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| **Name of activity, event, and location** | **Stand Up Paddle Board.**  **(to be considered in conjunction with Water Activities RA)** | **Date of risk assessment** | **Feb 2025** | **Name of person doing this risk assessment** | **Ray Hardman**  **Reviewed:**  **David Morton** |
| **Date of next review** | **Feb 2026** |

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| **What hazard have you identified?**  **What are the risks from it?** | **Who is at risk?** | **How are the risks already controlled?**  **What extra controls are needed?** | **What has changed that needs to be thought about and controlled?** |
| **Manual handling of pumps whist inflating the SUPs** | **All participants including instructors.** | **Fit and use the pumps correctly. Consider posture and a straight back as participants get tired inflating them** |  |
| **Injury whilst manoeuvring the SUP near the lake walls** | **All participants including instructors.** | **At the start of a session, whilst still on land instructors must brief participants to always lie or kneel on the board when within 3 metres of the lake walls.** |  |
| **Hypothermia** | **All**  **participants** | **Lead Instructor to be aware of weather conditions to decide if it is appropriate to carry out the activity. Seek advice if appropriate**  **Observe participants during activity and be ready to curtail if needed** |  |
| **Hitting other craft when falling off** | **All participants including instructors.** | **Run SUP sessions away from other craft.**  **All other instructor / session leaders need to be aware of keeping their participants away from the SUPs** |  |
| **Separating from board** | **All participants including instructors.** | **All participants must use the ankle leash and wear a buoyancy aid. The use of leashes and what to do when falling in is covered in the session briefing** |  |