

ACTIVITY - Mega Stand Up Paddleboard

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-House Trained.

PERFORMED BY
DATE

Laurence James
22/07/19

INSTRUCTOR : PARTICIPANT RATIO - 1:12

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