

SUP New Forest Paddleboarding Club: Risk Assessment

July 2022



Hazards	Probable Cause	Who is at risk?	How might the risk be controlled?	Action required	Date completed
Drowning	<ul style="list-style-type: none"> Falling off board Poor swimming ability Lack of confidence/experience Separation from board Entanglement 	Paddlers	<ul style="list-style-type: none"> Leashes mandatory for all paddles Buoyancy aids strongly recommended for all paddles and mandatory for three-star paddles Star rating of all paddles to help paddlers gauge required experience Paddle briefing to inform paddlers of route and hazards 2 x qualified paddle leads per paddle/club night 	<p>Remind paddle leads of briefing requirements</p> <p>Remind members of star ratings and leash requirements via newsletter/FB Link</p> <p>Update Health and Safety Policy Link</p>	<p>July 2022 Newsletter</p> <p>July 2022 Newsletter</p>
Hypothermia	<ul style="list-style-type: none"> Incorrect clothing for conditions Fall in, wet clothing 	Paddlers	<ul style="list-style-type: none"> Advice on correct clothing Wetsuits advised if strong likelihood of getting wet and cold weather Reducing exposure time – returning to shore if cold 	<p>BSUPA safety advice to be circulated via newsletter/FB Link</p>	<p>June 2022 Newsletter</p>
Weather and Environmental conditions	<ul style="list-style-type: none"> Strong wind causing exhaustion/too difficult to make headway Heat/sun 	Paddlers	<ul style="list-style-type: none"> If forecast wind >12mph consider cancelling/postponing or moving paddle Dynamic risk assessment on day – consider re-routing, shortening or cancelling paddle Brief paddlers on haul out points Paddle briefing on coping with conditions – e.g. drop to knees/prone if struggling 	<p>Advice on paddler safety to be circulated via newsletter/FB</p>	<p>June 2022 Newsletter</p>

			<ul style="list-style-type: none"> • Paddle lead at back of group to accompany stragglers • Paddle leads to carry at least one throw line • Recommendation for paddlers to carry sufficient water/food for their needs 		
Slips, trips and falls	<ul style="list-style-type: none"> • Chains, ropes, steps, slipways, shingle, seaweed, submerged objects 	Paddlers	<ul style="list-style-type: none"> • Briefing on hazards (e.g. slippery slipways) • Advice on suitable footwear • Paddling on knees in shallow water 		
Entanglement	<ul style="list-style-type: none"> • Bouys, mooring chains, boats, fishing lines 	Paddlers	<ul style="list-style-type: none"> • Keep paddlers away from buoys, moorings, anglers • Paddle lead to have rescue knife 		
Sprains, strains and soft tissue injuries	<ul style="list-style-type: none"> • Cuts and bruises from hazards • Incorrect paddle technique • Falling in • Porterage 	Paddlers Members of the public	<ul style="list-style-type: none"> • Paddlers advised to ensure fitness to paddle • Dynamic advice on correct paddling/porterage technique • First aid kit carried by Paddle Leads 	Review dates and quality of First Aid kits	July 2022
Equipment failure	<ul style="list-style-type: none"> • Boards deflating • Leashes breaking • Paddle failure/loss 	Paddlers	<ul style="list-style-type: none"> • Dynamic assessment of equipment – adequate inflation • Advice on equipment as required • Paddle in groups • Throw line carried by Paddle Lead • Advice on prone paddling/haul out locations 		
Pollution and water quality	<ul style="list-style-type: none"> • Algae bloom • Jellyfish • Oil discharge from boats • Effluent • Flotsam 	Paddlers	<ul style="list-style-type: none"> • Dynamic risk assessment • Advice on staying on board • Paddling on knees if necessary • Advice re bathing after exposure 		

Other water users	<ul style="list-style-type: none"> • Power boats, sailing boats, personal water craft, rowing boats • Other paddlers/canoeists • Busy waterways/ferries • Anglers 	Paddlers Other water users	<ul style="list-style-type: none"> • Briefing re other water users, channels (move to shallows, paddle on right if safe to do so, stay out of way/give way) • Paddle leads to manage group • Advice on appropriate avoiding action • Paddlers advised to be vigilant and help each other 	Circulate SUP New Forest paddler guidelines via Newsletter/FB Link	July 2022 Newsletter
Weirs and man made features	<ul style="list-style-type: none"> • Rough water, fast flow • Bridges • Falling hazard 	Paddlers	<ul style="list-style-type: none"> • Avoid weirs • Paddle briefing, advice on paddling on knees in fast flow 		
Water hazards	<ul style="list-style-type: none"> • Overhanging trees • Strainers • Flotsam 	Paddlers	<ul style="list-style-type: none"> • Paddle briefing 		
Illness/incapacity	<ul style="list-style-type: none"> • Lack of fitness/ability to paddle 	Paddlers	<ul style="list-style-type: none"> • Gather pre-existing conditions on joining club • Paddle briefing • Turning back/hauling out 		