


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

Task	SUP	Risk Assessment No.	RAB 017
Name of Assessor	J Freshwater	Signature	J.Fresh
Assessment Date	11-09-2025	Review Date	11-09-2026

What are the significant hazards?	Who might be harmed 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
Injury during the act of lifting and carrying boards, from and to rack.	Staff and visitors could sustain an injury carrying boards to the water.	Safety briefing given to group at the start of activity. Reminders as necessary throughout the lesson. Launching site identified. In strong winds or small people use two persons per board for lifting.	For children and smaller people may need help.	instructor	immediate and ongoing	
Coming off board in shallow water and injuring yourself	staff and visitors could sustain an injury falling into shallow water	Launching included in safety brief. Group advised to kneel or get off in shallow water. Instructor manages group at launching and landing	keep an eye on distance from shore	instructor	immediate and ongoing	
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	Call Base if required Take radio in dry bag	Instructor	immediate and ongoing	

		understand how to apply it.				
Immersion in cold water	Staff and visitors may suffer from cold water shock	Wetsuits to be worn when essential Buoyancy Aids worn at all times afloat, checked for suitable fit by staff Leashes to be worn at all times* All clients must demonstrate they can get back on to the board before venturing out of their depth		instructor	immediate and ongoing	
Drowning	Staff and visitors at risk of drowning	Buoyancy Aids worn when afloat. Non swimmers identified at beginning of lesson. Leashes to be worn at all times*	Rescue boat on standby. Radio to be taken by instructor in dry bag	instructor	immediate and ongoing	
Separation from board	Staff and visitors at risk of being separated	Leashes to be worn at all times* Mentioned in safety briefing		instructor	immediate and ongoing	
Injury from inappropriate paddle use.	Staff and visitors could sustain an injury from a paddle	Demonstration given and constant vigilance during lesson with correction as required. Ensure correct paddle length before setting off		instructor	immediate and ongoing	
Blown off shore	Staff and visitors at risk of being blown off shore	Briefing prior to activity Demonstrating good wind awareness technique Practise session in sheltered water before venturing on to loch - Maintain close proximity to the windward shore at all times for maximum protection. Emergency self rescue procedure discussed and practised with the group	Safety boat on standby at all times. Instructor carries radio	instructor	immediate and ongoing	
*River entanglement	Staff and visitor at risk of becoming entrapped	Briefing prior to start of river trip. *No leashes to be attached on moving water sections		instructor	immediate and ongoing	
Collision of people and boards	staff and visitors at risk of falling from or being hit by a board	Briefing on safety to include collision avoidance and falling safely. Paddling technique explained and practised before going afloat. Conduct when using multi person boards explained to all.	Safety Boat on standby at all times	Instructor	immediate and ongoing	

Entrapment under multi person boards	staff and visitors at risk of being trapped under the board	<p>Instruction on escape methods if immersed person comes up under board.</p> <p>Instructor to demonstrate good group control when kids jumping in.</p>	<p>Instructor aware of total number at all times.</p> <p>Instructor to use board leash with groups</p>	Instructor	Immediate and ongoing	
Entanglement and unbalanced loads	Staff and visitors at risk of being unbalanced or entangled by an uneven or badly packed load	<p>Clients on expedition to be instructed how to pack and load a SUP safely</p> <p>Care must be taken to ensure no loose ends or equipment is trailing in the water.</p> <p>Make clients aware of the risk of tripping or standing on equipment strapped to the back of the paddle board.</p>		Instructor	Immediate and ongoing	