

Risk & Operational Assessment Activities / SUP

Next Review: Dec 2025

Centre: Whitemoor Lakes	Assessed By: Nicola Whiting (Chief instructor) Chris Browning (Senior instructor) Robin Jones (Senior Instructor) Luke Austin (senior instructor) Alex Jones (Senior Instructor)	ASSESSED	ASSESSED		
		Sept 2019	Sept 2021	Dec 2025	
		Nov 2019	Sept 2022		
		Nov 2020	March 2023		
		April 2021	Dec 2023		

Overview- Stand up paddle boarding (Mega or single) is offered as a 90-minute taster session on our 40 acre lake. The session will be run by 2 staff both of whom will have a minimum of BC Paddle explore, SUP DSM and PSRC award or BSUPA level 1, plus in-house assessment, one of the staff will also have a minimum of BC Paddle sports instructor or BSUPA Level 1. (Freelance staff will have a minimum of BC Paddle sports instructor with SUP DSM or BSUPA level 1) Ratio 2:12 + 1 (under special circumstances) or 2:16 (under exceptional circumstances with consent from the client)

STEP ONE	STEP TWO	STEP THREE	STEP FOUR	FIVE
List significant hazards here:	List groups of people who are at risk from the hazards you have identified:	List the Control Measures for the identified risks:	Identify any residual risk remaining after the control measures have been put in place:	Identify any benefits that may result from exposure to the perceived and residual risk for participants:
Manual Handling	Instructors Guests	Manual handling training Manual handling briefing on sessions.	Mistakes can still be made, human nature.	Can relate to all forms of work and life, so adapt depending on circumstances.
Wildlife	Instructors Guests	Instructors made aware through session plans and NOPs to the dangers of wildlife.	The unpredictable nature of animals	Builds a respect for wildlife and an interest in their habitat.
Unauthorized access	Instructors, guests, member of the public	Signage, safety talk at beginning of group's stay, Area left tidy after use, no paddles to be left by the lake.	Misuse of equipment by outside parties/ trespassers.	Having the lake open creates a natural outdoor environment from which groups benefit.
Water Quality (Weil's /algae)	Instructors Guests	Hand sanitiser/showing facilities.	Small amount in water	Encourages proper hygiene practices
Adverse weather	Instructors Guests	Centre is within 200m of the north shore Adequate clothing for the environment, survival shelters available if needed. First aid and near miss forms.	Weather-wind and/or rain/Sun/lightning	Exposure to cold/heat and inclement weather has proven positive developmental effects and teaches people about their limitations.

Head Injury From falling off and hitting the ground or rock, falling off the SUP including Mega SUP in close proximity of others. Paddles been waved around	Instructors Guests	Helmets to be wore by all participants. When close to the bank or pontoon participants will be asked to kneel and a signal will be given i.e. whistle blasts to make them aware.	The helmet will still have exposed areas of the head that would be left open for potential injury.	The perceived risk is reduced, and it is not as bad as they first thought.
Entrapment	Instructors Guests	Buoyancy aids Group leader responsibilities Safe working practice FSRT Award First aid trained staff Rescue assessments Suitable rescue equipment Equipment safety checks Safety Rules Knives and whistles are carried by instructors.	Instructors may panic and forget what they have been trained	
Leashes- everyone on single SUP and Instructor on MEGA SUP	Instructors Guests	Buoyancy aids Group leader responsibilities Safe working practice FSRT Award First aid trained staff Rescue assessments Suitable rescue equipment Equipment safety checks Safety Rules Knives and whistles are carried by instructors.	Leash not attached properly and the wind taking the board(s) from the group.	
Capsizing	Instructors Guests	Buoyancy aids Group leader responsibilities Safe working practice FSRT Award First aid trained staff Rescue assessments	Boards both solo and mega may land on a body part and cause injury	Instructors are there to help them back onto their board. Feeling of safety.

		Suitable rescue equipment Equipment safety checks Safety Rules Helmets to be worn		
Drowning	Instructors Guests	Buoyancy aids Group leader responsibilities Safe working practice FSRT Award First aid trained staff Rescue assessments Suitable rescue equipment Equipment safety checks Safety Rules	Instructors may panic and forget what they have been trained	
Weight Limits	Instructors Guests	Larger sized guests are to use the higher capacity boards	Guests swap boards without permission or may land on a small capacity board if their balance is lost.	There are no benefits to exposure