

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: SUP Inland Water

Completed By: *C. Richley*

Competence: AALA recognised SUP Qualification

Who Is At Risk: Participants

Is This Activity Safe If Managed As Below: Yes

Signed: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Drowning.
- 2) Abrasion injuries from capsize/swim.
- 3) Hypothermia (cold) from immersion.
- 4) Hypothermia (cold) from weather related factors.
- 5) Heat stroke.
- 6) Sunburn.
- 7) Exhaustion.
- 8) Weils disease (Leptispirosis)/Blue Algae/Human waste.
- 9) Entrapment.
- 10) Twisting/back injuries during carrying and launching.
- 11) Repetitive strain and back injury from rescues.
- 12) Twists, sprains, pulled muscles from lack of warm up and cool downs.
- 13) Shallow water injuries. Falls, concussions.
- 14) Fin chop (Cuts by the fins of the underside of the board).
- 15) Separation of user from board.

How to manage/control/reduce these risks safely (corresponding numbers):

Staff operate within the BCU guidelines and hold a First Aid certificate

- 1) Use individually fitted buoyancy aid
- 2) Use individually fitted wetsuit
- 3) In cold weather, a cagoule will be worn over the wet suit
- 4) The group leader will carry a survival shelter/spare food/hot drink
- 5) When off the water, participants will wear loose clothing and hat, plus take advantage of natural shade. When on the water, they will be encouraged to use water to keep cool and stop heat build-up
- 6) Provision and application of water-resistant sun block
- 7) Trips are planned within the capability of the staff and clients
- 8) Locations chosen are environmentally clean and any open wounds are covered prior to the activity starting
- 9) Group leader identifies and protects against site specific hazards
- 10) The instructor will demonstrate good handling technique, plus min.
- 11) Use of modified injury prevention rescues.
- 12) Ensure appropriate warm ups and cool downs are carried out.
- 13) Insure all group members are kneeling in shallow water or when near any solid obstacle/when near other paddle boarders. Wear helmets when games are being played, all school groups must wear helmets. Maintain control over the group position them on their knees if they are none compliant or trusted to stand.
- 14) Briefing to insure boards are not being flipped. If this happens anyway make sure that the board is being controlled from the front end with the fins away from the user.
- 15) All boards will be fitted with a leash and a safety briefing given regarding entanglement. Instructor equipment to include knife

Minimum Equipment To Be Carried.

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Participants:

1. Individually fitted buoyancy aid, wet suit and cagoule if extremely cold weather.
2. Appropriate paddle, in good condition, with no sharp edges.
3. Change of underwear, socks and T-shirt or similar.
4. Towel.
5. Footwear suitable for use on a board.
6. Extra clothing to suit the expected conditions.

Participants are to report all defects or damage of equipment to the activity instructor immediately.

Instructor:

1. Company first aid kit.
2. Bivvie bag and survival shelter.
3. Throw line and white water safety kit if appropriate.
4. Tow line.
5. High energy/emergency food and cold or hot drink as appropriate.
6. Knife.
7. Whistle.
8. Mobile phone for emergency use.

Note: The instructor must remove any defective equipment from service and clearly label the item with what is wrong and notify the stores person.