

# Adventure Sunderland

## Activity Risk Assessment



### Board Surfing

**Location: Roker Beach, Wear mouth to 'Cats and Dogs'**

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

Hazard	Potential harm	To Whom	Control Measures
Remote Operation	Exasperate any injury or illness	Staff and participants	<p>Activity only to be carried out by staff qualified in watersports having undergone activity induction. 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>• Throw line</li> </ul>
Collision with other users and equipment	Personal injury	Staff, public and participants	<p>Leashes to be worn.</p> <p>Staff to brief participants on standing seaward of boards.</p> <p>Staff to be observant of public users and brief participants to be continually observant when on activity.</p>
Person under the influence of drugs / alcohol	Personal injury	Staff and participants	<p>Staff to exclude anyone who is apparently under the influence of alcohol or drugs.</p> <p>Tests or physical proof is not required, the instructors decision is final.</p>
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>

# Adventure Sunderland

## Activity Risk Assessment



			<p>Abandon if weather deteriorates.</p> <p>Ensure adequate warm and protective clothing for the prevailing weather.</p> <p>Advise all involved to use sun cream during sunny weather.</p> <p>Take rest breaks in hot weather.</p> <p>Use cardio activities to keep participants warm in cold weather.</p>
Water	Hypothermia, drowning	Staff and participants	<p>Staff to be aware of tides and effects.</p> <p>Staff to ensure group remains in line of sight and earshot.</p> <ul style="list-style-type: none"> <li>Staff to carry throwline at all times.</li> </ul> <p>Leash to be worn at all times to ensure participants have a floatation device.</p>
Slips, trips, falls	Personal injury/ Death	Staff and participants	<p>Staff to brief participants on potential hazards and strategies to avoid.</p> <p>Staff to brief participants on potential hazards such as glass, seaweed and discarded rope and strategies to avoid hazards.</p> <p>Participants to be briefed on personal responsibility in ensuring their own safety and their peers at all times.</p> <p>Participants informed of best methods for moving boards in prevailing conditions.</p>
Wash from power boats	Personal injury	Staff and participants	<p>Instructors to observe any shipping in the area and adapt session where required.</p>
Debris, flotsam, jetsam	Personal injury	Staff and participants	<p>Staff to select area free of such hazards or clear them away.</p> <p>Staff to ensure participants wear footwear suitable to resist cuts and abrasions.</p> <ul style="list-style-type: none"> <li>Safety knife to be carried in case of entanglement.</li> </ul>
Water quality	Weils disease, Hepatitis A	Staff and participants	<p>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.</p> <p>Ensure all staff and participants wash their hands before either drinking or eating.</p> <p>Emphasize good personal hygiene.</p>

# Adventure Sunderland



## Activity Risk Assessment

			Cover all cuts and grazes with waterproof dressings.
Stings and cuts	Personal injury	Staff and participants	Staff 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.
Rip tides / wave action	Personal injury, drowning	Staff and participants	<p>Staff trained in rip observation, methods of avoidance and management.</p> <p>Staff to remain updated with regular rips in the area.</p> <p>Clear area to be marked (markers on beach and/or landmark transits) and participants briefed to be observant and stay in area.</p> <p>Participants must not go 'out of their depth', this must be constantly supervised by the instructor and reinforced.</p> <p>Maximum wave height is 4 foot.</p>

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