with other boats	Personal injury/drowning	Staff and participants	Staff to maintain a 360° look-out at all times. Staff to follow the 'rules of the road' and comply with the I.R.P.C.S. at all times around other vessels.

Adventure Sunderland

Activity Risk Assessment

Water	Hypothermia, drowning	Staff and participants	If needed call for powerboat assistance from the centre/marina. All participants briefed to remain on the board and at all times unless otherwise instructed. Correctly fitted BA's to be worn at all times. No swimming more than 5m away from the board. • Staff to carry throwline at all times. • Staff to wear a waist mounted quick release tow line for a secure swim rescue away from the SUP.
Staff loosing contact with board/group	Group in uncontrolled unsafe situation	Participants	Staff member on board to maintain contact with either a leash or towline clipped into D-ring of board. • Staff to wear a waist mounted quick release tow line for a secure swim rescue away from the SUP.
Slips, trips, falls & bangs	Personal injury, hypothermia, drowning	Staff and participants	Be extra careful on the marina walkways following periods of rain or if there has been an overnight frost. Ensure that none of the participants run on the walkways. Staff to brief participants on potential hazards such as glass, seaweed and discarded rope and strategies to avoid hazards. Staff to warn participants about the hazards of alighting/surfing in shallow water and about the risks playing close quarter games.
Effects of weather	Hypothermia, Hyperthermia, Sunburn	Staff and participants	Weather forecast obtained before activity, weather forecast posted on notice board in office. Visual inspection of weather conditions before the activity commences. Abandon if weather deteriorates. Ensure adequate warm and protective clothing for the prevailing weather. Advice all involved to use sun cream during sunny weather. Take rest breaks in hot weather. Use activity to keep participants warm in cold weather. Be especially aware of wind strength and direction when paddleboarding. If needed call for powerboat assistance. Use group shelter to provide a temporary respite

Adventure Sunderland

Activity Risk Assessment

			Staff to be especially aware of wind strength and direction when paddle boarding DO NOT use the 'Starship' in winds greater than F4.
Entanglement	Personal injury / drowning	Staff and participants	Staff to ensure boards are free from snag hazards. Leashes follow a clean rope principal. • Staff must carry an emergency knife.
Heavy surf	Personal injury, hypothermia, drowning	Staff and participants	Staff to be aware of the surf conditions on the beach and must not use SUP where, in their expert opinion, there is a risk to the group of the board causing injury.
Person under the influence of drugs / alcohol	Personal injury	Staff and participants	Staff to exclude anyone who is apparently under the influence of alcohol or drugs. Tests or physical proof is not required, the instructors decision is final.
Water quality	Weils disease, Hepatitis A	Staff and participants	Ensure all staff and participants wash their hands before either drinking or eating. Emphasize good personal hygiene. Cover all cuts and grazes with waterproof dressings. If the area of operation is particularly heavily contaminated with oil or debris then staff member should consider modifying the session or relocating.
Stings and cuts	Personal injury	Staff and participants	Instructor to ensure that all participants are wearing robust footwear and arms legs are covered in periods of weather conditions where jelly fish may be encountered.

Risk assessments are to be reviewed on an annual basis unless an incident occurs, which then dictates immediate review of the risk assessment.

This Review competed by: M Chapman

Date: 3/5/19

Signed: MC

Adventure Sunderland

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This version checked by: M Clapham

Date: 3/5/19

Signed: MC

To be completed by Centre Manager:

I consider this risk assessment to be suitable to control the risks to the health and safety of both employees undertaking the tasks involved and any other person who may be affected by the activities.

Name:

Signed:

Date: