



Risk Management Jersey Rowing Club

La Folie Clubhouse, boat park and St Aubin's Bay
rowing area



Key Principles of this Risk Assessment

This is an assessment of the risks/potential risks applicable to the rowing environment of the Club that has been undertaken across the following risk areas:

- Hazards associated with the water
- Hazards associated with the weather
- Hazards associated with other water users
- Hazards associated with the local environment
- Hazards associated with going afloat and landing
- Hazards in and around the boathouse and boat park
- Hazards associated with faulty, incorrectly set or poorly maintained equipment
- Hazards associated with pre-existing health conditions or low levels of fitness
- Other hazards

This risk assessment should be set in the context of the applicable crew capabilities and equipment characteristics, including:

- Rower
 - Strength
 - Age
 - Maturity
 - Motivation
 - Experience
 - Fitness and readiness
 - Health status
 - Boat Size (1x/2x/4x+) and
 - Boat stability

- Coach
 - General experience
 - Knowledge of location
 - Knowledge of the rower
 - Confidence
 - Coaching alone or as part of a team
 - Coaching from the bank, from a launch or another rowing boat/kayak
 - Type and number of boats

Key Terms

- Hazard – something that can cause **harm** – being damage to people or equipment
- Barrier – practices, procedures and policies identified to **prevent** a Hazard becoming a Hazardous Event
- Hazardous Events – events which occur as a result of a Hazard **resulting in harm**
- Controls – practices, procedures and policies designed to **mitigate** the harm resulting from the occurrence of a Hazardous Event

Continuous Assessment of Risk

The Jersey Rowing Club Committee continuously monitors and assesses Risk and through periodic review, seeks to reflect this on-going process in this document.

Your thoughts and experiences are an important element of this process and therefore if you have any suggestions or recommendations as to how the Committee can manage Risk please address your comments to the Jersey Rowing Club Committee at jerseyrowingclub@outlook.com

Hazards associated with the water

Hazard	Barriers	Hazardous Events	Controls
Rough sea conditions	<ul style="list-style-type: none"> • Use larger boats (4x+) • Restrict rowing area to harbour or small roads • Coach good technique and seamanship • Mix crews to include experienced rowers • Coordinate outings to avoid solo rowing and where possible RIB to accompany crews in groups • All crew/cox to discuss conditions prior to outing and agree safe/not-safe – do not rely on someone else having considered the risk 	<ul style="list-style-type: none"> • Capsize 	<ul style="list-style-type: none"> • Mandatory safety equipment carried by all crews for all outings • Practice man-over-board drills during summer • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsize recovery/man overboard recovery • Use lifejacket and if necessary radio for help and/or deploy flares
	<ul style="list-style-type: none"> • Restrict rowing area to harbour or small roads • Use larger boats (4x+) or boats proven to be more resistant to swamping 	<ul style="list-style-type: none"> • Swamping 	<ul style="list-style-type: none"> • Use self bailing/pump facilities in boat • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Use lifejacket and, if necessary, radio for help using VHF and/or deploy flares
Spring tides	<ul style="list-style-type: none"> • Avoid areas where tidal stream strongest (Noirmont) • Ensure strength and experience of crew consistent with tidal conditions • Coordinate outings to avoid solo rowing and where possible RIB to accompany crews in groups • All crew/cox to discuss conditions prior to outing and agree safe/not-safe – do not rely on someone else having considered the risk 	<ul style="list-style-type: none"> • Hit rocks 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF and/or deploy flares • Where alternative landing point is available (e.g. beach) train coxes and rowers to identify and land • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Avoid areas where tidal stream strongest (Noirmont) 	<ul style="list-style-type: none"> • Can't return against the tidal flow 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety • Train rowers to land at safest point (St Brelade's Bay or Portlet Bay) and advise Coast Guard via telephone or VHF

			<ul style="list-style-type: none"> radio to await improved conditions • Ensure all crews have appropriate clothing to enable wait for rescue if required
Shallow water at, or around, low tide	<ul style="list-style-type: none"> • Provide information on danger areas at low tide • Avoid areas that may be unsafe due to rocks or other underwater obstacles • Use 4x+ where forward facing coxes can monitor water depth ahead rather than 1x or 2x • Be aware of tide times and plan accordingly 	• Grounding	<ul style="list-style-type: none"> • Train rowers to check the equipment and then move boat back into deeper water and row away • If the equipment is damaged seek quickest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Provide information on danger areas at low tide • Avoid areas that may be unsafe due to rocks or other underwater obstacles • Use 4x+ where forward facing coxes can monitor water depth ahead rather than 1x or 2x • Be aware of tide times and plan accordingly • All crew/cox to discuss conditions prior to outing and agree safe/not-safe – do not rely on someone else having considered the risk 	• Hit rocks	<ul style="list-style-type: none"> • If the equipment is damaged seek quickest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Train rowers what to do if equipment damaged such that returning to landing point not possible - radio for help using VHF and/or deploy flares, utilise lifejackets • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment
Floating hazards	• Coach 1x, 2x and x4+ coxes to keep a good lookout	• Snag seaweed on skeg/rudder	<ul style="list-style-type: none"> • Train rowers to stop boat and row backwards to dislodge seaweed • Coxes practice rudder removal and replacement
	• Coach 1x, 2x and x4+ coxes to keep a good lookout	• Hit floating object	<ul style="list-style-type: none"> • Train rowers to stop and check the equipment. • If the equipment is damaged seek quickest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio

Hazards associated with the weather

Hazard	Barriers	Hazardous Events	Controls
Darkness	<ul style="list-style-type: none"> • Do not row in dark unless have detailed understanding of fixed obstructions • If in doubt do not exit harbour • Launch in attendance • Carry VHF, flares and lifejackets • All crew/cox to discuss conditions prior to outing and agree safe/not-safe – do not rely on someone else having considered the risk • Lights mounted on boat and stern/bow rowers 	<ul style="list-style-type: none"> • Collision with fixed object such as marker buoy or harbour infrastructure 	<ul style="list-style-type: none"> • Train rowers to check equipment and if OK to continue outing • Train rowers what to do if equipment damaged such that returning to landing point not possible - radio for help using VHF and/or deploy flares • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Carry navigation lights and ensure operating properly • Launch in attendance • Follow harbour/maritime laws/rules 	<ul style="list-style-type: none"> • Collision with another boat 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF and/or deploy flares • Quarantine damaged equipment • Repair equipment
Fog/poor visibility	<ul style="list-style-type: none"> • Limit rowing to harbour area • Coach 1x, 2x and x4+ coxes to keep a good lookout • Local knowledge of training area • All boats to carry a compass for all outings and coxes, 1x and 2x rowers to familiarise themselves with compass use and bearings for return to safe exit point • If visibility too limited postpone outing 	<ul style="list-style-type: none"> • Collision with fixed object such as marker buoy or harbour infrastructure 	<ul style="list-style-type: none"> • Train rowers to check equipment and if OK to continue outing • Train rowers what to do if equipment damaged such that returning to landing point not possible - radio for help using VHF and/or deploy flares • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Postpone outing • Limit rowing to harbour area 	<ul style="list-style-type: none"> • Collision with another boat 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe

	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Follow harbour/maritime laws/rules 		<ul style="list-style-type: none"> to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF and/or deploy flares • Assess damage to both boats and report – quarantine as required until repaired
Strong winds	<ul style="list-style-type: none"> • Use larger boats (4x+) • Restrict rowing area to harbour or small roads • Coach good technique and seamanship • Mix crews with experienced rowers • Ensure crew kit appropriate to prevent wind chill 	• Capsize	<ul style="list-style-type: none"> • Mandatory safety equipment • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsize recovery/man overboard recovery • Use lifejacket and if necessary VHF radio for help and/or deploy flares
	<ul style="list-style-type: none"> • Restrict rowing area to harbour or small roads • Use larger boats less susceptible to swamping (4x+) • All crew/cox to discuss conditions prior to outing and agree safe/not-safe – do not rely on someone else having considered the risk 	• Swamping	<ul style="list-style-type: none"> • Use self bailing/pump facilities in boat • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Use lifejacket and, if necessary, radio for help using VHF and/or deploy flares
	<ul style="list-style-type: none"> • Remain in St Aubin's Bay • Plan outing to go out against the wind when fresh and return with the wind 	• Can't return against wind	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety • Train rowers to land at safest point (beach if in St Aubin's Bay - St Brelade's Bay or Portlet Bay) and advise Coast Guard via telephone or VHF radio to await improved conditions if necessary • Ensure all crews have appropriate clothing to enable wait for rescue if required
Hot/sunny weather	<ul style="list-style-type: none"> • Avoid outings in middle of day • Adjust activity to suit conditions • Wear appropriate clothing (hat, covered arms etc) • Use water for cooling 	• Hyperthermia	<ul style="list-style-type: none"> • Move into cooler area, remove outer clothing • Use shower (St Helier Yacht Club or La Collette Marina nearest facilities) with cool, not cold, water • Cool in sea if summer and sea temperature 18c or above • Seek medical treatment if severe
	<ul style="list-style-type: none"> • Use sun cream • Avoid outings in middle of day • Wear appropriate clothing (hat, covered arms) 	• Sun burn	<ul style="list-style-type: none"> • Use after sun cream • Seek medical treatment if severe

	<ul style="list-style-type: none"> • Carry fluids and consume regularly 	<ul style="list-style-type: none"> • Dehydration 	<ul style="list-style-type: none"> • Continue to drink fluids carried • Seek medical treatment if severe
Cold weather	<ul style="list-style-type: none"> • Wear appropriate clothing (hats, base layers, rowing tops, gloves) • Structure activity levels to keep warm • Monitor crew comfort, particularly coxes • Shorten outing if necessary • Review First aid training for Hypothermia at start of winter including signs of onset 	<ul style="list-style-type: none"> • Hypothermia 	<ul style="list-style-type: none"> • Move into warmer area and warm gradually (use thermal blankets) • Provide warm drink (not hot) from St Helier Yacht Club or Cafe next to Fresh Fish Shop • Seek medical treatment if severe or in doubt
	<ul style="list-style-type: none"> • Good explanations of cold shock and its short term effects • Mandatory life jackets for coxes and on board for rowers 	<ul style="list-style-type: none"> • Cold shock 	<ul style="list-style-type: none"> • Training in capsize/man overboard recovery • Seek medical assistance if severe
Lightning	<ul style="list-style-type: none"> • Avoid rowing when lightning is present or forecast • Get off water as soon as possible, if need be to nearest beach or landing point if danger imminent 	<ul style="list-style-type: none"> • Struck by lightning causing burns or electrocution 	<ul style="list-style-type: none"> • Follow emergency procedures • Administer appropriate CPR • Call for medical assistance – 112 / 999

Hazards associated with other water users

Hazard	Barriers	Hazardous Events	Controls
Wash from motor boats / commercial traffic	<ul style="list-style-type: none"> • Avoid main shipping channels where possible • Coach coxes and crews in how to handle wash – point bow into wash • Coxes to warn crew of oncoming wash 	• Capsize	<ul style="list-style-type: none"> • Mandatory safety equipment • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsize recovery/man overboard recovery • Use lifejacket and if necessary radio for help and/or deploy flares
	<ul style="list-style-type: none"> • Avoid main shipping channels where possible • Coach coxes and crews in how to handle wash – point bow into wash 	• Swamping	<ul style="list-style-type: none"> • Use self bailing/pump facilities in boat • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Use lifejacket and, if necessary, radio for help using VHF and/or deploy flares
Fisherman at harbour mouth/end of Elizabeth Castle Pier	<ul style="list-style-type: none"> • Coach crews to be aware of fishing lines when passing danger point 	• Entanglement with fishing lines and possibly contact with hook(s)	<ul style="list-style-type: none"> • Release tangled lines if safe to do so • Cut line • Rescue with launch • First aid treatment if contact with hook(s) for any crew member, including seeking medical advice if necessary • First aid kits available in Clubhouse and on Club launches
Yachts/craft with limited manoeuvrability or visibility	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Coach 1x, 2x and x4+ coxes to understand maritime passing laws, alter course to starboard (right) to pass other craft port to port (left). 	• Collision	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF and/or deploy flares

Hazards associated with the local environment

Hazard	Barriers	Hazardous Events	Controls
Exiting harbour by La Collette Marina entrance/ Ferry berthing arm	<ul style="list-style-type: none"> • Ensure VHF tuned to shipping channel prior to departure • Coach 1x, 2x and 4x+ coxes to keep a good lookout • Coach 1x, 2x and 4x+ coxes to understand maritime passing laws, alter course to starboard (right) to pass other craft port to port (left) • Coxes and crews learn circulation patterns in harbour • Observation of harbour entrance light rules: <ul style="list-style-type: none"> ○ Red – stop ○ Green – go ○ Amber - caution • Coach all crews not to cut corners such that visibility and manoeuvrability space becomes restricted and thus unsafe 	<ul style="list-style-type: none"> • Collision with harbour infrastructure 	<ul style="list-style-type: none"> • Train rowers to check equipment and if OK to continue outing • Train rowers what to do if equipment damaged such that returning to landing point not possible - radio for help using VHF on channel 16/82 and/or deploy flares • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Coxes and crews learn circulation patterns in harbour • Coach 1x, 2x and x4+ coxes to understand maritime passing laws, alter course to starboard (right) to pass other craft port to port (left). • Coach all crews not to cut corners such that visibility and manoeuvrability space becomes restricted and thus unsafe 	<ul style="list-style-type: none"> • Collision with another vessel on the water 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF channel 16/82 and/or deploy flares
Navigation and mooring buoys	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Local knowledge 	<ul style="list-style-type: none"> • Collision with navigation /mooring buoys resulting in equipment damage 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF channel

			I6/82 and/or deploy flares <ul style="list-style-type: none"> • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Local knowledge 	<ul style="list-style-type: none"> • Collision with navigation /mooring buoys resulting in capsized 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsized recovery/man overboard recovery • Use lifejacket and if necessary VHF radio for help and/or deploy flares
Other rowing boats	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Always use a clockwise circulation in the inner harbour • Coxes particularly aware of coxless boats – make presence known before collision 	<ul style="list-style-type: none"> • Collision with other rowing boat 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Training in capsized recovery/man overboard recovery • Radio for help using VHF
Commercial shipping movements in harbour	<ul style="list-style-type: none"> • Call channel 14 to check for movements • Coach 1x, 2x and x4+ coxes to keep a good lookout • Coach 1x, 2x and x4+ coxes that all rowing boats must hold station in a safe place to allow commercial traffic to manoeuvre/berth/exit • Always clockwise circulation in the harbour • Set VHF to Channel 14 – commercial shipping 	<ul style="list-style-type: none"> • Collision with commercial shipping 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Training in capsized recovery/man overboard recovery • Radio for help using VHF
Rocks	<ul style="list-style-type: none"> • Coach 1x, 2x and x4+ coxes to keep a good lookout • Local knowledge 	<ul style="list-style-type: none"> • Hit rocks 	<ul style="list-style-type: none"> • If equipment damaged seek safe landing point (may be beach not harbour) and notify Coast Guard via telephone or VHF radio • Train rowers what to do if equipment damaged and safe return to landing point not possible - radio for help using VHF channel I6/82 and/or deploy flares, utilise lifejackets • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment • Repair equipment

Hazards associated with going afloat and landing

Hazard	Barriers	Hazardous Events	Controls
Steep slip to launch and recover boats	<ul style="list-style-type: none"> • Careful coaching • Check slip ahead of launch for weed or obstructions • Good control by coach and crew • Correct footwear • Extra helpers 	<ul style="list-style-type: none"> • Losing control of boat on trolley wheels resulting in injury and/or equipment damage 	<ul style="list-style-type: none"> • First aid treatment and, if necessary, seek medical attention • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment until it is repaired • Repair equipment • Call Department of Infrastructure to notify if slip requires clearing
Slip becomes slippery underfoot	<ul style="list-style-type: none"> • Caused by algae build up • Careful coaching • Inspect slip before launch • Good control by coach and crew • Correct footwear • Extra helpers • Regular cleaning of slip by Department of Infrastructure 	<ul style="list-style-type: none"> • Slipping/falling over when moving boat on trolley wheels 	<ul style="list-style-type: none"> • First aid treatment • First aid kits available in Clubhouse and on Club launches • Call Dept. of Infrastructure to clean slip • Preferably row at half tide or higher as algae only impacts lower half of slip
Large Swells – launching and landing	<ul style="list-style-type: none"> • Launching and landing difficult or dangerous • Inspect swells before launch • Use alternative launch and landing site (slip by South Pier marine) if tide allows • Postpone outing • Use larger boats (4x+) with experienced coxes • Additional people to assist launch and land • Mix crews with experienced rowers • Limit outings to experienced crews only 	<ul style="list-style-type: none"> • Injuries and/or equipment damage due to inability to control boat in the launch and landing area 	<ul style="list-style-type: none"> • First aid treatment and, if required, seek medical attention • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment until it is repaired • Repair equipment
Large swells – unsafe navigation away from slip	<ul style="list-style-type: none"> • Use alternative launch and landing site (slip by South Pier marine or fish quay slip) if tide allows • Postpone outing • Use larger boats (4x+) with experienced coxes • Mix crews with experienced rowers • Limit outings to experienced crews only 	<ul style="list-style-type: none"> • Equipment damage due to inability to control boat in the launch and landing area resulting in collision with harbour 	<ul style="list-style-type: none"> • Seek alternative landing site (slip by South Pier Marine) • Quarantine damaged equipment until it is repaired • Repair equipment

		infrastructure	
Low water	<ul style="list-style-type: none"> • Inspect water levels - Low water - below 2 metres, mud visible or just below the water surface in harbour below end of slip • Plan outing to not launch or land at low water if below 2 metre mark – coach to check tide levels before outing using “My Tide Times” app or Jersey tide tables • Re-schedule or postpone outing 	<ul style="list-style-type: none"> • Injury to crew when trying to land or launch boat • Damage to equipment 	<ul style="list-style-type: none"> • First aid treatment and, if required, seek medical attention • First aid kits available in Clubhouse and on Club launches • Quarantine damaged equipment and repair
	<ul style="list-style-type: none"> • Plan outing to not launch or land at low water if below 2 metre mark • Re-schedule or postpone outing 	<ul style="list-style-type: none"> • Unsafe to land boat due to mud in harbour 	<ul style="list-style-type: none"> • Stay in harbour and await tide to rise to safe depth

Hazards in and around the boathouse (including handling boats on land)

Hazard	Barriers	Hazardous Events	Controls
Solid fixed objects such as racking and boat riggers	<ul style="list-style-type: none"> • Designated walkways through boat park and boat house to be kept clear • Clear indication of what should go where • Coaching people to take care in the boat park • Good control and instruction • Keep walkways between racks clear of obstructions such as other boats, trailers etc 	<ul style="list-style-type: none"> • Collision of person with fixed object 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available and post list of qualified persons on notice board • Record in accident book
	<ul style="list-style-type: none"> • Designated walkways through boat park and boat house to be kept clear • Keeping floor area clear of obstructions 	<ul style="list-style-type: none"> • Tripping over hazard 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Record in accident book
Boats not correctly secured on rack	<ul style="list-style-type: none"> • Good control and instruction on racking boats • Use of suitable ropes (x2) to secure boat in place on rack so they cannot move and fall • Training of all rowing members on how to tie securing ropes • Get extra helpers to rack boat ensuring correct placement • Boat park checks by Club members particularly before and after heavy wind 	<ul style="list-style-type: none"> • Person struck by boat falling from rack 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical advice if necessary • Record in accident book • Quarantine damaged equipment until repaired • Repair equipment
Turning of boat before/after movement to/from rack	<ul style="list-style-type: none"> • Good control and instruction on racking boats • Use trestles (x2) where necessary • Get extra helpers • Split crew/helpers evenly at each end of boat • Ensure all water emptied from boat before lifting 	<ul style="list-style-type: none"> • Boat dropped 	<ul style="list-style-type: none"> • Quarantine damaged equipment until repaired • Repair equipment
	<ul style="list-style-type: none"> • Good control and instruction on racking boats • Use trestles (x2) • Get extra helpers • Split crew/helpers evenly at each end of boat 	<ul style="list-style-type: none"> • Persons suffers injury due to weight of boat 	<ul style="list-style-type: none"> • First aid • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical attention if necessary

	<ul style="list-style-type: none"> • Ensure all water emptied from boat before lifting 		<ul style="list-style-type: none"> • Rest • Recovery as per medical direction
<p>Movement of boat onto pavement (also a cycle path) to exit parts of boat park</p>	<ul style="list-style-type: none"> • Good control and instruction on boat movement on trolley wheels • Be vigilant for pedestrian/cycle traffic • Get extra helpers • Position rower on bow and stern to watch for pedestrians, cycles and vehicles and steer boat • Split crew/helpers evenly at each end of boat • Transit boat park through entrance adjacent to Club house avoiding pavement/road 	<ul style="list-style-type: none"> • Collision with pedestrian or cyclist 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical advice if necessary • Call emergency services (112 or 999) if necessary • Record in accident book • Quarantine damaged equipment until repaired • Repair equipment
	<ul style="list-style-type: none"> • Good control of boat movement on trolley wheels • Be vigilant for motor vehicles/road users • Get extra helpers • Split crew/helpers evenly at each end of boat • Avoid road when transit boat park 	<ul style="list-style-type: none"> • Collision with motor vehicle/road user 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical advice if necessary • Call emergency services (112 or 999) if necessary • Record in accident book • Quarantine damaged equipment and repair
<p>Oars not correctly stored on racking</p>	<ul style="list-style-type: none"> • Good control and instruction on correct oar storage • Designated space for all oars and oars be tied on racks to prevent accidental drop • Be vigilant for incorrectly racked oars 	<ul style="list-style-type: none"> • Person struck by falling oar 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical advice if necessary • Call emergency services (112 or 999) if necessary • Record in accident book • Quarantine damaged equipment and repair
<p>Water carried into Clubhouse from wet rowing kit</p>	<ul style="list-style-type: none"> • Non slip floor covering • Removable carpet covering to catch water • Correct footwear to be worn around boat park and in Clubhouse 	<ul style="list-style-type: none"> • Person slips on floor 	<ul style="list-style-type: none"> • As above
<p>Training gear, weights /ergs incorrectly stored</p>	<ul style="list-style-type: none"> • Ergs to be placed giving access back and front • Weights to be safely stored after use • Prohibit use of gym equipment at busy times (Saturday and Sunday morning and races) • Stand ergs during race briefings 	<ul style="list-style-type: none"> • Trip hazard 	<ul style="list-style-type: none"> • First aid kit available in Clubhouse • Have trained first aiders available • Seek medical advice if necessary • Call emergency services (112 or 999) if necessary • Record in accident book

Hazards associated with faulty, incorrectly set and poorly maintained equipment

Hazard	Barriers	Hazardous Events	Controls
Incorrect stretcher placement	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	<ul style="list-style-type: none"> • Capsize due to hands going past chest 	<ul style="list-style-type: none"> • Mandatory safety equipment • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsize recovery/man overboard recovery • Use lifejacket and if necessary VHF radio for help and/or deploy flares
	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	<ul style="list-style-type: none"> • MSDs and strains 	<ul style="list-style-type: none"> • First aid • Rest • Seek medical advice if necessary • Recovery as directed
Incorrect gearing	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	<ul style="list-style-type: none"> • MSDs and strains 	<ul style="list-style-type: none"> • First aid • Rest • Seek medical advice if necessary • Recovery as directed
Gate not fastened	<ul style="list-style-type: none"> • Check equipment before launching • Coach rowers to check equipment before launching 	<ul style="list-style-type: none"> • Capsize due to lost oar 	<ul style="list-style-type: none"> • Mandatory safety equipment • Always stay with boat until rescue occurs • Rescue crew with launch and tow boat (if safe to do so) • Training in capsize recovery/man overboard recovery • Use lifejacket and if necessary radio for help and/or deploy flares
Faulty/ forgotten rudder	<ul style="list-style-type: none"> • Check equipment before launching – ensure rudder fitted where required • Coach rowers to check equipment before launching • Use an oar to steer if rudder fails or breaks but boat otherwise still operational and no other hazard has occurred 	<ul style="list-style-type: none"> • Collision 	<ul style="list-style-type: none"> • Always stay with boat until rescue occurs unless unsafe to do so • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Train rowers what to do if collision occurs such that returning to landing point not possible - radio for help using VHF
Heel restraint broken or too loose	<ul style="list-style-type: none"> • Check equipment before launching • Coach rowers to check equipment before launching • Do not use boat until fixed 	<ul style="list-style-type: none"> • May be trapped in capsized boat by feet caught in shoes 	<ul style="list-style-type: none"> • Teach capsize recovery • Rescue with launch or another rowing boat • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches

	<ul style="list-style-type: none"> • Request repair or adjustment by Club • Quarantine equipment 		
Seats, shoes or footplates broken	<ul style="list-style-type: none"> • Check equipment before launching • Coach rowers to check equipment before launching • Do not use boat until fixed • Request repair or adjustment by Club • Quarantine equipment 	<ul style="list-style-type: none"> • May struggle to return safely to Club house 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Seek nearest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment
Damaged hull	<ul style="list-style-type: none"> • Quarantine all damaged equipment and clearly mark • Report damage if club boat – repair damage if private • Add buoyancy bags if necessary 	<ul style="list-style-type: none"> • Boat swamping, capsize or sinking 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Seek nearest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment
Loss of steering (4x+ only) during outing	<ul style="list-style-type: none"> • Check equipment before launching • Coach rowers to check equipment before launching • Use an oar to steer if rudder fails or breaks but boat otherwise still operational and no other hazard has occurred • Do not use boat until fixed • Request repair by Club • Quarantine equipment 	<ul style="list-style-type: none"> • Unable to return to Club house 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Seek nearest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment
	<ul style="list-style-type: none"> • Check equipment before launching • Coach rowers to check equipment before launching • Use an oar to steer if rudder fails or breaks but boat otherwise still operational and no other hazard has occurred • Do not use boat until fixed • Request repair by Club • Quarantine equipment 	<ul style="list-style-type: none"> • Collision 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Seek nearest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment • First aid if any injuries, including seeking medical assistance if required • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches

<p>Hatch covers missing</p>	<ul style="list-style-type: none"> • Ensure all hatch covers in place and correctly fitted before outing • Do not go afloat with missing hatch covers • Do not use boat until fixed • Request repair by Club • Quarantine equipment 	<ul style="list-style-type: none"> • Boat may sink if swamped 	<ul style="list-style-type: none"> • Rescue crew using launch and tow boat to safety (assuming safe to do so) • Seek nearest safe landing point, which may be the beach rather than returning to the harbour, notify Coast Guard via telephone or VHF radio • Quarantine damaged equipment • Repair equipment • First aid if any injuries, including seeking medical assistance if required • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Multiple boat buoyancy tanks within hull.
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MSD = Musculoskeletal Disorders

Hazards associated with pre-existing health conditions or low level of fitness

Hazard	Barriers	Hazardous Events	Controls
Rowers with low levels of fitness	<ul style="list-style-type: none"> • Discuss fitness levels with all rowers before commencement of outing and amend plan as required • Understand fitness capabilities and work within them • Improve fitness levels 	<ul style="list-style-type: none"> • Collapse or illness 	<ul style="list-style-type: none"> • First aid treatment • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Seek medical attention
Pre-existing health conditions	<ul style="list-style-type: none"> • Ensure that relevant people know of the condition so that appropriate action can be taken to prevent an incident 	<ul style="list-style-type: none"> • Medical incident afloat or on land 	<ul style="list-style-type: none"> • Bring casualty ashore or call for immediate support using VHF radio • First aid treatment including casualty taking their own medication • Have trained first aiders available • First aid kits available in Clubhouse and on Club launches • Seek medical attention
Individual with asthma	<ul style="list-style-type: none"> • Ensure inhaler carried and used when necessary • Take extra care if person in 1x or 2x 	<ul style="list-style-type: none"> • Asthmatic incident afloat 	<ul style="list-style-type: none"> • Bring casualty ashore or call for immediate support using VHF radio • First aid treatment including casualty taking their own medication • Seek medical attention
	<ul style="list-style-type: none"> • Ensure inhaler carried and used when necessary 	<ul style="list-style-type: none"> • Asthmatic incident on land 	<ul style="list-style-type: none"> • First aid treatment including casualty taking their own medication • Seek medical attention
Individual with diabetes	<ul style="list-style-type: none"> • Ensure that appropriate food and medicines (if necessary) are carried • Take extra care if person in 1x or 2x 	<ul style="list-style-type: none"> • Diabetic incident afloat 	<ul style="list-style-type: none"> • Bring casualty ashore or call for immediate support using VHF radio • First aid treatment including casualty taking their own medication • Seek medical attention
	<ul style="list-style-type: none"> • Ensure that appropriate food and medicines (if necessary) are carried 	<ul style="list-style-type: none"> • Diabetic incident on land 	<ul style="list-style-type: none"> • First aid treatment including casualty taking their own medication • Seek medical attention
Individual with other	<ul style="list-style-type: none"> • Use appropriate items 	<ul style="list-style-type: none"> • Incident afloat 	<ul style="list-style-type: none"> • Bring casualty ashore or call for immediate support using VHF radio

known disorder or condition			<ul style="list-style-type: none"> • First aid treatment including casualty taking their own medication • Seek medical attention
	<ul style="list-style-type: none"> • Use appropriate items 	<ul style="list-style-type: none"> • Incident on land 	<ul style="list-style-type: none"> • First aid treatment including casualty taking their own medication • Seek medical attention
Flu/cold/viral infection	<ul style="list-style-type: none"> • Discourage rowers from taking exercise, on land or afloat, when they are ill 	<ul style="list-style-type: none"> • Disease may spread or worsen 	<ul style="list-style-type: none"> • Seek medical attention

Other hazards

Hazard	Barriers	Hazardous Events	Controls
Inappropriate interaction of youth rowers with adult members	<ul style="list-style-type: none"> • Youth Academy policies and procedures • Qualified adults to provide supervision to Youth Academy members at all times (police checks / child safeguarding qualified / first aid qualified / British Rowing Level 2 Certificate) • Youth Academy having sole use of Clubhouse for land-based training • No Youth Academy member to be present outside of a prescribed training or racing time such that there is always adult supervision from a Youth Academy member 	<ul style="list-style-type: none"> • Inappropriate behaviour in the presence of a Youth Academy member 	<ul style="list-style-type: none"> • Supervising Youth Academy adults to immediately address situation • British Rowing codes of conduct and policies as adopted by the Club