

## Guildford Rowing Club Risk Assessment

Location: Wembley, Exmoor (Training Camp)

Date: 11<sup>th</sup> – 12<sup>th</sup> January 2013

*Usual activities carried out by the club:*

Rowing by experienced crews, boating from South West Lakes pontoon.

Hazard	Risk	Control measures in place	Person(s) responsible	Risk factor
<b>Water based</b>				
Collision	Drowning	All rowers must be able to swim 50 metres in 'rowing clothing'.	<b>Coach, Cox</b>	low
	Skeletal and soft tissue injury	Experienced coxes only. Adherence to EA rules of navigation and local navigation rules. Cox training to be prioritised. Launch with experienced coach and full safety equipment to be in attendance at all training sessions. Lights to be displayed in poor visibility or darkness.	<b>Coach, Cox</b>	low
	Knocked Unconscious	Rescue/coaching launch and. First aid available Lights to be displayed in poor visibility or darkness.	<b>Coach</b>	low
	Immersion, with consequent risk of infection, drowning, hypothermia	All crew undergo swim tests, blankets available on coaching/rescue launch; rowers educated about Weil's disease. ARA safety equipment carried by launch e.g. space blankets, first aid kits, throwbags etc	<b>Coach</b>	low
	Penetrating injury by bows	Bow balls fitted .	<b>Cox/Steersman</b>	low
Capsize	Immersion (as above)	Launch present, as above. Experienced crews only makes capsize unlikely	<b>Coach</b>	low

	Becoming trapped in boat	Crew: heel restraints; Coxes: manual lifejackets only.	<b>Crew</b>	low
Swamping	Immersion (as above)	Cox and coach to make assessment of conditions, following advice of local club. Rowers taught emergency procedures.  Buoyancy compartments to be checked .	<b>Coach, Cox</b>  <b>Cox/Steersman</b>	low
Hazard	Risk	Control measures in place	Person(s) responsible	Risk factor
<b>Water based</b>				
Catching “Crabs”	Skeletal and Soft tissue injury (including to head)  Being thrown from the boat, with risks from immersion (as above).	Experienced rowers only, controls as above	<b>Crew</b>	low
Over-exertion	Hyperventilation, pulled muscles, cramp, hypothermia, back injury.	Rowers to warm up before any exercise, and warm down and stretch as appropriate. Suitable clothing to be worn, ARA qualified coach to specify training sessions and adapt to conditions.	<b>Coach, Crew</b>	med
High stream and/or high wind	Being swept onto obstacles, including bridges, bank, debris, or weirs.  Swamping or capsize when spinning, manoeuvring, boating and landing	Outings only to be undertaken following the Code of Conduct .	<b>Coach, Cox, Crew</b>	low-high, (depending on combination of conditions)
Use of Safety and coaching launches	Capsize	Stable launch to be used, launch driver to be qualified to RYA level 2 or equivalent.	<b>Coach</b>	low
	Falling Out	Proper seating to be fitted, and not overloaded. Kill cords to be fitted and used. Lifejackets to be	<b>Launch crew,</b>	low

	<p>Failure of engine due to fouling of propeller.</p> <p>Mechanical failure</p>	<p>worn by all crew.</p> <p>Assess state of river for debris. Carry all ARA recommended safety equipment, including a knife and paddle</p> <p>Ensure regular servicing.</p> <p>NB- launch hired from South West Lakes</p>	<p><b>Launch crew,</b></p> <p><b>South West lakes</b></p>	<p>low</p> <p>med</p>
Storm Conditions	Lightning strike on boat or launch	<p>Outings not to be undertaken in storm conditions.</p> <p>In a storm event during an outing the crew and launch is to make for the nearest safe landing point and get out of the boat/launch. Crew is also to keep clear of metallic boat components.</p> <p>ARA guidelines on 'lightning' to be followed.</p>	<b>Launch Crew, Crew, Cox</b>	low

Hazard	Risk	Control measures in place	Person(s) responsible	Risk factor
<b>Land based (travel/transport)</b>				
Travel to Wimbleball	Car/minibus/tow vehicle accident	Minibus/ tow vehicle drivers trained and tested. Insurance in place. Private cars to be well maintained.	<b>Drivers,</b>	Low
Boat transport	Trailer overturning	Appropriate license must be in place. Experienced and/or trained driver used to tow. Trailer serviced and fitted with anti-snake apparatus. British Rowing guidelines to be followed.	<b>Driver,</b>	Low
	Trailer mechanical failure	Trailer box to be carried in tow vehicle	<b>Driver,</b>	Low
Training and/or competing on unfamiliar water	Local environmental conditions and unfamiliarity with hazards heightening risks detailed above	Local information on navigation and hazards to be obtained: Coxes, coaches, and steersmen to be familiar with details.  Local weather reports to be obtained, and advice to be taken from local clubs or water users.  Risk assessment to be undertaken for outings on all unfamiliar stretches	<b>Coach, Cox, Crew</b>	Med
	Borrowed equipment being unsafe	All equipment to be inspected for compliance with British Rowing standards. Insurance to be confirmed	<b>Coach, Cox, Crew</b>	Low

