

Paddleboarding

<p><u>Risk: Southerly Winds</u></p>	<p><u>Likelihood: B.</u> Determined by</p> <ul style="list-style-type: none"> ❑ climatic conditions eg wind strength and direction 	<p><u>Consequences:</u> Major 4</p> <ul style="list-style-type: none"> ❑ Cramped or reduced activity area ❑ Overlapping of craft in entry and exit points from beach ❑ Possible collisions with other craft and lake users with resulting injuries
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Risk Evaluation : Extreme

Risk control: Good.

- ❑ Students are instructed and demonstrated re paddleboarding skills before leaving shore
- ❑ Give way procedures are explained to students before leaving shoreline eg catamarans and swimmers have the right of way
- ❑ Safety equipment is worn eg PFDs, hats
- ❑ If winds increase the lesson is modified or cancelled

<p><u>Risk: High temperature</u></p>	<p><u>Likelihood: C.</u> Determined by</p> <ul style="list-style-type: none"> ❑ climatic conditions eg wind strength and direction 	<p><u>Consequences:</u> Major 4</p> <ul style="list-style-type: none"> ❑ Heat exhaustion ❑ Heat stroke ❑ Sunburn ❑ Dehydration
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Risk Evaluation : Extreme

Risk control: Good.

- ❑ Sun safety procedures followed:
- ❑ Hats, sunscreen, drink plenty of water
- ❑ Modify lesson plan eg less time on paddleboard, more time playing games with the aim of keeping body temperature cool
- ❑ Students are continually monitored for adverse effect of high temperature day

Paddleboarding

<u>Risk: rocks</u>	<u>Likelihood: B. Likely</u> Determined by <ul style="list-style-type: none"> ❑ Narrow entry and exit points for activities ❑ remaining shoreline perimeter, consisting of rocks 	<u>Consequences:</u> Major 4 <ul style="list-style-type: none"> ❑ Moderate injury risk of cuts ❑ Student unconscious
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Risk Evaluation : Extreme

Risk control: Good.

- ❑ Dangers of rocks and strategies for keeping away from rocks are discussed before entering the water
- 1. If blown onto rocks by the wind reverse paddle until clear
- 2. Stay with craft
- 3. Signal instructor for help if unable to negotiate clearance, sit upright and still, wait for help
- ❑ PFD and safety footwear, hats to be worn

<u>Risk: medication</u>	<u>Likelihood: C.</u> Determined by <ul style="list-style-type: none"> ❑ medical condition eg asthma, diabetes, bee sting allergy or possible onset of unmedicated condition eg asthma 	<u>Consequences:</u> Major 4 / Extreme Need for urgent medical attention to prevent further complications
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Risk Evaluation : Extreme

Risk control: Good.

- ❑ Medication for each student is carried around by beach instructor at all times
- ❑ Group is supervised by in-water instructor
- ❑ Students are aware of where their medication is
- ❑ Emergency signals are known and practised
- ❑ First aid kit / mobile phone / asthma kit are on beach with instructor
- ❑ In-water instructor has rescue tube (flotation device) at all times
- ❑ Buddy system is enforced
- ❑ Students are always in line of sight

Paddleboarding

<p><u>Risk: Capsizing</u></p>	<p><u>Likelihood: B. Likely</u> Determined by</p> <ul style="list-style-type: none"> ❑ Conditions on water eg wind and wave action ❑ Activity eg games, turning sharply ❑ Skill of student ❑ Listening to instructor and using correct paddling style 	<p><u>Consequences:</u> Major 4</p> <ul style="list-style-type: none"> ❑ Possibility of being trapped under paddleboard ❑ Injury ❑ Panic triggering shock or asthma attack
<p>Risk Evaluation : Extreme</p>		
<div style="border: 1px solid black; padding: 10px;"> <p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ PFD and safety equipment worn ❑ Capsize procedures demonstrated ❑ Emergency signal used eg whistle is sounded ❑ Instructor 1 supervises rest of students, instructor 2 performs rescue <p>Instruction for capsizing given on the beach:</p> <ul style="list-style-type: none"> ❑ Don't panic (PFD will float your body weight) ❑ Push away from paddleboard </div>		

Paddleboarding

<u>Risk: manual handling of equipment</u>	<u>Likelihood: C. Possible</u> Determined by: <ul style="list-style-type: none"> ❑ The weight of the equipment to be lifted ❑ The height to be loaded onto the trailers ❑ The weather conditions ❑ Surface to be carried over 	<u>Consequences:</u> Moderate 3 <ul style="list-style-type: none"> ❑ Back, arm or leg injury
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Risk Evaluation : High

Risk control: Good.

Paddleboards:

- ❑ Minimum of 2 people to carry paddleboard at all times
- ❑ Taller people to load paddleboards on top level of trailer to prevent over-reaching and losing balance

Students to be supervised at all times when handling paddleboard. Small students to manage paddles only

<u>Risk: Rubbish</u>	<u>Likelihood: C. Possible</u> Determined by <ul style="list-style-type: none"> ❑ Disposal of rubbish by public, water visibility, weather conditions, wind. 	<u>Consequences:</u> Minor 2 <ul style="list-style-type: none"> ❑ Cuts or injury to feet
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Risk Evaluation : Moderate

Risk control: Good.

- ❑ Students to wear protective footwear and safety equipment
- ❑ Instructed of dangers associated with non-visible objects

Paddleboarding

<p><u>Risk: equipment</u> Craft, paddles, PFDs</p>	<p><u>Likelihood: C.</u> Determined by</p> <ul style="list-style-type: none"> ❑ damage to paddleboard, neglected maintenance, unsuitable equipment, storage of equipment 	<p><u>Consequences:</u> Moderate 3</p> <ul style="list-style-type: none"> ❑ cuts ❑ injury to students ❑ PFDs float above student
<p>Risk Evaluation : Moderate</p>		
<p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ Damaged equipment is taken out of service ❑ Equipment is inspected when unloading and loading each day ❑ Stored paddleboards are sprayed for spiders and submerged before reinstatement ❑ Damaged equipment is repaired or replaced ❑ Damaged equipment is reported to instructor in charge (should have maintenance clipboard) 		

Paddleboarding

<p><u>Risk: other users</u></p>	<p><u>Likelihood: B.</u> Determined by</p> <ul style="list-style-type: none"> ❑ compact nature of the venue, no. of activities programmed ❑ climatic conditions eg temperature, wind angle and strength ❑ unforgiving perimeter (rocks) 	<p><u>Consequences:</u> Major 4</p> <ul style="list-style-type: none"> ❑ Possible injury to other lake users and paddle boarder caused by collision or need to change course quickly
<p>Risk Evaluation : Extreme</p> <p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ Students are instructed on safe route which lesson will undertake due to conditions and lake users ❑ Right of way of other craft is supervised and discussed ❑ Stopping and manoeuvring skills are practised and demonstrated before leaving shore ❑ Entry and exit points are discussed ❑ Emergency signals acknowledged ❑ Safety equipment is worn ❑ Lesson is modified and ratios discussed to suit conditions 1:6 ❑ Students' skills are continually monitored and supervision is given accordingly ❑ Safety equipment is worn 		

Paddleboarding

<u>Risk: paddles</u>	<u>Likelihood: C.</u> Determined by <ul style="list-style-type: none"> ❑ Falling or striking another student or self 	<u>Consequences:</u> Moderate 3 <ul style="list-style-type: none"> ❑ injury to students cuts or bruising
<p>Risk Evaluation : High</p> <p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ Students are instructed before they leave the beach re stroke techniques, keeping a safe distance from other SUP users, correct dismount and bail out techniques ❑ Observation and adjustment of the program due to the conditions on the day. 		

<u>Risk: fatigue</u>	<u>Likelihood: C.</u> Determined by <ul style="list-style-type: none"> ❑ student fitness ❑ climatic conditions eg temperature, wind angle and strength 	<u>Consequences:</u> Major 4 <ul style="list-style-type: none"> ❑ Possible injury
<p>Risk Evaluation : Low</p> <p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ Activities for the day are decided on skill level, conditions and student fitness. ❑ Instructors work using ratio of 1:6 providing water cover and continual assessment of well being of students and modifying activities accordingly. ❑ Minimum of 2 instructors per activity. 		

Paddleboarding

<u>Risk: shallow water</u>	<u>Likelihood: C.</u> Determined by <ul style="list-style-type: none"> ❑ Uncontrolled dismount from an elevated position ❑ climatic conditions eg temperature, wind angle and strength 	<u>Consequences:</u> Major 4 <ul style="list-style-type: none"> ❑ Possible injury to student
<p>Risk Evaluation : Extreme</p> <p><i>Risk control: Good.</i></p> <ul style="list-style-type: none"> ❑ Students are instructed on safe route which lesson will undertake due to conditions and lake users ❑ Stopping and manoeuvring skills are practised and demonstrated before leaving shore ❑ Entry and exit points are discussed ❑ Emergency signals acknowledged ❑ Lesson is modified and ratios discussed to suit conditions 1:6 ❑ Students' skills are continually monitored and supervision is given accordingly ❑ Students are instructed to only paddle lying down then kneel when in deep water where they can stand using the technique practised on the beach. ❑ Deep water is indicated by a floating buoy. 		

Descriptor:

Student ratio is 1:6 for enclosed water.

Lesson plan would include

- Group structure paddling with leader around designated course
- Safe entry and exit points
- Review of conditions including tides, winds, other lake users
- Consideration of chill and heat factors
- Equipment factors eg adjustment to correct height for student approx 1 hand above head
- Board trim: board correct volume for weight ratio
- Correct paddling technique (lay down on board, correct kneeling technique, stand up paddling technique, turning and dismount)
- Use of hats, PFDs, sunglasses, footwear