

# Adventure Sunderland



## Activity Risk Assessment

### Stand Up Paddleboard

(not including group SUP)

**Location: Sunderland Marina and Harbor, Tidal River Wear**

**Any areas outside of this need a site specific risk assessment and management approval**

Hazard	Potential harm	To Whom	Control Measures
Remote Operation	Exacerbate any injury or illness	Staff and participants	<p>Activity only to be carried out by BCU (or equivalent) qualified coach having undergone activity induction and having completed a competency statement.</p> <p>Staff must take the following:</p> <ul style="list-style-type: none"> <li>• First aid kit</li> <li>• VHF radio or mobile phone</li> <li>• Spare clothing and/or 'wearable blizzard bag'</li> <li>• Group shelter</li> <li>• Flask with a hot drink if in the expert opinion of the staff member the conditions and activity dictate</li> <li>• Tow Line</li> </ul>
Heavy objects / knocks	Personal injury	Staff and participants	<p>Staff to observe and instruct in correct manual handling of equipment and participants.</p> <p>Staff to ensure a team lift is used when moving boards or trolley.</p> <p>Staff to ensure paddles are not used in games/activities where the 'long end' may sweep round and injure other participants.</p> <p>Leashes must be used for journeying away from the beach / marina or if there are offshore winds.</p> <p>Helmets are to be worn by clients and staff. There are times, participant and weather conditions permitting that the instructor may omit to use helmets.</p>
Collisions with other boats	Personal injury/drowning	Staff and participants	<p>Staff to maintain a 360° look-out at all times.</p> <p>Staff to ensure group remains in line of sight and earshot.</p> <p>Staff to follow the 'rules of the road' and comply with the I.R.P.C.S. at all times around other vessels.</p>

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Water	Hypothermia, drowning	Staff and participants	<p>Staff to ensure group remains in line of sight and earshot.</p> <p>If needed call for powerboat assistance from the centre/marina.</p> <p>All participants briefed to remain on the board at all times unless otherwise instructed.</p> <p>Correctly fitted BA's to be worn at all times.</p>
Slips, trips, falls & bangs	Personal injury, hypothermia, drowning	Staff and participants	<p>Be extra careful on the marina walkways following periods of rain or if there has been an overnight frost.</p> <p>Ensure that none of the participants run on the walkways.</p> <p>Staff to brief participants on potential hazards such as glass, seaweed and discarded rope and strategies to avoid hazards.</p> <p>Staff to warn participants about the hazards of alighting/surfing in shallow water and about the risks playing close quarter games.</p> <p>Clients briefed to only stand up in deeper water (approximate paddles depth), remain seated or kneeling in shallow water (less than a paddles depth).</p>
Effects of weather	Hypothermia, Hyperthermia, Sunburn	Staff and participants	<p>Weather forecast obtained before activity, weather forecast posted on notice board in office.</p> <p>Visual inspection of weather conditions before the activity commences.</p> <p>Abandon if weather deteriorates.</p> <p>Ensure adequate warm and protective clothing for the prevailing weather.</p> <p>Advice all involved to use sun cream during sunny weather.</p> <p>Take rest breaks in hot weather.</p> <p>Use activity to keep participants warm in cold weather.</p> <p>Be especially aware of wind strength and direction when paddleboarding.</p> <p>If needed call for powerboat assistance.</p> <p>Use group shelter to provide a temporary respite.</p>
Entanglement	Personal injury / drowning	Staff and participants	<p>Staff to ensure boards are free from snag hazards.</p> <p>Leashes follow a clean rope principal.</p> <ul style="list-style-type: none"> <li>• Staff must carry an emergency knife.</li> </ul>
Heavy surf	Personal injury, hypothermia, drowning	Staff and participants	<p>Staff to be aware of the surf conditions on the beach and must not use SUP's where, in their expert opinion, there is a risk to the group of 'loose' boards causing injury.</p>

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Person under the influence of drugs / alcohol	Personal injury	Staff and participants	Staff to exclude anyone who is apparently under the influence of alcohol or drugs. Tests or physical proof is not required, the instructors decision is final.
Water quality	Weils disease, Hepatitis A	Staff and participants	A pre-session visual check of the area, along with data from Northumbria water / SSRS app will assist the Lead Instructor in making an informed decision on the activity/location. Ensure all staff and participants wash their hands before either drinking or eating. Emphasize good personal hygiene. Cover all cuts and grazes with waterproof dressings. If the area of operation is particularly heavily contaminated with oil or debris then staff member should consider modifying the session or relocating.
Stings and cuts	Personal injury	Staff and participants	Instructor to ensure that all participants are wearing robust footwear and arms legs are covered in periods of weather conditions where jelly fish may be encountered.
Lack of light. Poor visibility	Personal injury/drowning	Staff and participants	Helmets and shoulder straps on buoyancy aids to have 'glow sticks' attached, reflective tape on paddles, LED light on boards, clear boundaries set. Instructor to have head torch and whistle.

Risk assessments are to be reviewed on an annual basis unless an incident occurs, which then dictates immediate review of the risk assessment.

This Review completed by: Mike Clapham

Signed: *Mike Clapham*

Date: 07/01/2026

This version checked by: Mike Clapham

Signed: *Mike Clapham*

Date: 07/01/2026

To be completed by Centre Manager:

I consider this risk assessment to be suitable to control the risks to the health and safety of both employees undertaking the tasks involved and any other person who may be affected by the activities.

Name: Mike Clapham

Signed: *Mike Clapham*

Date of next review: 07/01/2027