

Risk Assessment: SUP & Mega SUP - Staff to carry VHF or Mobile Phone + Safety Equipment + Towline

Risk Assessment for: Stand Up Paddle boarding	Assessor(s): Max Kemp	Date: 02/01/2026
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SUP lessons are used to introduce clients to the technical aspects of SUPing. Site typically used is St Brelades Bay other sites may be used in accordance with the Instructors qualifications. Ratio is 12 to one on Giant Boards and 6:1 on standard boards. Instructor must be a minimum of British Canoe Paddle Sports Instructor or equivalent training and experience. Assistant Instructors must be in-house trained and signed off by a senior member of staff.

Potential Hazard	Whom may be harmed	Control Measure	Likelihood L /M/H	Further Control Measure/Notes
Water /Drowning	Clients and Staff	<ul style="list-style-type: none"> -Buoyancy aids and board leash to be used -Swell, wind and tide conditions constantly monitored - All instructors to be either lifeguard qualified, BCU L1 (or higher), hold a recognised SUP instructor qualification and must be in house trained and assessed. - All instructors trained on rescue techniques and group management 	Med	Participants must wear buoyancy aids for lessons
Participants	Clients and Staff	<ul style="list-style-type: none"> - Demonstration of correct techniques to be delivered by instructor. 	Low	Confirm that all in the group can swim min. 25 metres. Weak swimmer will be noted and monitored
Wind and Sea conditions	Clients and Staff	<ul style="list-style-type: none"> -Leashes must be worn at all times - Instructors must assess capabilities exercise discretion and be prepared to refuse lessons if conditions are unsuitable for certain ages and abilities 	Med	Instructors to keep group within 500m of shoreline at all times
Hazards	Clients and Staff	<ul style="list-style-type: none"> - Clients must remain in sufficient water depth until they are standing and balancing confidently to reduce the potential of injury - Instructor must choose area of operation applicable to the clients ability 	Low	Reiterate the importance of staying on knees in shallow water. T Grip must be held at all times.

General	Clients and Staff.	-Continual appraisal of participants, equipment and environmental conditions throughout the activity using dynamic risk assessment.	Low	
Strong winds, lightning and Adverse Weather Conditions	Clients and Staff	<ul style="list-style-type: none"> - Instructors will continually monitor wind and weather conditions and cease lesson if conditions deteriorate. -Instructors must check tide, weather and wind forecast prior to departure. -If Instructors are unsure of weather they must communicate with operations manager. -Operations manager must constantly monitor in coming weather and make decisions promptly. 	Low	All activities should cease at 1 st indication of lightning. Seek shelter in building. Activities recommence 15 minutes after last thunder activity or on advice of Jersey Met
Hypothermia	Clients and Staff	Staff and clients to wear the correct size wetsuits and footwear if required. Clients made aware of the dangers of hypothermia. Buddy system be implemented if conditions dictate.	Low/Med	Staff to carry emergency shelters and wind proof jacket for clients.
Slips and trips	Clients and Staff	Verbel warning about uneven surfaces, slippery surfaces and hazards on the beach. Ensure all clients are wearing appropriate footwear when needed.	Low/Med	First aid trauma bags should be within easy reach of trained staff
Heatstroke and heat Exhaustion	Clients and Staff	Staff to monitor the group and ensure of adequate water intake. Clients made aware of the dangers.	Medium	Staff to be aware of various shade options.
Sunburn	Clients and Staff	Apply high factors prior to start of session and check ever couple of hours if UV rating is High. Make everyone aware of the dangers of sunburn in session briefing.	Medium	Make sure the van has plenty of sunscreen for clients who failto bring there own.

Signed: Max Kemp **Date:** January 2026 **Review Date:** January 2027