

1 b RISK ASSESSMENT FOR Standup Paddle Board (single and Mega)

Organisation name: **ESSA Water Activities Centre, Central Lagoon, Meadgate Road, Nazeing, Essex. EN9 2PB.**

Who can be harmed: **ALL**

Reviewed 16th Feb 2023

RISK	CONTROL MEASURES	ACTION BY WHOM?
What are the specific hazards?		
Drowning/capsize	Wear buoyancy aid. Safety boat & qualified crew always on water during sessions. Students to be briefed on the correct method of recovery.	Instructor to check BA's correctly worn, to brief participants on methods of capsize recovery. Participants stay with the board. Safety boat crew to assist capsize recovery
Injury. Head, cuts & bruising. Being hit by paddles. Capsize & hitting head on objects.	Participants & Instructors to wear helmets. All injuries to be reported.	Safety talk to brief participants on procedure if an injury occurs. When off site, Instructor to carry a first aid kit & mobile phone. Accident to be recorded by the Instructor in the Accident book on return.
Lifting & carrying SUPS.	1 person to lift 1 single SUP under arm using carrying handle 4 or more to carry a Mega SUP	Instructor to brief participants on the correct way of launching & recovery of SUPS.
Lagoon / shallow water / wildlife / other users Students drifting towards occupied fishing swims.	Students must not go on the water until briefed by the Instructor, to keep clear of other users, swans/geese & to stay away from fishermen, floats & lines. Students to stay sitting or kneeling until 2 meters from foreshore	Instructor to brief & control group. Assistance from safety boat crew if required.
Other users being struck by moving equipment	Instructor to control movement of equipment on land	Instructor to brief participants on possibilities of hitting third parties.
Unable to see participants behind the island.	Going behind the island is out of bounds. Safety brief.	Instructor to control the group paddling area. Safety boat crew to assist return to group paddling area.
leash	Students to have leash fitted	Instructor to check security of leash and fitted correctly
Powerboat propellers. Anyone in the water	Paddler/s instructed to stay with the SUPs Safety boat crew are RYA trained to turn off the engine when	Instructor has responsibility to manage the recovery of the board/student. Safety boat crew to stand by to assist.

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	near to persons in the water.	

BENEFITS

- Pleasure in the experience of Stand up Paddling
- Development of confidence & awareness of being safe.
- Experience the natural environment & awareness of the effect of wind, water & weather.
- Improving skills and learning to control a Stand up Paddle board
- Learning through experience, taking them out of their comfort zone and gaining life/learning skills from events.
- Working on team tasks , improving cooperation and understanding the needs of others.
- Overcoming difficulties and learning to make decisions

- Increasing the awareness of physical activities and opportunities for recreation not usually available to all.

INSTRUCTION

BCU Coaches have been trained & assessed in accordance with the BCU Coach handbook and hold the relevant BCU Instructor qualification. The minimum level of Coach is a UKCC level 1 coach/ paddle sports instructor with site specific training & assessment with a ratio of 1:10.

HIRE

- Hire for taster sessions applies to **Single Paddle boards** only.
- Hire for experienced paddlers can be for single paddle boards.
- Hire sessions include basic instruction on paddling and recovery from a member of the ESSA crew.
- Safety Boat ratios are maintained during hire sessions.

PARTICIPANTS

To be encouraged to take responsibility for themselves and others. Buddy system when checking Buoyancy aids and consideration of others needs.

SAFETY

- One safety boat is required per 10 boats.
- It is ESSA policy to have a safety boat on the water ready and crewed when paddling activity is taking place on the Lagoon.
- Safety boat drivers have been trained and assessed to a minimum of RYA Powerboat Level 2 - RYA G20 Powerboat Handbook refers. Safety Boat crew also hold the RYA Safety boat qualification. RYA G16 Safety boat handbook refers.
- Ratios - Sessions are run in accordance with BCU ratios.
- Launching/recovering of Stand up paddle boards. Participants to be assisted at all times of launch sitting or kneeling until 2 meters away from the foreshore.
- BCU coaches are to decide on paddling areas according to the needs/size/experience of the group, other users, weather conditions (strength & direction) & fishermen. BCU coaches will also agree with other instructors which paddling area/s are to be used.
- Safety boats tow drifting Stand up paddle boards away from shallows & fishing swims if paddlers are inexperienced or unable to paddle away from the area, to avoid conflict with fishermen.

EQUIPMENT

- The Instructor will decide on the appropriate equipment to use based on participant size, experience, mobility and weather conditions. Instructors check equipment before use and if any issues arise, report to SI/Duty Manager and place it in the quarantine area for maintenance.
- Buoyancy aids (50 newtons) are issued to those who can swim 50 metres. 100 newton buoyancy aids are issued when considered necessary. BA's

are checked by Instructors to ensure they fit and are appropriate for the participant.

- Helmets must be worn correctly. Instructor to check they are not loose and appropriate fit. Buddy to assist prior to checking by the Instructor.
- Waterproof clothing & wet suits are issued when necessary, according to weather conditions & water temperature. No crocs or loose footwear. Footwear to be worn at all times, no bare feet in kayaks/canoes or on land.