



Norfolk Paddle Meet Up

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Risk Assessment May 2025

“Making people safer paddlers since 2019”

By The Captain Baldie (Founder)

Who are Norfolk Paddle Meet Up

A local social group to Norfolk created to bring people together.

All the admin team are qualified from instructor level through to coach level under the Paddle UK (PUK) guidance.

A fully insured PUK affiliated club, who's safety push is second to none.

Organising safety days, training, coaching, fund raising and environmental awareness.

Over 3000 members are now part of this fun friendly family, who all have the same agenda, safer paddling, lots of fun but with the mindset that our playground needs caring for.

You can find us on Facebook - Norfolk paddle meet-up

Direct contact for The Captain Baldie

07415-905357

Bookings@baldiesboards.co.uk

<i>RA carried out By The Captain Baldie PUK Coach</i>	<i>Date 1st May 2025</i>	<i>Applies to all craft</i>
<i>Hazard</i>	<i>Risk Level</i>	<i>Control Measures</i>
<i>Drowning</i>	<i>Medium</i>	<i>- Mandatory use of buoyancy aids for all participants. QR belts and leashes to be fitted (SUP)- Adherence to appropriate instructor-to-participant ratios.</i>
<i>Cold Water Shock / Hypothermia</i>	<i>Medium</i>	<i>- Pre-activity weather assessment; sessions postponed if conditions are unsafe. - Recommendation for participants to wear suitable clothing (e.g., wetsuits) based on weather conditions. Coaches, Leaders, Instructors to carry spare essentials</i>
<i>Sunburn / Heat Exhaustion</i>	<i>Low</i>	<i>- Encouragement of sunscreen application and wearing of hats. - Regular hydration breaks during. - Monitoring for signs of heat-related illnesses.</i>
<i>Slips, Trips, and Falls</i>	<i>Medium</i>	<i>- Requirement for participants to wear closed-toe footwear. - Instruction on safe movement on and off boards.</i>
<i>Collisions with Other Water Users</i>	<i>Medium</i>	<i>- Limitation of group sizes to prevent overcrowding. - Clear communication of navigation rules and right-of-way.</i>
<i>Equipment Failure</i>	<i>Low</i>	<i>- Inspection of all equipment before departure.- Provision of safety briefings on equipment use.</i>
<i>Entrapment (e.g., in leash or weeds)</i>	<i>Low</i>	<i>- Use of quick-release leashes. - Instruction on avoiding areas with dense vegetation. - Instructors equipped with safety knives for emergency situations.</i>
<i>Medical Emergencies</i>	<i>Medium</i>	<i>- Collection of medical information from participants prior to activity. - Availability of first aid kits and trained personnel on-board. - Established emergency response procedures, including communication with local emergency services. Have available participants emergency contact details</i>

<i>Emergency equipment</i>	<i>Medium</i>	<i>All instructors to carry a fully charged mobile phone in a water proof case that is easily accessible . First aid kit and on Long paddles, emergency shelter, compass and a map.</i>
<i>Conditions</i>	<i>High</i>	<i>Weather conditions will be checked on the run up to and on the day of a meet. Winds in excess of 18km, thunder and lighting, pooh stick travelling 1 meter in 4 seconds and obstructions in the water will be deemed unsafe to paddle and the meet will be postponed with immediate effect</i>
<i>Participants</i>	<i>High</i>	<i>Participants will be refused to partake in a meet if the are deemed to be under the influence of alcohol or drugs. No exception</i>
<i>Water Quality</i>	<i>Medium</i>	<i>If you become unwell after being in the water - seek urgent medical attention and let one of the admin know</i>
<i>Equipment</i>	<i>Medium</i>	<i>Wash all equipment down with fresh water and dry before stowing away to prevent cross contamination</i>
<i>Blue Green Algae</i>	<i>High</i>	<i>Blue-green algae can cause diarrhoea , nausea or vomiting - seek urgent medical attention - also report any findings to the Admin team</i>
<i>Canoe usage</i>	<i>Low</i>	<i>Canoes are effected heavily by wind, no your experience level and if in doubt use a different craft</i>
<i>Kayak usage</i>	<i>Low</i>	<i>Kayaks are less likely to be affected by wind but can be more unstable - know your limits and understand how to escape the craft in a capsize before heading out</i>
<i>Care of equipment</i>	<i>Low</i>	<i>Always check your equipment before launching, are there any dents or scuffs? Check Board pressure ids correct and slightly under-inflate in very hot conditions</i>
<i>Carrying craft on vehicle roofs</i>	<i>High</i>	<i>Know how to secure your craft to your vehicle properly - You can be prosecuted for insecure loads.</i>

<i>Carrying craft to launch point</i>	<i>High</i>	<i>Do not drag your equipment, use a two person lift to move larger craft from vehicle to launch area</i>
<i>Wild Life</i>	<i>High</i>	<i>Leave nothing behind except foot prints and memories. Take Rubbish home with you, respect the wildlife and give Nesting swans a wide berth as these can be aggressive</i>
<i>Fishermen and fishing lines</i>	<i>Medium</i>	<i>Be aware of fishermen and their fishing lines, engaging in conversation as you gently paddle past helps gain respect. Try to paddle around their floats at a safe distance, using gentle and quite paddling techniques</i>

Call 999 in a river emergency. In non-emergencies, contact Norfolk Fire and Rescue Service online.

Sea emergencies - call 999 and ask for the coast guard.

General Safety Information regarding paddle sport can be found on the PUK website

<https://paddleuk.org.uk/stand-up-paddleboard-sup-safety-choosing-the-right-leash/>

Blue Green Algae advice

https://www.ceh.ac.uk/sites/default/files/documents/BlueGreenAlgae_Poster_Web-RGB.pdf

Environmental issue reporting information

<https://www.gov.uk/report-environmental-problem>