RISK ASSESSMENT WIZARD



SURFING

Safety Guide

Outdoor Activity Provider

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Upper Body Strength

Builds upper body and core strength through paddling and maintaining balance on the surfboard.

Balance & Coordination

Enhances balance and coordination by requiring precise movements to ride and maneuver on the waves.

Cardiovascular Fitness

Improves cardiovascular fitness through continuous paddling and dynamic surfing activities.

Mental Wellbeing

Boosts mental focus and stress relief by promoting concentration and providing an exhilarating outdoor experience.

KEY HAZARDS & CONTROL MEASURES

Rip Currents

- ✔ Beach assessment for rip currents before sessions
- ✔ Rip current identification training for all participants
- ✔ Escape technique instruction (swim parallel to shore)
- ✔ Designated safe surfing zones away from rip areas

Board Collisions

- ✔ Soft-top foam boards for beginners
- ✔ Safe spacing between surfers maintained
- ✔ Right of way rules taught and enforced
- ✔ Leash use mandatory to keep board attached

Hypothermia

- ✔ Appropriate wetsuits for water temperature
- ✔ Session duration limits in cold water
- ✔ Warm changing facilities available
- ✔ Recognition of hypothermia symptoms

Marine Life

- ✔ Local marine hazard awareness briefing
- ✔ Appropriate footwear for reef entries
- ✔ First aid kit with sting treatment
- ✔ Awareness of jellyfish and other hazards

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Beach & Conditions

- [ ] Rip currents identified
- [ ] Wave size appropriate
- [ ] Weather forecast checked
- [ ] Tide times noted

Equipment

- [ ] Boards checked for damage
- [ ] Leashes in good condition
- [ ] Wetsuits appropriate size
- [ ] First aid kit available

Participants

- [ ] Swimming ability confirmed
- [ ] Safety briefing completed
- [ ] Rip current escape taught
- [ ] Medical conditions disclosed

Supervision

- [ ] Qualified instructors present
- [ ] Ratios appropriate
- [ ] Communication equipment ready
- [ ] Emergency procedures known

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

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