

Risk Assessment

Name of Section or Activity	Stand Up Paddle Boarding on Flat Water Located on Loch Venachar - Invertrossachs	Date of risk assessment		Name of who undertook this risk assessment	Mark Wright
		Date of next review			

Hazard Identified? / Risks from it?	Who is at risk?	How are the risks already controlled? What extra controls are needed?	What has changed that needs to be thought about and controlled?
Poor Preparation, Leadership, Communication & Behaviour Risk of loss of control, greater chance of incident, poorer quality of experience	All participants	<ol style="list-style-type: none"> 1. Clear briefing provided to all event leaders 2. Clear briefing to all participants, to include setting of event boundaries, objectives, correct use of equipment (PFDs, boards etc.), procedure in event of an incident. 3. Notice board on shore giving information on the B1 limit, plus a marker buoy in the loch to indicate B1 limit 4. Clear roles and responsibilities 5. Number of participants restricted to leader's permits limits and environmental conditions at time of event. 	
Moving boards from shed to water Risk of suffering slips, trips and falls, and muscle injuries when lifting	All participants	<ol style="list-style-type: none"> 1. Warm up carried out before any lifting 2. Correct lifting and carrying instructions given 3. Suitable footwear to be worn 4. Boards to be carried by minimum of two people 	
Failure to respond quickly to an incident Risk caused by delays in communication between all parties in getting help	All participants	<ol style="list-style-type: none"> 1. Radios checked and allocated to all key leaders on the water and land based. Event leaders to designate radios as necessary depending on event type, size and location of group(s) 2. Notice board on shore displays the Scout Association's "What to do in an Emergency" procedure. Event leader to familiarise themselves with the location for communication to emergency services. 3. Event leader to ensure adequate communication between leaders on the water and appropriate land-based link person. Use of land-based communication link person dependent on event type, size and location of group(s) 	

You can find more information in the Safety checklist for leaders and at scouts.org.uk/safety

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Drowning Risk caused by a capsize or falling into the loch	All participants	<ol style="list-style-type: none"> 1. Check for non swimmers. 2. All participants wear PFD's 3. Capsize procedure explained prior to start of activity 4. If two leaders are available, then one leader on the water prior to participants entering water. If only one leader available, then leader assists group onto the water, ensuring group stays close to the launch site 5. All groups to ensure immediate access to someone holding a relevant first aid qualification (need not be the paddling permit holder). 6. Maintain discipline and control of group 7. In the event of a capsize, if necessary, leader takes capsized person to shore to change, ensuring group is safe at all times – decision is dynamic depending on weather conditions, location, if person has swallowed water and state of participant. 8. Encourage participants to change positions to kneeling/sitting to minimise risk of falling in 	
Hypothermia Risk caused by cold conditions, a capsize or falling into the loch,	All participants	<ol style="list-style-type: none"> 1. Activity leader checks participants are dressed appropriately (to account for prevalent weather conditions e.g., wind chill factor particularly if wet) 2. Consider postponing activity if conditions aren't appropriate -SUP carries a high risk of falling in 3. Activity leader monitors conditions throughout the day and checks on group members, advising on precautions. 4. Reduce activity limits to enable, if required, swift transfer of casualty to shore. 5. Emergency procedures in place for incidents 6. Once back on shore casualty is given appropriate treatment. 	
Hyperthermia Risk caused by hot weather and exposure to the sun leading to dehydration, sunburn and sunstroke	All participants	<ol style="list-style-type: none"> 1. Activity leader monitors conditions throughout the day, and check on group members, advising on precautions. 2. Anyone exhibiting signs of over-exposure to return to shore. 3. Participants advised on; drinking plenty of fluids, hed coverings and use of sunscreen 	

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Fragmentation of group Risk of group breaking up caused by: 1. Adverse weather conditions or 2. Group comprises varying ages and abilities	All participants	<ol style="list-style-type: none"> 1. Reduce activity limits (weather and participant abilities / fitness). 2. Consider postponing activity due to boards being easily blown about 3. Split into sub-groups by age/abilities and run activities appropriate to experience 4. Activity leader constantly monitors group for signs of fatigue, frustration, & apathy. 	