

SAFETY ALERT

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SUBJECT	Shallow Water Injuries – Stand Up Paddleboard
Date Issued	January 2022

Introduction

The Safety Advisory Panel have noticed a increase of injuries relating from shallow water occasioned whilst stand up paddleboarding (SUP).

We strongly advise that all providers, centres, clubs, coaches and partners to check their Normal or Standard Operating Procedures (NOP /SOP).

Please ensure your safety warnings cover both launching, landing and journeying on a SUP whenever your clients/members may come into an area where the depth is less than chest deep.

Please ensure that all clients/members are verbally reminded of this risk in any pre-event safety briefing and that is recorded in your NOP/SOP.

In shallow water (less than chest deep) with inexperienced or vulnerable paddlers without the skill to remain standing in that environment.

Paddlers should always be advised to get into a 'safe-position,' or as some prefer, on their knees to reduce the possibility of un-expected dismounts in shallow water.

Please ensure all courses pay particular attention to this advice:

<https://www.youtube.com/watch?v=vB8UQKwJLag>

And a record is kept that your shallow water advice has been delivered.

We would also recommend that you all review their emergency procedures to ensure good care and evacuation of any likely shallow water injury is within best first aid practice guidelines. Hire facilities should take note that this is a risk which may affect your safe operation and adapt processes and business models to ensure client safety is foremost.