



<p>General SUPing – exposure to weather, drifting off-shore, drowning on falling into water.</p>	<p>Participants</p>	<p>Refer to Tudor Sailing Club SUPing Good Practice before every trip.</p> <p>Club SUPs may only be used when the member is accompanied by at least on other SUP or vessel.</p> <p>Clubs SUPs may only be taken beyond E Milton as part of a Level 3 – Club Supported Activity</p> <p>Check and confirm that at least two people in the group have the following</p> <ul style="list-style-type: none"> <li>• Accessible mobile phone – fully charged or fully charged VHF radio</li> <li>• Line suitable for attaching to a buoy or other craft</li> <li>• Whistle</li> </ul> <p>Visual inspection of all equipment to be completed before each trip (paddles, seats, leashes, boards)</p> <p>All SUPers are responsible for assessing their own health and fitness to Paddle.</p> <p>Check weather (including fog) and tide forecast before leaving the slipway. Ensure your ability matches the expected conditions.</p> <p>Leave crew contact details (mobile no) and expected ETA on whiteboard outside Sailing Club male changing room.</p> <p>Confirm bung is fitted before leaving the slipway.</p> <p>SUPers must wear buoyancy aids.</p> <p>Be aware of dredger movements.</p> <p>Avoid leaving Langstone Harbour or getting close to the harbour entrance on a falling tide or with an off-shore wind unless part of a planned event.</p> <p>Wear appropriate clothing.</p> <p>Be courteous to other Harbour users and comply with international navigation rules.</p> <p>Respect the environment and the wildlife in the Harbour.</p>	<p>No</p>	<p>-</p>	<p>-</p>	<p>-</p>	<p>1 x 2 = 2</p> <p>Low</p>
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Strong currents in harbour entrance	Capsizing Drowning Boat swept out to sea through harbour entrance (crew overwhelmed by tide and exhaustion)	All General SUPing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>Clubs Sups may only be taken beyond E Milton as part of a Level 3 – Club Supported Activity</li> <li>Only approach/leave the harbour entrance in calm conditions and with fair weather forecast</li> <li>Beginners to avoid harbour entrance unless SUPing with at least one other member who has a good knowledge of the tidal movements in the vicinity of the harbour entrance.</li> <li>Assess tidal conditions before entering the harbour entrance.</li> <li>Keep to edge of the channel to avoid the strongest currents.</li> <li>Beach the boat if the current becomes too strong.</li> <li>Exhibit extra caution on a falling tide</li> </ul>	No	-	-	-	1 x 2 = 2
Strong wind / rough sea	Capsizing Drowning Loss of air (iSUP)	All General SUPing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>Cancel session/do not paddle if winds too strong before or likely during session.</li> <li>Experienced paddlers only</li> <li>Windproof clothing to be worn</li> <li>Abort session and return to TSC if wind picks up.</li> <li>Beach SUP if unable to continue</li> </ul>	No	-	-	-	1 x 2 = 2
Collision with obstacles or other craft	Sinking Capsizing Drowning Skeletal / bodily injuries	All General SUPing controls apply <b>plus</b> : <ul style="list-style-type: none"> <li>Do not SUP in poor visibility.</li> <li>Complete an assessment of craft numbers prior to departure.</li> <li>Be aware of dredger movements.</li> <li>Consider other vessel movements and move out of the path of approaching vessels. Clear the main channel or hold water if unsure.</li> <li>When possible SUP with another paddler</li> </ul> <p>At least one paddler shall have a good knowledge of local waters and tidal movements with a good understanding of basic navigation</p>	No	-	-	-	1 x 2 = 2

Equipment failure during activity	<p>Crew stranded off-shore</p> <p>Crew exposure to extreme weather (hypothermia / hyperthermia)</p>	<p>All General SUPing controls apply, specifically:</p> <p>Check and confirm that at least two people in the group have the following</p> <ol style="list-style-type: none"> <li>1. Accessible mobile phone – fully charged or fully charged VHF radio</li> <li>2. Line suitable for attaching to a buoy or other craft</li> <li>3. whistle</li> </ol> <ul style="list-style-type: none"> <li>• Visual inspection of all equipment to be completed before each trip (paddles, seats, leashes, bungs)</li> <li>• Strongly advise use of RYA SafeTRX</li> </ul> <p>Each crew member to be responsible for ensuring they carry sufficient fluids.</p>	No	-	-	-	1 x 2 = 2
Slipway launching and recovery including boarding and alighting the craft	<p>Slips, trips and falls</p> <p>Skeletal / bodily injuries</p>	<p>All General SUPing controls apply <b>plus</b>:</p> <ul style="list-style-type: none"> <li>• Wear suitable footwear</li> <li>• Help one another on and off.</li> <li>• Assessment of craft numbers made prior to departure</li> <li>• Experienced paddlers to warn beginners of known hazards / slippery areas</li> </ul> <p>Be aware of wind effect on iSUPs when launching</p>	No	-	-	-	1 x 1 = 1
Night SUPing	<p>Sinking</p> <p>Capsizing</p> <p>Drowning</p> <p>Skeletal / bodily injuries</p>	<p>All General SUPing controls apply <b>plus</b>:</p> <ul style="list-style-type: none"> <li>• Ensure someone is aware that you are SUPing and know who to contact if you are late back. Coastguard to be alerted if crew get into difficulty.</li> <li>• Always SUP with another paddler.</li> <li>• Always carry a torch.</li> <li>• Glow stick to be clipped to the shoulder strap of all buoyancy aids and activated at dusk</li> <li>• Club SUPs not to leave the harbour at night-time</li> <li>• Consider sharing GPS track of location whilst SUPing using a mobile phone app eg Glympse and or SafeTRX.</li> </ul> <p>Keep to the edges of the channel</p>	No	-	-	-	2 x 2 = 4

You should review your risk assessment if you think it might no longer be valid (eg following an accident or if there are any significant changes to hazards, such as a steeper slipway, a different type of hoist, new activities etc)



# Guidance for completing TSC Risk Assessments

Use this guidance to help you complete the Risk Assessment template

## Summary of activity

List the activity being reviewed. Detail what's involved and how the task is carried out.

## HAZARD

Look only for hazards which you could reasonably expect to result in significant harm under the conditions in our club. Use the following examples as a guide:

- Drowning - from capsize or falling overboard
- Cold - from immersion or exposure
- Injuries - from booms, winches, ropes
- Slipping/tripping on slipways or pontoons
- Work at height (up masts)
- Overhead cables
- Chemicals used in workshops or for cleaning
- Dispersal of dinghy or windsurfing fleets
- Stranding
- Fire, afloat and ashore
- Winches and winch - wires on slipways
- Vehicles
- Contaminated water (blue/green algae and Weils disease)
- Underwater obstructions

## WHO MIGHT BE HARMED?

There is no need to list individuals by name - just think about groups of people doing similar work or who may be affected, for example:

- Members
- Guests of members
- Students
- Workshop staff
- Cleaners

- Instructors

Pay particular attention to the potentially more vulnerable:

- Children
- Absolute beginners
- People with disabilities
- Inexperienced staff
- Visitors

List groups of people who are especially at risk from the significant hazards which you have identified:

- FOR EXAMPLE Inexperienced visitors (inc children) may not be aware of the hazards from booms, craft stability, immersion
- FOR EXAMPLE We may not be able to provide people with disabilities the help to get on/off boats or out of the water if they fall in
- FOR EXAMPLE Children also need to be safeguarded

#### **WHAT CONTROLS ARE ALREADY IN PLACE - IS THE RISK ADEQUATELY CONTROLLED?**

Have you already taken precautions against the risks from the hazards you listed?

For example, have you provided:

- Adequate information, instruction or training?
- Adequate systems or procedures?

Do the precautions:

- Meet the standards set by a legal requirement?
- Comply with a recognised industry standard?
- Represent good practice?
- Reduce risk as far as reasonably practicable?

If so, then the risks are adequately controlled, but you need to indicate the precautions you have in place. You may refer to procedures, manuals, policies etc. giving this information.



## DO YOU NEED TO DO ANYTHING FURTHER TO CONTROL THE RISK?

What more could you reasonably do for those risks which you found were not adequately controlled?

You will need to give priority to those risks which affect large numbers of people and/or could result in serious harm. Apply the principles below when taking further action, if possible in the following order:

- Remove the risk completely (but not the hazards inherent in sailing)
- Try a less risky option
- Prevent access to the hazard (e.g. by guarding)
- Organise work to reduce exposure to the hazard
- Issue personal protective equipment
- Provide welfare facilities (e.g. washing facilities and first aid)

List the risks which are not adequately controlled and the action you will take where it is reasonably practicable to do more. You are entitled to take cost into account, unless the risk is high.

### Additional control

- FOR EXAMPLE All visitors to be accompanied on vessels and briefed on risk controls by an experienced TSC skipper
- FOR EXAMPLE lifejackets to be provided by TSC to all visitors before they go on the water

### ACTION BY WHO?

Who needs to put in place the additional controls? Make sure they know they have been given the action and have the skills and influence to implement it.

### ACTION BY WHEN?

Make sure you agree a date to implement the additional controls with whoever has been allocated the action. Try and complete the action quickly where additional controls can be achieved.

**RESIDUAL RISK SCORE**

		Severity/Consequence		
		Slightly harmful (1)	Harmful (2)	Extremely harmful (3)
Likelihood	Highly unlikely (1)	Trivial risk (Score 1)	Tolerable risk (Score 2)	Moderate risk (Score 3)
	Unlikely (2)	Tolerable risk (Score 2)	Moderate risk (Score 4)	Substantial risk (Score 6)
	Likely (3)	Moderate risk (Score 3)	Substantial risk (Score 6)	Intolerable risk (Score 9)