

# Activity: Stand-Up Paddle Boarding (SUP)



BLACK MOUNTAIN  
ADVENTURE

Hazard	Risk level			Control Measure	Other Measures
	L	M	H		
Staff Qualifications	●			British Canoeing Paddlesport Leader Award or higher	Copy of all qualification are kept in the office and checked by Senior Management
Activity base.	●			Sheltered area such as 'The Bont' at Glasbury-on-Wye, Canal at Brecon, Lakes or Reservoirs.	Site specific training.
Carrying the SUP's	●			Customers are advised on how to correctly lift and carry the paddle boards (SUP's)	All staff receive manual handling training for themselves and on how to advise customers on carrying/lifting the paddle boards (SUP's).
Extreme weather.	●			Weather checked daily, suitable venue chosen in the event of high winds, very high water.	Staff monitor the weather and choose appropriate venue to conditions..
Safety equipment. Buoyancy aids.	●			All customers wear CEN approved buoyancy aids. Instructors ensure that all safety equipment is fitted correctly.	All equipment is checked before use and bi-annually and records kept in the office.
Hypothermia.		●		Suitable warm clothing and waterproofs are worn by customers. Wetsuits are also available if needed.	Staff carry exposure bag, spare warm clothing and hot drink and group shelter and monitor the group throughout the session.
Heat exhaustion and heatstroke		●		On warm and hot days, customers are advised to apply sun cream and to carry plenty of water for the day, and to wear sun hats.	Clothing is checked before the start to have the right clothing, hats, cream and plenty of water taken. Instructors monitor the group throughout the session.
Trips & slips	●			Customers are advised when carrying the SUP's to/from the water that the ground can be wet and slippery and need to take extra care.	Supervised by the instructors.
Capsizing	●			Customers given safety brief on what to do in the event of capsizing/falling off board.	Staff trained on how to deal with capsizing and close supervision of customers.
Trees and wildlife	●			Customers briefed on how to avoid over hanging trees, rocks, wildlife, and other users.	Staff monitor customers at all times

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Harmful substances Wiel's disease .	●			Customers are advised to wash their hand and shower at the end of session	Wiel's disease, monitored by BMA
Drowning.	●			All staff and customers wear a CEN Buoyancy aids. All can swim or confident in water. Records on each customer kept in the office.	Instructional staff monitor the customers throughout the session especially when there is a capsize.
Loading and unloading trailers	●			Customers are shown the correct loading and unloading of SUPs from the trailer.	Customers are supervised by BMA Staff when loading and unload SUPs and BMA staff ensure that they are secure.
Injury to Clients or Staff	●			All staff are first aid trained and carry first aid kits	All staff are qualified and have a minimum of 8 hours first aid training. All staff carry mobile phone.
Groups with Disability or learning difficulty	●			Group is kept closer together, distance from instructor is monitored.	Instructors to keep close group supervision.
Fishermen & other users	●			Customers are advised to lookout for fishermen on the banks and standing in the river as well as other river users – swimmers etc.	Staff keep extra vigilance whilst on the water to manoeuvre group accordingly

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<b>Brecon Canal</b>					
Staff Qualifications	●			British Canoeing Paddlesport Leader Award or higher	Copies of all qualification are kept in the office.
Fishermen	●			Customers are advised to lookout for fishermen on the banks.	Staff keeps extra vigilance for fishermen.
Motorized craft	●			Customers are advised to pull over to the towpath side of the canal and allow the craft to pass.	Staff keeps extra vigilance for other boats
Getting in and out of the water		●		Customers are advised to help each other on and off the water	Staff give extra support where needed.
Locks and roads	●			Customers get out, carry the SUPS around any locks and across any roads.	Staff instruct supervise the getting in and out at the lock and crossing any roads
<b>Lakes and Open Water</b>					
Staff Qualifications	●			British Canoeing Paddlesport Leader Award or higher	Copies of all qualification are kept in the office.
Poor Visibility	●			Customers are kept together at all times.	Instructors keep good group control and monitor weather.
Wind & Waves	●			Customers kept together and use best sheltered area In the event of high winds alternative venue used.	Instructor to keep good group control and monitor weather
Fishermen	●			Customers are advised to lookout for fishermen on the banks.	Staff keeps extra vigilance for fishermen.