

Activity Risk Assessment: -Stand Up Paddleboarding

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore, all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it affects	Unmanaged risks	Control Measures	Managed Risk
1	Drowning	Instructors & Group	High	<ul style="list-style-type: none"> • Instructor training and experience. • Assessment of groups' abilities. • All participants on or in/near the water should wear correctly fitted and checked buoyancy aids. • Staff using solo SUP as a safety/rescue craft. • Throw line available for use from the bank. • Avoid students wearing heavy clothing/footwear. • Instructor knowledge of weak/non-swimmers. • Control of groups' actions whilst on the giant SUP 	Low
2	Cuts & Bruises	Instructors & Group	Medium	<ul style="list-style-type: none"> • Inspection of equipment and of SUP's to ensure no loose handles/loose webbing/, for limbs to become trapped. • Closed toe footwear to be worn at all times (on & off the water) • Wearing correct fitting helmets. • Discourage 'messaging around' on the SUP and jetty area during launch and recovery. 	Low
3	Infection	Instructors & Group	Low	<ul style="list-style-type: none"> • Cover all cuts/new piercing etc. • Advise all students to shower after finishing water activities. • Notice in boathouse and group buildings regarding Weil's disease. • Water quality testing annually. 	Low
4	Entrapment	Instructors & Group	High	<ul style="list-style-type: none"> • Brief group to keep limbs away from webbing and handles • Instructors to ensure that they are sufficiently close 	Low

				<p>to perform a rescue if needed.</p> <ul style="list-style-type: none"> • Instructor to carry an appropriate knife to cut webbing/handle if necessary. 	
5	Hyper/Hypothermia and Exposure	Instructors & Group	Medium	<p>Instructors should ensure that the group is appropriately clothed for the weather (e.g. Wetsuits, sun-lotion etc.). Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session.</p>	Low
6	Other activities	Instructors & Group	Medium	<ul style="list-style-type: none"> • Keep SUP away from other activities taking place. Unless interaction between groups is appropriate. 	Low
7	Bank side obstacles and branches.	Instructors & Group	Medium	<ul style="list-style-type: none"> • Brief group to stay away from obstacles. • <i>Maintain bank and manage vegetation growth.</i> 	Low
8	Difference in water depths	Instructors & Group	Medium	<ul style="list-style-type: none"> • Instructor to have a basic knowledge of lake depths. • Use appropriate part of lake for different skills and games. • Brief group on water depths and what to do if they fall in. 	Low
9	Struck by paddle	Instructors & Group	Medium	<ul style="list-style-type: none"> • Instruct group of the correct method of holding the paddle, ensure hand is over T-grip. Good supervision throughout. 	Low
10	Flipping SUP	Group	Low	<ul style="list-style-type: none"> • Ensure weight of group is evenly distributed over the Giant SUP. 	Low
11	Slips/Trips/Falls	Group	Medium	<ul style="list-style-type: none"> • Ensure group are wearing appropriate footwear when on the SUP so they lower risk of slipping when the SUP is wet. • Instructor to inform group on how to move around the giant SUP safely. 	Low
12	Falling off the jetty and tripping on land.	Group	Medium	<ul style="list-style-type: none"> • Brief group on techniques for getting on and off the giant SUP and safe manual handling of the SUP on uneven ground including the jetty. • Make group aware of tree roots as a tripping hazard. 	Low