

| Hautbois Activity Centre Risk Assessment | | |
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| STAND UP PADDLEBOARDING | | |
| Assessment Code: RA-SUP21 | SOP Code: SOP-SUP21 | Lesson Plan Code: LP-SUP21 |
| Review Date: September 2021 | Assessor: Abbie Stewardson | Tech Advisor: Phil Hadley |




Description: Stand Up Paddleboarding takes place on Hautbois' Cut and the River Bure. Operating area from Hautbois Cut to the Horstead Centre's pontoon. Ratio of 1:8

SR= Severity Rating; 5 (Catastrophic) 4 (Major) 3 (Moderate) 2 (Minor) 1 (None)

LH=Likelihood Rating 5 (Almost certain) 4 (Likely) 3 (Possible) 2 (Unlikely) 1 (Insignificant)

RR= Risk Rating; A (Acceptable Risk) RR (Residual Risk remains despite controls- 'occupational hazard') U (Unacceptable Risk, action to be taken immediately)

| Significant Hazard | Persons at Risk | How | Controls | Severity | Likelihood | Risk Rating |
|--|-------------------------------------|--|--|----------|------------|-------------|
| Drowning & Drowning as a result of injury. | Participants, leaders & Instructors | Incorrectly fitted buoyancy aids, being hit by a paddle, unconscious casualty in the water, panicking in cold water. | Minimum Instructor qualification BC instructor award with the BC SUP support module. Minimum assistant instructor qualification is BC SUP support module. All to wear CE EN393 approved Buoyancy Aids. All to follow SOP, all equipment fitted and checked by a qualified Instructor Instructor's to carry safety knives in BAs in case of participant entrapment. Leashes removed from all boards to prevent entanglement. | 5 | 2 | RR |
| Hypo/hyperthermia | Participants, leaders & Instructors | Entering cold water not being appropriately dressed, or for an extended period of time. | Clients to be dressed appropriately for weather conditions. Temperature and conditions assessed by Manager before session to go ahead. Changes in conditions and group to be monitored 'as you go' and appropriate changes to be made. Instructors to ensure they have spare clothing and are suitably dressed. Due to the nature of the client base stand up paddle boarding to be suspended October to February except on special circumstances. | 4 | 1 | A |
| Equipment Failure | Participants, leaders & Instructors | Minor personal injury, buoyancy aid failure, potential drowning. | Weekly/monthly inspections recorded in the form of activity checks. Equipment to be correctly stored and checked on a session and periodical basis. BA PPE checks quarterly Instructors trained in proper storage of equipment during induction. | 2 | 2 | A |
| Infection from water/ river bank | Participants, leaders & Instructors | leptospirosis and similar from contaminated water | Participant and clients briefed on washing hands with warm soapy water and showering after activity, and washing clothing worn. Hazard information available to all participants on website and sent out in pre booking information as requested. | 5 | 2 | RR |
| Moderate Injuries- Fractures | Participants, leaders & instructors | Falling from SUP's onto object causing injury due to lack of space. | Standing up is not allowed in the cut area due to the lack of space for a safe falling zone. Participants are shown how to safely launch their SUP from the beach or Canoe pontoon. (sitting or kneeling only until out on the river) Participants are instructed on safe standing and using of their boards throughout the session by a trained and competent instructor. Participants ability is to be monitored throughout and instructed on their ability individually to prevent injury. | 2 | 2 | A |

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| Hautbois Activity Centre Safe Operating Procedure | | |  |
| Stand up Paddleboard SOP-SUP21 | | | |
| Location: 3D Map ref. - I | RA-SUP21 | LP-SUP21 | |
| Review Date: September 2021 | | | |
| Must be used in conjunction with Generic Safe Operating Procedure (SOP-GEN21) | | | |
| Qualifications Required: (Instructors must be at least 18 years of age) | | | |
| <ul style="list-style-type: none"> • A current British Canoeing Level One Coach Award/ British Canoeing Paddlesport Instructor Award • British Canoeing Foundation Safety and Rescue Training • Valid First Aid Certificate - minimum 1 day • In house training provided by Activities Manager <p>Or</p> <ul style="list-style-type: none"> • Valid First Aid Certificate - minimum 1 day • British Canoeing Coach Award Level 2/ British Canoeing Paddlesport Coach Award <p>Assistant Instructor requirements</p> <ul style="list-style-type: none"> • Valid First Aid Certificate - minimum 1 day • In house training provided by Activities Manager • FSRT & SUP Discipline Support Module | | | |
| Activity Area: | | | |
| <ul style="list-style-type: none"> • Make sure there are no obstacles in the water that could pose a danger to any persons in the water. • A review of the river should be made before any groups are taken out, considering the weather for the day. The Activities manager or Lead instructors' word is final on whether the activity will take place. • Check that the floating boom is in position. • Make sure all pontoons and beach are not slippery and clear of debris, especially bird faeces. • Check trees around session area for loose branches. | | | |
| Equipment: Visual checks of all equipment must be done before each session. | | | |
| <ul style="list-style-type: none"> • Instructors must always have the following equipment; buoyancy aid, radio, waterproof radio bag, safety whistle, throw line, safety knife, floating tow rope and waterproof first aid kit. • Safety knives must only be removed from buoyancy aids if they need to be used • All instructor equipment must be returned to the instructor shed after each session and the shed must be locked • Sup paddles not damaged • check boards fully inflated with no punctures | | | |
| Session Management: | | | |
| <ul style="list-style-type: none"> • Buoyancy aids and SUP paddles should be explained and fitted/sized correctly. • Safe manual handling of all equipment and SUP's must be demonstrated and explained. • Emphasis on walking when near the water and taking extra care on the wooden pontoons and beach. • Explanation of safe areas to be when not wearing a buoyancy aid must be demonstrated and explained. • Explanation of risk to personal belongings such as glasses and cameras if taken onto the water. Glasses wearers should be offered a secure strap found in the Canoe Shed. • Dry land paddle drill - correct use of paddle and how to steer • The following Safety Rules must be highlighted to all participants (confirming their understanding) <ul style="list-style-type: none"> ○ No participant should go near the water without a buoyancy aid on. ○ A Capsize drill must be explained before any participant goes on the water. This should include what to do if you capsize/ fall in and what to do if you see someone capsize/ fall in. ○ Explain that participants will need to kneel until on the river and out of the cut under the bridge. ○ Explain that participants can use their paddles to push away from the bank to avoid the vegetation growing there. ○ Safe entry into the water should be explained and demonstrated. (No Jumping) ○ A respect for the environment must be observed. ○ Walking when near water's edge and on pontoons at all times. • No one is to enter the water without an instructor being on the water - Instructors will assist to ensure safe launch of SUP's • The instructor on the water will contain the group in the main part of the cut until all participants and second instructor are on the water. • Once all participants are on the water the Instructors will radio to the office to inform them that 'All Paddlers are on the water'. The same should be done when getting off the water. • All of the session will operate on the Hautbois side of the cut outlined in the attached map or on the river. This is to the right of the boom when heading out. • No games will be played between the last island and the bridge, this area is for access to and from the river only. • Once all participants are on the water the importance of staying together and always in eyesight of an instructor must be explained and enforced. • Once the session has finished the instructor will demonstrate safe exit from their board to the bank. • On completion of the session participants assist in returning all the equipment safely and appropriately. Instructors must check all equipment is returned to the correct place. • Once clients have finished the instructor must request, they clean their hands and face with warm soapy water. • Following the final session of the day all equipment must be returned to store and any faults/defects reported and recorded • If any repairs are required to SUP's, Buoyancy aids or paddles, then instructors are asked to make the repairs where possible or place them in the decommissioning bin. • Any incidents/near misses with the participants must be reported to the Centre Manager and an Incident form completed as appropriate. • In the event of an emergency: follow the Staff accident and incident emergency procedure. | | | |