


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

Task	Windsurfing	Risk Assessment No.	RAB 019
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 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 for young non swimmers. <u>Acclimatization session before setting off</u>	Make sure Buoyancy aid is fitted correctly Make sure life jackets are 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	Staff and visitors could	Demonstrate good lifting practices. Where appropriate ensure lifting is shared with a		Instructor	immediate	

and from the water	be injured carrying heavy boards, using wrong lifting technique	partner 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	
Jumping into water from teaching platform	Staff and visitors at risk of drowning and cold water shock	Strict management control of jumping, max 2 at a time. Staff member prepared to get into the water to carry out any rescue. Other staff control access to pontoon. Instruct jumpers to swim back to beach or ladders as soon as possible All jumpers wear buoyancy aids	Group staff informed of jumping procedure	Instructor	Immediate and ongoing	

		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	