

Activity – Megs Stand Up Paddle Board

PERFORMED BY - Laurence James

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In House Trained

DATE - 12/02/2024

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"> • Full safety brief given prior to start of activity. • Instructors to supervise closely and assist where necessary. • No one is to stand in front of the board while being carried. • Instructors trained in the relevant manual handling practices.
Injury Sustained Afloat	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> • Full safety brief given prior to start of activity. • Continuous and effective group control and supervision by Instructors throughout sessions. • Designated safe operating area away from potential hazards. • Buoyancy aids to be worn by everyone on the water. • Helmets to be worn by anyone under 16 years old. • Instructors to carry radios and have radio checked with the Duty Manager.
Injury Due to Paddle	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> • Full safety brief given prior to start of activity. • Continuous and effective supervision from Instructors throughout activities. • Helmets to be worn by anyone under 16 years old. • Instructors to carry radios and have radio checked with the Duty Manager.
Injury from Fin	Participants, Volunteers, Instructors	<ul style="list-style-type: none"> • Full safety brief given prior to start of activity. • Continuous and effective supervision by Instructors throughout sessions. • Helmets to be worn by anyone under 16 years old. • Instructors to hold a relevant first aid qualification.

HORSESHOE LAKE

ACTIVITY CENTRE



		<ul style="list-style-type: none">• Instructors to carry radios and have radio checked with the Duty Manager.
Drowning/ Trapped under the Mega SUP	Participants, Volunteers, Instructors	<ul style="list-style-type: none">• Full safety brief given prior to start of activity.• Relevant safety and rescue techniques taught at earliest opportunity.• Continuous and effective supervision by Instructors throughout the session.• Correct clothing and buoyancy aids worn.• Helmets to be worn by anyone under 16 years old.• Instructors to have a relevant first aid qualification.• Continuous head counts taken.