


Company Name	LOCH INSH	 LOCH INSH OUTDOOR CENTRE
Address of Premises	KINCRAIG INVERNESS - SHIRE PH21 1NU TEL: 01540 651272	

Task	Windsurfing 2022/23	Risk Assessment No.	RAB 019
Name of Assessor	J Freshwater	Signature	
Assessment Date	18-10-2022	Review Date	18-10-2023

What are the significant hazards	Who might be armed and how?	What are you already doing?	Do you need to do anything else to control the risk?	Action by Who	Action by Date	Completion date
Falling into Deep water	Staff and visitors at risk of cold water shock and drowning	Buoyancy Aid worn at all times. None swimmer(s) identified and watched carefully. Consider the issue of Life jackets. Acclimatization session before setting off	Make sure Buoyancy aid is fitted correctly	Instructor Beach team	immediate	
Injury at simulator teaching session	Staff and visitors by moving equipment	Group briefing on safety at the start of session. Group positions controlled around simulator, up wind mast length away Always hold nose line to control rotation	Group leader briefed on safety matters	Instructor	immediate	
Carrying boards to and from the	Staff and visitors could be injured	Demonstrate good lifting practices. Where appropriate ensure lifting is shared with a partner		Instructor	immediate	

water	carrying heavy boards, using wrong lifting technique	Instructors and adults only to load and unload trailer at waters edge. Discuss careful handling and possible personal damage from fin Heavy boards not lifted by children				
Injury in shallow water.	Staff and visitors could suffer twists, breaks and bruising	Explain limits of area to be used and likely depths. Demonstrate dismounting falling procedure when coming into the shallows Buoyancy Aids to be worn when afloat	Instructor monitoring shallows	instructor	immediate	
Health issue restricting ability	Staff and visitors at risk from underlying health issues	Check medical declarations prior to departing Discuss activity with client to ensure they understand what they are undertaking. Ensure any required medication is with client and they understand how to apply it.	Call Base if required Instructors carry radios	instructor	immediate and ongoing	
Wind induced Star Burst	Staff and visitors at risk	Show self rescue. Explain use of safety line in North Easterly winds	Radio for help before losing control of group	instructor	immediate	
Injury during games and balance practise	Staff and visitors could fall off boards into shallow water	Working in a buddy system Safety line out in Easterly winds Balancing games to be well monitored to ratio 6 boards - 1 instructor - max 12 kids Some dryland explanation and practise of exercises prior to going afloat	When multi groups afloat each to work from separate area of beach. Safety boat available for instructor to use	instructor	immediate and ongoing	
Covid	staff and visitors	clean down of equipment between uses social distancing sanitiser available household bubbles when appropriate	monitored at all times	Instructors beach staff	Immediate and ongoing	
Jumping into water from teaching	Staff and visitors at risk of drowning and	Strict management control of jumping, max 2 at a time. Staff member prepared to get into the water to carry out any rescue.	Group staff informed of jumping procedure	Instructor	Immediate and ongoing	

platform	cold water shock	Other staff control access to pontoon. Instruct jumpers to swim back to beach or ladders as soon as possible All jumpers wear buoyancy aids No back flips No jumping back onto boards from platform				
Getting separated from Kit	Staff and visitor	Watch for boom on front of board fall. And check for swimmer behind, send rescue boat if becoming separated	Constant watchful eye	All staff	Immediate and ongoing	
Cold water Shock / hypothermia	Staff and visitors	Appropriate wetsuits must be worn Pre session dunk and swim to acclimatise	Instructor to closely monitor from the water	All staff	Immediate and ongoing	