RISK ASSESSMENT WIZARD



# WINDSURFING

## Safety Guide

Outdoor Activity Provider

| 4 | 16 | 15 |
|---|---|---|
| Key Benefits | Control Measures | Checklist Items |

## KEY BENEFITS

### Full-Body Fitness

Strengthens core, arms, and legs through active sailing.

### Balance & Coordination

Develops exceptional body awareness and control.

### Wind Awareness

Builds understanding of weather and natural forces.

### Progressive Challenge

Skills develop from beginner to advanced racing.

## KEY HAZARDS & CONTROL MEASURES

### Drowning

- ✔ Swimming competency verified
- ✔ Buoyancy aids worn
- ✔ Safety boat cover for sessions
- ✔ Board leash where appropriate

### Offshore Wind

- ✔ Check wind direction before sessions
- ✔ Avoid offshore winds for beginners
- ✔ Set clear boundaries
- ✔ Safety boat ready for retrieval

### Cold Water

- ✔ Wetsuits appropriate for conditions
- ✔ Session duration limits
- ✔ Monitor for cold signs
- ✔ Warm changing facilities

### Equipment Impact

- ✔ Proper falling technique taught
- ✔ Equipment size matched to ability
- ✔ Helmets for waves/high wind
- ✔ Safe spacing between sailors

# 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

## Conditions

- [ ] Wind direction checked
- [ ] Wind strength suitable
- [ ] Forecast reviewed
- [ ] Water temperature noted

## Equipment

- [ ] Boards and rigs checked
- [ ] Wetsuits fitted
- [ ] Buoyancy aids worn
- [ ] Safety boat ready

## Session

- [ ] Swimming confirmed
- [ ] Safety brief given
- [ ] Boundaries set
- [ ] Signals understood

RISK ASSESSMENT WIZARD

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