

MINIMUM INSTRUCTOR QUALIFICATION - HLAC In-House Assessed
(Assessed by a Paddle sports Coach/UKCC level 2 with PSRC

DATE - 25/03/2024

Activity – Megs Stand Up Paddle Board
trainer) with British Canoeing Paddle sports Safety Rescue
Course, or Paddle Sports Leader

PERFORMED BY - Laurence James

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 18 years old. • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • 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 18 years old. • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • 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 18 years old. • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • Instructors to hold a relevant first aid qualification. • 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 18 years old. • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • Instructors to have a relevant first aid qualification. • Continuous head counts taken.

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