

Address:	Tudor Sailing Club, Eastern Road, Portsmouth, Hants. PO3 5LY		
Method Statement title:	Tudor Sailing Club SUP Good Practice Guidance 2024		
Linked Risk Assessment:	TSCSUP01 Risk Assessment TSC SUP 2024		
Date:	AUG 2024	Ref No:	TSCSUP01

NOTE: The following guidance has been issued for Tudor Sailing Club owned SUPs and is linked to the TSC SUP Risk Assessment 2024. This guidance is not a replacement for the Risk Assessment which is available on request. **Any deviation from these guidelines is at individual's own risk.**

All SUPing

Club SUPs may only be used when the member is accompanied by at least one other SUP or vessel.

Club SUPs may only be taken beyond E Milton as part of a Level 3 – Club Supported Activity.

Paddlers **MUST** wear buoyancy aids while on the board when using club boards, during club activities and if under 18. Strongly advised for all adults using own boats.

Ensure ankle leash is used whilst on club SUPs.

Check and confirm that at least two people in the group have the following

- Accessible mobile phone – fully charged or fully charged VHF radio
- Line suitable for attaching to a buoy or other craft
- Whistle
- Consider use of RYA SafeTRX

Visual inspection of all equipment to be completed before each trip (hull, paddles, air, bung, seats, leash)

Ensure properly inflated and top up as needed.

All paddlers are responsible for assessing their own health and fitness to paddle.

Check weather (including fog) and tide forecast before leaving the slipway. Ensure your ability matches the expected conditions.

Leave contact details (mobile no) and expected ETA on whiteboard outside Sailing Club male changing room.

Confirm bung is fitted before leaving the slipway (and remove when storing back in the compound)

Be aware of dredger movements.

Wear appropriate clothing.

Be courteous to other Harbour users and comply with international navigation rules.

Respect the environment and the wildlife in the Harbour.

Additional controls for SUPing at night

Ensure someone is aware that you are SUPing and knows who to contact if you are late back.

Coastguard to be alerted if crew get into difficulty.

Use RYA SafeTrx if night paddling

Always SUP with another paddler.

Always carry a fully charged waterproof torch.

Glow stick to be clipped to the shoulder strap of all buoyancy aids and activated at dusk.

Club SUPs not to leave the harbour at night-time.

Consider sharing GPS track of location whilst SUPing using a mobile phone app eg Glympse.

Keep to the edges of the channel