



ACTIVITY - Stand Up Paddleboard Yoga

MINIMUM INSTRUCTOR QUALIFICATION - British Canoeing SUP Module/ SUP Fit Instructor

PERFORMED BY  
DATE

Laurence James  
09.01.19

INSTRUCTOR : PARTICIPANT RATIO - 1:10

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 doing activity	<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> <li>• Customer asked for any medical conditions when signing PIF.</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>



*watersports for all*

