

SAFETY ALERT

CONTACT: safety@britishcanoeing.org.uk

SUBJECT	Shallow Water Injuries – Stand Up Paddleboard
DATE ISSUED	January 2022

Introduction

The Safety Advisory Panel has noticed an increase in injuries relating from shallow water whilst Stand Up Paddleboarding (SUP).

British Canoeing strongly advises that all providers, centres, clubs, coaches, hire companies and partners check their Normal or Standard Operating Procedures (NOP/SOP), ensuring that safety warnings cover both launching, landing and journeying on an SUP whenever clients/members may come into an area where the depth is less than chest deep.

It is important to ensure that all clients/members are verbally reminded of this risk in any pre-event safety briefing and that it is recorded in the NOP/SOP.

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

It is recommended emergency procedures are reviewed to ensure good care and evacuation for any likely shallow water injury, ensuring appropriate first aid practice guidelines are followed.

For further advice and instruction see: [Safe kneel launching](#)