

SUP Safe: Safety Checklist

October 2021 © Dave Brown

Equipment / Car Park Checks – Take your time and get it right!			
Board inflated correctly?	Fin installed correctly?	Leash condition checked?	Whistle?
All good swimmers?	PFD required?	Paddle sections secure?	Food / drink?
Mob fully charged + case?	Mob Nos of group members saved?	Correct / spare clothing?	
Distance to launch spot?	Car keys safe in w/proof bag?	Details left with responsible person?	

Prelaunch Hazard Survey – Do this as a group, as many heads are better than one!			
Purpose built ramp / Jetty / floating pontoon / Sandy beach / Pebble beach / River bank?			
Slippy ground - mud / wet grass or rocks / Seaweed? Moored boats / Ropes / Chains /Buoys?			
Drop to waters surface? Water depth: OK for fin? Remember to Kneel for launch / landing!			
Craft on the water? Swimmers? River level & flow (recent rain?) / Tide height & current			
Bridges / locks / Jetty's / Tunnel? Rapids / Rocks / Sandbank / Reef / Floating debris - logs			
Weirs / Sluice gates / Flood barrage? Surf / Swell / Breakwater chop /overfalls / Boat wake?			
Shipping channels? Pollution? Jellyfish / Weaver fish / Giant hogweed / BG Algae?			

Weather Survey – Do this as a group, as many heads are better than one!	
Did I leave home with an up-to-date accurate forecast for my chosen venue?	
Do observations match the forecast?	What is wind direction & strength?
How fast are clouds / trees / waves moving?	Is there an off-shore wind?
Are we paddling into the wind / current outbound and assisted return?	



On the Water Observations – be vigilant, make good decisions, keep communicating!	
Keep to the right of river / channel, give way!	Keep a safe distance from hazards!
Wind / Waves / flow changing?	Can group safely paddle against flow or back to the shore?
When was the last time I checked everyone was OK?	Do we need to take a break?
Are we on schedule and what is our location?	Do I need to change our plans?

Caring for the Environment – We paddle in some beautiful places, lets look after them!	
Keep a safe distance from wildlife - 100m for Seals	Check - Clean - Dry 2 minute litter pick

Heath & Emergency Preparedness – Be prepared before you launch – Meds in w/proof bag	
Pre-existing conditions: Inhaler / EpiPen / Medication / Diabetic / Hard of hearing / Poor vision	
First aid kit / Insect repellent / bite cream / Sun tan lotion?	Board ID Sticker: Name & mob?
What3word or RYA SafeTrx App?	Mob registered to txt 999? Access for E-services on route?
Three P's: Position – where? Person – Who child /adult? Problem - What's wrong?	

Rescue Technique Reminder

Assisted Self Rescue

Support edge of board with arms or brace with paddles

White water kick

Wind

Peer T Rescue

Wind

Tow Rescue

Kneeling

Lying on paddle, leash wrapped around folded arms

Self Rescue

Pull

White water Kick

Wind

Stirrur Rescue

Wind

Use climbing sling or loop of rope from handle to one foot

Flip Rescue

Wind