

ACTIVITY - Stand Up Paddle-boarding

MINIMUM INSTRUCTOR QUALIFICATION - (Taster Session) HLAC In-House Assessed

(Assessed by a Paddlesports Coach/UKCC level 2 with PSRC trainer)

with British Canoeing Paddlesports Safety Rescue Course, or Paddle Sports Leader

REVIEWED BY - Laurence James DATE - 25/03/2025

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 the session. • Designated 'paddle area' set out by Instructor. • All participants are to wear suitable clothing and a buoyancy aid. • Participants under 18 years old to wear a helmet • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • 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. • Members of staff ashore at all times trained to call emergency services and hold a first aid qualification. • When in close proximity to others, participants instructed to kneel down. • Games where participants are close to each other instructors must make a dynamic risk assessment to whether paddles are used or not • Participants are briefed to stay in the prone position or kneeling until they reach deeper water where it is safe to stand up.

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 a relevant first aid qualification. • At least one Instructor per group to carry a radio
Injury from paddles	Participants Volunteers Instructors	<ul style="list-style-type: none"> • Full safety brief given prior to start of activities. • Helmets to be worn by all under 18s. • Over 18's advised to wear a helmet, but it is their own choice not to wear one. • Ensure effective group control and supervision. • Ensure Instructor : participant ratios are maintained.
Entrapment	Participants volunteers instructors	<ul style="list-style-type: none"> -Instructors to carry knives on their person -Storage bungees to be removed from boards where possible -Leashes only to be worn by instructors for towing purposes.

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