

ACTIVITY - Mega Stand Up Paddleboard

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-House Trained

PERFORMED BY - David Wooldridge  
DATE - 22/01/2021

INSTRUCTOR : PARTICIPANT RATIO - 1:12

Risk	Who Might Be Harmed	Measures to Minimise Risk
Injury While carrying, lifting and manoeuvring board	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> <li>• Full safety brief given prior to start of activity.</li> <li>• Instructors to supervise closely and assist where necessary.</li> <li>• No one is to stand in front of the board while being carried.</li> <li>• Instructors trained in the relevant manual handling practices.</li> </ul>
Injury Sustained Afloat	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> <li>• Full safety brief given prior to start of activity.</li> <li>• Continuous and effective group control and supervision by Instructors throughout sessions.</li> <li>• Designated safe operating area away from potential hazards.</li> <li>• Buoyancy aids to be worn by everyone on the water.</li> <li>• Helmets to be worn by anyone under 16 years old.</li> <li>• Instructors to carry radios and have radio checked with the Duty Manager.</li> </ul>
Injury Due to Paddle	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> <li>• Full safety brief given prior to start of activity.</li> <li>• Continuous and effective supervision from Instructors throughout activities.</li> <li>• Helmets to be worn by anyone under 16 years old.</li> <li>• Instructors to carry radios and have radio checked with the Duty Manager.</li> </ul>
Injury from Fin	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> <li>• Full safety brief given prior to start of activity.</li> <li>• Continuous and effective supervision by Instructors throughout sessions.</li> <li>• Helmets to be worn by anyone under 16 years old.</li> <li>• Instructors to hold a relevant first aid qualification.</li> <li>• Instructors to carry radios and have radio checked with the Duty Manager.</li> </ul>
Drowning/ Trapped under the Mega SUP	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> <li>• Full safety brief given prior to start of activity.</li> <li>• Relevant safety and rescue techniques taught at earliest opportunity.</li> <li>• Continuous and effective supervision by Instructors throughout session.</li> <li>• Correct clothing and buoyancy aids worn.</li> <li>• Helmets to be worn by anyone under 16 years old.</li> <li>• Instructors to have a relevant first aid qualification.</li> <li>• Continuous head counts taken.</li> </ul>

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Risk	Who Might Be Harmed	Measures to Minimise Risk
Medical Conditions/ Emergency	Participants, Volunteers, Instructors.	<ul style="list-style-type: none"> <li>• Full safety briefing given prior to the start of Activity.</li> <li>• Safety boat on the water with safety kit onboard at all times.</li> <li>• Appropriate clothing and buoyancy aids to be worn by all participants.</li> <li>• Instructors trained to deal with the situation.</li> <li>• Instructors to hold relevant first aid qualification.</li> <li>• Member of staff on land, trained on calling the emergency services, and first aid.</li> <li>• Instructors to understand any medical conditions that participants may have.</li> </ul>