



ACTIVITY - Stand Up Paddleboard

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-House Trained (Taster)

PERFORMED BY  
DATE

Laurence James  
09/01/19

INSTRUCTOR : PARTICIPANT RATIO - 1:12

Risk	Measures to Minimise Risk
Injury whilst carrying, lifting and manoeuvring board	<ul style="list-style-type: none"> <li>• Light weight boards available.</li> <li>• Full safety brief prior to activity starting.</li> <li>• Instructors close by to assist when needed.</li> <li>• Instructors trained in manual handling .</li> </ul>
Injury sustained whilst afloat	<ul style="list-style-type: none"> <li>• Full safety brief prior to going afloat.</li> <li>• Continuous and effective group control and supervision by instructors.</li> <li>• Designated safe operating area away from potential hazards.</li> </ul>
Injury due to paddle	<ul style="list-style-type: none"> <li>• Full safety brief given prior to activity starting.</li> <li>• Continuous and effective supervision by instructors.</li> <li>• Helmets to be worn if less than 16 years old.</li> </ul>
Injury from fin	<ul style="list-style-type: none"> <li>• Full safety brief given prior to activity starting.</li> <li>• Continuous and effective supervision by instructors.</li> <li>• Helmets to be worn if under 16 years old.</li> </ul>
Drowning	<ul style="list-style-type: none"> <li>• Full safety brief given prior to activity starting.</li> <li>• Correct safety and rescue techniques taught .</li> <li>• Continuous and effective supervision by instructors.</li> <li>• Correct clothing and buoyancy aids worn.</li> <li>• Ensure all medical requirements of students are understood by staff.</li> <li>• Ensure all staff have the correct first aid training.</li> </ul>