

Brenin Adventures



Stand Up Paddle Boarding & Group Stand Up

Paddle Boarding - Operational procedures

Staffing & Ratios

Minimum Appropriate qualifications [in line with Paddle UK Skills Guidance]:

- Very Sheltered inland water: Paddlesport Instructor / SUP Instructor
- Sheltered inland water: Old L2 + 3* / UKCC L1 or Paddlesport Instructor & British Canoe SUP Module, with UKCC L2 or Paddlesport Coach overseeing session / Signed off instructor with RYA Safety Boat (using a Safety boat for cover) / BSUPA Level 1 Instructor / Water Skills Academy Foundation Instructor / ASI Level 1 Instructor / Paddlesport Leader
- Non-sheltered inland water: Old L3 + 4* / UKCC L2 or Paddlesport Coach plus 4 star leader & SUP DSM / Signed off instructor with RYA Safety Boat (using a safety boat for cover) / ASI Level 2 / BSUPA Level 2 / WSA Adventure Instructor
- Moving water up to Grade 2: Old L3 + 4* / UKCC L2 + Moderate water endorsement / Moderate Water Leader
- Moving water Grade 3 & above: Old L3 + 5* / UKCC L3 / Advanced Water Leader

Ratio 1 instructor: up to 12 clients dependent on water & prevailing conditions

Instructors working alone must have an effective way of communicating with the centre base.

Weather limitations

Low temperatures will lower the acceptable duration of immersion. With junior groups, when air and water temperatures are below 10C instructors should operate in very sheltered conditions to reduce the likelihood of participants entering the water.

In high winds, and particularly when there are waves, novice paddle boarders will have increased difficulty maintaining course and will tire more rapidly. Instructors should structure sessions so they can be cut short if participants are becoming tired or cold.

Venues

Llyn Clywedog

Any suitable body of water, following site specific risk assessment.

Participant equipment

- Buoyancy aid correctly fitted
- Swim wear
- Wetsuits must be worn if either the air or the water temperature is below 12C [15C for novices].
- Cag [If appropriate for weather conditions]

Brenin Adventures

- Suitable footwear [wetsuits boots / trainers / wet shoes] must always be worn. Wellies, walking boots & flip flops are not acceptable].
- Helmets should be considered in shallow water and when playing games.
- Participants must have a full change of warm clothing ashore, a towel, and a hot drink / facility to make a hot drink.

Instructor equipment

Instructors should be equipped with:

- Wetsuit / drysuit / appropriate clothing
- Buoyancy aid
- First aid kit
- Knife
- Throw line
- Two way radio [where more than one group is operating at the same venue]
- Mobile phone / VHF Radio
- Access to Spare clothing [i.e. spare hat, warm jacket, survival blanket] appropriate to the conditions

Helmets

Instructors must be able to justify the reason **not** to use helmets.

Leashes

Leashes on Single SUP's must be worn to prevent individuals separation from the board. Leashes are not to be worn on group Paddleboards (such as MEGA SUP's) to prevent multiple leashes becoming entangled.

General Procedures

Before the start of any session, instructors must be fully aware of any medical conditions that may affect participation, and any specific requirements of the group.

Buoyancy aids and helmets must be checked before the group enters the water.

Ensure you brief the group fully. Your briefing must include;

- Activity description / goals
- Safety rules on and off the water
- Wind awareness
- Communication on the water
- Capsize / man overboard scenarios
- Launching & recovering paddle boards, including lifting techniques
- Care **MUST** be taken when launching to not damage fins

Particular care must be taken when participants are lifting / moving equipment.

Inflatable paddle boards could damage easily, care must be taken on the choice of activity undertaken. Group control is very important. Groups must be kept together so the instructor can reach all participants within 30 seconds.

Brenin Adventures

The group must be monitored throughout the activity and the session adapted as required [i.e. early exit / finish if group members are tired / cold or progress is overly slow].

Don't forget the rest of the group if you are rescuing someone. Your priority is the person in the water, the rest of the group and then the board. If in doubt, get the participant to safety and go back for the board later.

The risk assessment must be reviewed on arrival on site to take into account prevailing conditions and recent changes, and monitored throughout the activity session.

Risk factor	Control
<ul style="list-style-type: none"> • Drowning 	<ul style="list-style-type: none"> • Properly fitting buoyancy aids / lifejackets • Identify non-swimmers / weak swimmers • Appropriate supervision
Hypothermia / exposure	<ul style="list-style-type: none"> • Appropriate clothing / wetsuits • Modification of session to account for air / water temperature and group ability • Spare clothing, hot drinks to re-warm • Monitor participants
Heat stroke	<ul style="list-style-type: none"> • Appropriate clothing, sun screen & hats • Drinks available • Monitor group
Impact injuries	<ul style="list-style-type: none"> • Helmets as appropriate • Effective briefing / teaching • Care with paddles
Slips & trips	<ul style="list-style-type: none"> • Care on banks • Briefing & group control • Correct spotting techniques adopted
Strains & sprains	<ul style="list-style-type: none"> • Warming up correctly • Care when moving equipment
Lifting injuries	<ul style="list-style-type: none"> • Appropriate storage of equipment • Appropriate manual handling techniques • Briefing & supervision when moving equipment
Group drifting apart [wind / tide / current]	<ul style="list-style-type: none"> • Effective briefing • Maintain control throughout session

Brenin Adventures

	<ul style="list-style-type: none">• Ability to tow / carry boards if required
Poor communications	<ul style="list-style-type: none">• Briefing• Use of hand signals where noise prevents clear communication
Sharp stones / rocks on shore	<ul style="list-style-type: none">• Appropriate footwear• Launch & recover on slipways / safe shoreline• Keep clear of shoreline if sailing
Water borne pollution / diseases	<ul style="list-style-type: none">• Monitor water quality / consult Environment Agency data• Wash hands before eating
Conflict with other users	<ul style="list-style-type: none">• Keep clear of other water users• Communication clear to group• Abide by local rules / guidelines / access agreements
Loss of group control	<ul style="list-style-type: none">• Effective briefing• Monitor participants both on & off the water• Contact with other instructors or centre base
Equipment failure	<ul style="list-style-type: none">• Equipment maintenance• Appropriate use of equipment• Instructors to report faulty equipment