

ACTIVITY - Stand Up Paddle-boarding

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-House Trained

PERFORMED BY - David Wooldridge
DATE - 20/01/2021

INSTRUCTOR : PARTICIPANT RATIO - 1:12

Risk	Who Might Be Harmed	Measures to Minimise Risk
Manual Handling Ashore	Participants Volunteers Instructors Casual Staff	<ul style="list-style-type: none"> • Full safety briefing given prior to start of activity. • Light weight boards available. • Manual handling guidelines to be followed at all times. • Instructors and Casual Staff trained in the relevant manual handling procedures. • Instructors to have a relevant first aid qualification.
Injuries sustained afloat	Participants Volunteers Instructors	<ul style="list-style-type: none"> • Full safety briefing given prior to start of Activity including risks involved with a fin and paddle. • Continuous and effective group control and supervision from Instructors throughout session. • Designated 'paddle area' set out by Instructor. • All participants to wear suitable clothing and a buoyancy aid. • Participants under 16 to wear a helmet. • Ensure instructors have a relevant first aid qualification. • Close Instructor supervision throughout Activity. • Ensure Instructor ratios are maintained at all times. • At least one Instructor per group to carry a radio and have radio checked with the Duty Manager. • Member of staff ashore at all times trained to call emergency services and hold a first aid qualification.
Drowning	Participants Volunteers Instructors	<ul style="list-style-type: none"> • Full safety brief given prior to start of Activity. • Instructors to have relevant rescue training. • Instructors to have relevant first aid training. • Correct clothing and buoyancy aids worn at all times on the water. • At least one Instructor per group to have a radio and radio checked with the Duty Manager.
Medical conditions	Participants Volunteers Instructors	<ul style="list-style-type: none"> • Ensure all medical requirements are understood by all Instructors. • Instructors to have relevant a relevant first aid qualification. • At least one Instructor per group to carry a radio and redo checked with the Duty Manager.