

Pure Adventure Ltd – Risk Assessment

Activity / Exercise: **Surfing, Stand-up Paddle Boarding (SUP)** Location: **St BRELADE'S BAY**

	What are the hazards?	Who might be harmed and how?	List Existing Controls and Actions	Additional Controls Required	Residual Risk Acceptable	Action by whom:
1.	Drowning	Students / Coach	<ul style="list-style-type: none"> Controlled activity by qualified person (International Surfing Association Level One Coach) is minimum and ISA recommends the ratio of 10:1 students to instructor. EAP (Emergency Action Plan) available. Students swimming competencies to be checked prior to the activity. Qualified beach lifeguard at hand. 	Advice from Parents / Guardians / School	YES	Instructor BCU Paddlecoach & SLSGB coach
2.	Weather and tide		<p>(a) The Coach must obtain a weather forecast, tidal information and the remaining amount of daylight prior to the activity.</p> <p>(b) Coaches must apply extra caution when the wind is offshore and or strong tidal currents are evident. It may therefore be prudent to cancel or change locations.</p> <p>(c) Any session must be within the ISA 'guidelines' and within the capabilities of the group (according to the Coach), taking in to account temperature, wind, tide.</p>	Dynamic Risk Review conducted by Coach during session	YES	Instructor BCU Paddlecoach & SLSGB coach
3.	Slips, trips and falls, strains, sprains. Inappropriate equipment use causing the		<ul style="list-style-type: none"> Area of operation to be checked for hazards. Supervising Staff member will ensure warm up & warm down exercises are completed immediately prior to and after the activity. Visual inspection of surfboard and type to be allocated assessed prior to use. Instructional Area inspected prior to use i.e. 	NO	YES	Instructor BCU Paddlecoach & SLSGB coach

	above.		for broken glass and other hazards.			
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4.	Fatigue and or illness	Students / Coach	(a) The coach will ascertain that each participant is physically fit to carry out the task. (c) Give the group an indication of distance to be travelled in the briefing. Modify trip or session at an early opportunity if any participant appears to be struggling. (d) Communication equipment to be carried (SUP).	Dynamic Risk Review conducted by Coach during session	YES	Instructor leading session
5.	Hit by board or another surfer. Injury by hidden underwater rocks etc Caught in current.		· Controlled beach by Life Guards. Safe and Danger Zones are clearly defined. • Clear Briefings · Minimum numbers surfing at any one time · Good look out.	Dynamic Risk Review conducted by Coach during session	YES	Instructor first aid qualified
6.	Cuts and abrasions		(a) First aid kit on site. (b) Staff / Beach Guards First aid trained.	NO	YES	Instructor first aid trained
7.	Hypothermia		(a) Wet suits are available for use. (b) Towels & dry clothing available. (c) Instructor to look for early signs of cold and fatigue. (d) If conditions dictate hot drinks or a method or preparing one must be available (Café on Site). (e) Group shelter to be taken.	Dynamic Risk Review conducted by Coach during session	YES	Instructor first aid trained

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8.	Sunstroke / Sun Burn	Students / Coach	(a) Apply sunscreen (at the earliest opportunity to allow the cream to be absorbed and not washed off). (b) Advise participants to cover up. (c) The coach to carry liquids if the conditions dictate.	Dynamic Risk Review conducted by Coach during session	YES	Lead Instructor
9.	Injury to Coach		Participants to be advised regarding actions to take in the unlikely event.	NO	YES	Lead Instructor
10.	Additional		(a) Brief participants of specific hazards before paddle / Surf session. E.g. Weaver fish – low tide hazards, strong rip currents. (b) Clear rules to be set for any games and closely monitored by the coach.	NO	YES	First Aider
11.	Other powered craft		(a) Avoid bays with high usage. (b) Coach to ensure group stays together.	NO	YES	Instructor
12.	Other water users		(a) Coach to be aware of other water users, dinghy sailors, swimmers etc especially when landing and launching. (b) Coach to brief group in advance. (c) Monitor the group closely. It maybe advantageous for the coach to land first and coordinate the group coming in.	Dynamic Risk Review conducted by Coach during session	YES	Instructor

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13.	Additional	Students / Coach	(a) Mobile phone must be carried (SUP). (b) Vehicle available for transport. (c) Flares must be carried in the Guard-boat. (d) Shore based contact informed of size, location and destination of group and ETA. Call back time agreed and procedures in the event of no "call back".	NO	YES	Lead Instructor

Details of person responsible for carrying out this Risk Assessment / Review

CONTROLS	NAME (print)	POST	DATE	SIGNATURE
Existing & Additional Controls Agreed	P Setubal – Company Director	Owner	Jan 2017	
Reviewed Annually and Prior to event	P Setubal		June 2016	

Notes	Notes

