

# Risk Assessment – Bodyboarding

Updated - 14.02.18

<b>Required Instructor Competence</b>	<ul style="list-style-type: none"> <li>• Level 3 National Water Safety Management or Trained and assessed in lifesaving and coastering skills by a technical advisor(s).</li> <li>• Deemed competent in line with the Land &amp; Wave Training Framework</li> </ul>
<b>Ratios</b>	<ul style="list-style-type: none"> <li>• 1:10</li> </ul>

<b>Identified Hazards</b>	<b>Who is at risk?</b>	<b>Example Causes</b>	<b>Control Measures</b>
<b>Drowning</b>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Poor safety briefing.</li> <li>• Poor monitoring</li> <li>• Equipment Failure</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of weather/sea conditions</li> <li>• Effective safety briefing</li> <li>• Water confidence test</li> <li>• Equipment to be visually checked prior, during and after the activity.</li> <li>• Buoyancy aid to be worn when in water not attached to a body board</li> </ul>
<b>Personal Injury</b> E.g. Slips, Cuts, Head Injuries, strained backs	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Beach related debris, sharps, rocks</li> <li>• Participant collision</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor to provide health and safety briefing(s) to prevent injuries</li> <li>• Instructor to hold first aid qualification and carry first aid kit.</li> </ul>
<b>Difficulty controlling body temperature</b>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>• Submersion.</li> <li>• Cold, wet days.</li> <li>• Hot, sunny day.</li> </ul>	<ul style="list-style-type: none"> <li>• Wetsuits to be provided when appropriate</li> <li>• Appropriate group safety equipment to be carried – e.g. shelter, warm clothes, water etc.</li> </ul>