

## Risk Assessment - Junior Rowing

| Club                     |  | Pengwern Boat Club   |  |  |   | Date  | Oct-24  |                |                   |                         |               |          |         |       |              |
|--------------------------|--|--|--|--|---|---|---|----------------|-------------------|-------------------------|---------------|----------|---------|-------|--------------|
| Authors                  |  | Ian Froggatt<br>Helen Watkinson  |  | Club Rowing Safety Adviser<br>Club Chairwoman  |   | Revision  | 2024 rev0   |                |                   |                         |               |          |         |       |              |
| No.                      | Hazard   | Reduce Probability a Hazard causing a Hazardous Event  |  | Hazardous Event  | Reduce the Severity of Harm   |   | Harm  | Severity (1-5) | Probability (A-E) | Level of Risk (L/M/S/I) | Action Owners |          |         |       |              |
|                          |  | Barriers   | Action to Maintain Barriers  |  | Controls  | Action to Maintain Controls   |   |                |                   |                         | Club Captain  | Club RSA | Coaches | Coxes | Club Members |
| <b>Water</b>             |  |  |  |  |   |   |   |                |                   |                         |               |          |         |       |              |
| 1                        | High river level, or<br>Fast stream, or<br>Strong currents   | Club rules on rowing in different river levels and stream conditions<br>Use larger and more stable boats<br>Use coxed boats<br>Limit rowing to experienced crews<br>Safe Rowing Note 1 - Pre-Outing Assessment of Risk<br>Safe Rowing Note 2 - River Levels and Stream   | Captain, Coach, RSA, or experienced club member decides if conditions are unsafe.  | Capsize or swamping, particularly small boats (1x, 2x, or 2-)                                      | Rescue rowers/scullers into launch<br>Ensure all rowers/scullers have done a swim test and a capsize drill<br>Teach the Buddy Rescue Technique<br>Provide safety launches with qualified drivers<br>Provision of first aid<br>Thermal blankets carried in launch<br>Tow or recover boat later | Remind club members of safety rules<br>Teach members how to transfer from a rowing boat into a launch<br>Periodic review of records of swim tests and capsize drills<br>Maintain training and equipment<br>Periodic checks on launch safety kit | Rowers & scullers get tired and/or frightened<br>Immersion. Crews get wet and cold, risk of hypothermia<br>Boat difficult to row and manoeuvre, boat damage | 1              | D                 | Low                     | X             | X        | X       | X     | X            |
| 2                        | Rough water  | Stay in sheltered water<br>Use larger boats 4x+ or 4+ etc.<br>Keep inexperienced rowers off the water<br>Cancel rowing if conditions unsafe<br>Safe Rowing Note 1 - Pre-Outing Assessment of Risk<br>Safe Rowing Note 2 - River Levels and Stream<br>Safe Rowing Note 3 - Poor Visibility and Weather Conditions | Follow guidance with criteria for unsafe conditions  |  |   |   |   | 2              | C                 | Low                     | X             | X        | X       | X     | X            |
| 3                        | Floating debris  | Visual check - cox / coach / club members on bank to watch out<br>Safe Rowing Note 2 - River Levels and Stream   | Captain, Coach, RSA, or experienced club member decides if conditions are unsafe<br>AND follow guidance with criteria for river levels | Collision and boat damage  | Rescue with launch/throw line   | Turn downstream of Bridge, or well upstream away from Bridge<br>Remind club members of risk of Bridges  | Crews get scared, wet and cold, risk of hypothermia<br>Boat damage  | 1              | D                 | Low                     | X             | X        | X       | X     | X            |
| <b>Weather</b>           |  |  |  |  |   |   |   |                |                   |                         |               |          |         |       |              |
| 1                        | Strong wind  | Avoid rowing in high winds.<br>Use larger more stable boats.<br>Follow in launch.<br>Safe Rowing Note 3 - Poor Visibility and Weather Conditions   | Do risk assessment prior outing<br>Rules on navigation and rowing in weather on display in boathouse                                   |  | Mix inexperienced rowers/scullers with more experienced members.<br>Stay in sheltered water.<br>Fit washboard extension.<br>Use a bailer to prevent water accumulation<br>Rescue with launch.   |   | Rowers get tired and frightened<br>Swamping or capsize.   | 2              | B                 | Low                     | X             | X        | X       | X     | X            |
| 2                        | Hot weather  | Avoid outings in the middle of the day when very hot and sunny.<br>Wear sun protection<br>Adjust activity levels<br>Drink fluids regularly<br>Safe Rowing Note 5 - Rowing Clothing   | Do risk assessment prior outing<br>Briefings and reminders to members to avoid/protect from sun, drink hydrate                         | Sunstroke<br>Sunburn<br>Dehydration  | Move to a cooler place<br>Remove outer clothing<br>Use cool shower<br>Seek medical attention  |   | Rowers become dehydrated  | 3              | B                 | Low                     | X             | X        | X       | X     | X            |
| 3                        | Cold weather   | Wear appropriate clothing<br>Warm-up before going on water<br>Structure water session to keep warm<br>Go coxless and monitor crews<br>Shorten outings on water<br>Safe Rowing Note 5 - Rowing Clothing   | Do risk assessment prior outing<br>Briefings and reminders to members to dress warm-up and appropriately                               | Hypothermia  | Move to a warmer place<br>Replace wet clothing with dry clothing<br>Warm individual gradually<br>Warm drinks<br>Seek medical attention  | Notices in the boathouse<br>Routine instructions / reminders to rowers and coaches  | Rowers become cold - hypothermic  | 2              | B                 | Low                     | X             | X        | X       | X     | X            |
| 4                        | Poor Visibility<br>-mist<br>-fog<br>-heavy rain<br>-dark cloudy weather  | Avoid rowing in poor visibility condition, or<br>Use boat lights in poor visibility conditions<br>Safe Rowing Note 3 - Poor Visibility and Weather Conditions  | Do risk assessment prior outing<br>Rules on navigation and rowing in poor visibility on display in boathouse                           | Boat collision/damage<br>Rowing injury   | Wear Hi-Viz - mandatory for bow and single scullers all outings.<br>Rescue with launch.<br>If equipment safe - row back to club.<br>Check boat lights   |   | Rowing injury<br>Boat damage  | 2              | C                 | Low                     | X             | X        | X       | X     | X            |
| 5                        | Poor Visibility<br>-dusk - dark at end of outing<br>-dark  | Use boat lights in at dusk and when dark.<br>Safe Rowing Note 3 - Poor Visibility and Weather Conditions   | Briefings and reminders to members to keep a good lookout  |  |   |   |   | 2              | C                 | Low                     | X             | X        | X       | X     | X            |
| 6                        | Lightening   | Do not row during or within 30 minutes of last flash/thunderclap.<br>Get off to water ASAP if lightning starts.<br>Safe Rowing Note 9 - Lightning  | Do risk assessment prior outing<br>Rules on lightening   | Struck by lightning - burns<br>Electrocution   | Seek medical attention<br>Administer appropriate CPR  |   | Burns and electrocution   | 4              | A                 | Low                     | X             | X        | X       | X     | X            |
| <b>Other Water Users</b> |  |  |  |  |   |   |   |                |                   |                         |               |          |         |       |              |
| 1                        | Shrewsbury School BC boats   | Avoid water outings during school boating slots<br>Wear Hi-Viz - mandatory for bow and single scullers.<br>Follow the navigation rules.<br>Keep a look out   | Do risk assessment prior outing<br>Briefings and reminders to members on river navigation and other users.                             | Collide with other vessels<br>Damage to boats and other vessels<br>Cause injury                    | Rescue with launch/throw line<br>First aid treatment  | Monitor use of controls and their effectiveness   | Injury and/or boat damage<br>Relationship with Shrewsbury School  | 1              | D                 | Low                     | X             | X        | X       | X     | X            |
| 2                        | Sabrina<br>Picnic and pirate boats<br>Fishermen<br>Cruisers and the "patto"<br>Kayaks/canoes/paddle boards<br>Swimmers | Wear Hi-Viz - mandatory for bow and single scullers.<br>Follow the navigation rules.<br>Keep a look out<br>Coxed boats for inexperienced rowers.<br>Coach to avoid hazards<br>Safe Rowing Note 11 - River Navigation and Other River Users   | Do risk assessment prior outing<br>Briefings and reminders to members on river navigation and other users.                             | Collide with other vessels<br>Caught in lines<br>Damage to boats and other vessels<br>Cause injury | Rescue with launch/throw line<br>Cut fishing lines<br>First aid treatment   | Monitor use of controls and their effectiveness   | Injury and/or boat damage<br>Relationship with fishing community  | 2              | B                 | Low                     | X             | X        | X       | X     | X            |
| <b>Local Environment</b> |  |  |  |  |   |   |   |                |                   |                         |               |          |         |       |              |
| 1                        | Weir   | Only experienced crews to train downstream of English Bridge.<br>Turn by the footbridge above the weir, to avoid floating too close to the weir.<br>Safe Rowing Note 6 - Bridges and Weir - Turning and Navigation   | Briefings and reminders to members on river navigation.  | Boat damage<br>Go over weir<br>Capsize   | Rescue rower with launch then recover boat  | Remind club members of risk of weir.  | Crews get scared.<br>Fall in water - drowning risk by weir<br>Boat damage   | 3              | B                 | Low                     | X             | X        | X       | X     | X            |



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| No. | Hazard                         | Reduce Probability a Hazard causing a Hazardous Event   |  | Hazardous Event   | Reduce the Severity of Harm   |  | Harm   | Severity (1-5) | Probability (A-E) | Level of Risk (L/M/S/I) | Action Owners |          |         |       |              |
|-----|--------------------------------|---|--|---|---|--|--|----------------|-------------------|-------------------------|---------------|----------|---------|-------|--------------|
|     |                                | Barriers  | Action to Maintain Barriers  |   | Controls  | Action to Maintain Controls  |  |                |                   |                         | Club Captain  | Club RSA | Coaches | Coxes | Club Members |
| 2   | Narrow Bridges                 | Experienced rowers/cox permitted<br>Beginners to turn well clear<br>Safe Rowing Note 9 - Bridges and Weir - Turning and Navigation  |  | Pinned by current near bridge<br>Boat damage<br>Capsize                                 |   | Turn downstream of Bridge, or well upstream away from Bridge<br>Remind club members of risk of Bridges |  | 2              | B                 | Low                     | X             | X        | X       | X     | X            |
| 3   | Sharp Bends in River           | Wear high vis - mandatory for bow and single scullers.<br>Inexperienced rowers use coxed boats.<br>No overtaking around sharp bends.<br>Regular looking out for other boats and river bank/trees.<br>Safe Rowing Note 11 - River Navigation and Other River Users | Only experienced steers / coxes to navigate upstream of Welsh Bridge.<br>Briefings and reminders to members on river navigation. | Collision with other river users and/or trees, river bank, and mud-flats<br>Boat damage |   | Rescue with launch / throw line<br><br>Safety briefings and reminders                                  | Crews get scared, wet and cold, risk of hypothermia<br>Boat damage | 2              | C                 | Low                     | X             | X        | X       | X     | X            |
| 4   | Over hanging / submerged trees | Follow the navigation rules.<br>Keep a look out<br>Coxed boats for inexperienced rowers.<br>Coach to avoid hazards<br>Safe Rowing Note 11 - River Navigation and Other River Users  | Briefings and reminders to members on river navigation.  | Collision with bushes / trees and river bank<br>Boat damage                             | Periodic pruning of river bank bushes / tree branches (between bridges / regatta course).<br>Rescue with launch / throw line. | Periodic pruning of river bank bushes / tree branches (between bridges / regatta course)               | Rowers injury<br>Boat damage                                       | 2              | C                 | Low                     | X             | X        | X       | X     | X            |

Going Afloat and Landing

|   |  |  |   |                         |   |  |  |   |   |          |   |   |   |   |   |
|---|--|--|---|-------------------------|---|--|--|---|---|----------|---|---|---|---|---|
| 1 | Gap between slipway and pontoon                | Maintain Hi-Viz strip at slipway near gap.<br>Good control / instruction by coach / cox<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing | Monitor Hi-Viz strip and gap<br>Clean slipway from mud (after floods) so non-slippery |                         |   | Injury, e.g. twisted / broken ankle/leg                                |  | 4 | B | Moderate | X | X | X | X | X |
| 2 | Slippery slipway and pontoon wet / icy / muddy | Good control / instruction by coach / cox<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing   |   | Slip, trip, fall injury | First aid                                 |  |  | 2 | C | Low      | X | X | X | X | X |
|   | Slipway steps                                  |  |   |                         |   | Remind club members of risks around the slipway.<br>Slip / trip injury |  | 2 | C | Low      | X | X | X | X | X |
| 3 | Boat falls off trestle (in wind)               | Maintenance and availability of trestles<br>Do not put boats on trestles in high wind<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing   |   | Boat damage             | Good control / instruction by coach / cox | Boat damage  |  | 2 | C | Low      | X | X | X | X | X |

Around the Boathouse (including handling boats on land)

|   |  |  |  |  |  |  |  |   |   |     |   |   |   |   |   |
|---|--|--|--|--|--|--|--|---|---|-----|---|---|---|---|---|
| 1 | Obstacles and trip hazards within and outside the boathouses | Keep floors and access ways clear<br>Provide protection from outward riggers of racked boats<br>Store hose on reel when not in use<br>locate hose reel away from walkways<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing | Monitor tidiness of boat bays, and safe racking of boats | Slips, trips and falls around the boathouse                            | Keep floors and access ways clear<br>Use tennis-ball halves / padding on outward riggers of racked boats<br>Safe storage of hose reel and launchers on trailers<br>First aid and/or seek medical support | Remind club members to keep access ways and steps outside clubhouse free of obstacles and trip hazards.<br>Monitor effectiveness of control measures | Head injury<br>Slip/trip/fall injuries | 2 | C | Low | X | X | X | X | X |
| 2 | Boats stored high (lifting)                                  | Teach good lifting technique<br>Use 2-steps (bow and stern) for safer lifting position - if necessary<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing   |  | Collision with boats / riggers racks causing injury and/or boat damage | Use safe lifting technique<br>Ask for help from other club member(s) to lift boats, including single sculls  | Monitor safe racking of boats and safe lifting practices.  | Lifting injury<br>Boat damage          | 2 | C | Low | X | X | X | X | X |

Faulty, incorrectly set, and poorly maintained equipment

|   |                               |   |  |   |  |  |   |   |   |     |   |   |   |   |   |
|---|-------------------------------|---|--|---|--|--|---|---|---|-----|---|---|---|---|---|
| 1 | Gate not correctly closed     | Check boats before pushing off landing and going afloat<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing  | Notice and reminders to rowers and coaches   | Boat or oar comes out of gate   | Ensure all rowers/scullers have done a swim test and a capsizе drill<br>Provide safety launches with qualified drivers<br>Provision of first aid | Periodic review of records of swim tests and capsizе drills<br>Maintain training and equipment<br>Periodic checks on launch safety kit | Capsizе   | 3 | B | Low | X | X | X |   |   |
| 2 | Equipment failure             | Boat checks before each outing<br>Boat check after each outing<br>Maintenance log<br>Remove faulty equipment from boating site<br>The red tags to riggers on damaged boats<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing | Regular reminders to look after boat and do boat checks before & after each outing | Poor rowing technique - due to equipment faults<br>Loss of control of boat<br>Water ingress into boat - possible sinking<br>Capsizе | Effective maintenance of boats<br>Quarantine damaged / unsafe boats<br>Use safety launch to rescue crew and recover boat                         | Periodic audit and check of boats<br>Club boat maintenance days  | Affect on rowing safety and technique<br>Cost to maintain boats | 1 | D | Low | X | X | X | X | X |
| 3 | Incorrect stretcher placement | Incorrect stretcher adjustment<br>Safe Rowing Note 4 - Safety Checks Before After Each Outing   | Regular boat checks before & after each outing                                     | Poor rowing technique - due to equipment faults<br>Non-optimal control of boat  | Effective maintenance of boats<br>Quarantine damaged / unsafe boats  |  |   | 1 | C | Low | X | X | X | X |   |

Pre-existing health conditions and low levels of fitness

|   |                        |  |  |                             |                                  |                                  |  |   |   |     |   |   |   |   |   |
|---|------------------------|--|--|-----------------------------|----------------------------------|----------------------------------|--|---|---|-----|---|---|---|---|---|
| 1 | Pre-existing condition | Health form<br>Doctors note<br>Inform the right people   | Require members to report health conditions in confidence, agree safety measures<br>Safe Rowing Note 1 - Pre-Outing Assessment of Risk |                             |                                  |                                  |  | 3 | B | Low | X | X | X | X | X |
| 2 | Injury / sickness      | Discourage rowers from exercise when injured<br>Safe Rowing Note 1 - Pre-Outing Assessment of Risk             |  | Injury or medical condition | First aid<br>Seek medical advice | Regular updates from individuals | Potential escalation of health condition | 3 | B | Low | X | X | X | X | X |
| 3 | Unfit / older person   | Exercise at appropriate level for rowers age and fitness<br>Safe Rowing Note 1 - Pre-Outing Assessment of Risk |  |                             |                                  |                                  |  | 3 | B | Low | X | X | X | X | X |

Indoor Rowing

Risk Assessment - Junior Rowing

|         |                                 |   |          |           |
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|--------------|----------------------------------|---|--|---|---|--|--|----------------|-------------------|-------------------------|---------------|----------|---------|-------|--------------|---|---|--|--|--|
|              |                                  | Barriers  | Action to Maintain Barriers  |   | Controls  | Action to Maintain Controls                            |  |                |                   |                         | Club Captain  | Club RSA | Coaches | Coxes | Club Members |   |   |  |  |  |
| 1            | Use of ergs                      | Warm up and cool down effectively<br>Exercise appropriately for fitness<br>Encourage and coach use of good rowing technique<br>Safe Rowing Note 7 - Land Training   | Regular reminder to club members on good technique   | Injury or medical condition                 | First aid<br>Seek medical advice                      | Regular reminders and demonstrations of good technique | Injury   | 2              | C                 | Low                     | X             | X        | X       |       |              | X |   |  |  |  |
| 2            | Use of weights and gym equipment | Warm up cool down<br>Always train with a buddy<br>Exercise appropriately for fitness<br>Encourage and coach use of good weight lifting technique<br>Safe Rowing Note 7 - Land Training  | Notice in weights bay with safe lifting approach<br>Regular reminder to club members on good technique |   | Lifting injury  | First aid and/or seek medical advice<br>Report damage  | Regular reminders and demonstrations of good technique | Lifting injury | 2                 | C                       | Low           | X        | X       | X     |              |   | X |  |  |  |
| <b>Other</b> |                                  |   |  |   |   |  |  |                |                   |                         |               |          |         |       |              |   |   |  |  |  |
| 1            | Boat lifting                     | Number of people lifting boat to be same or more than number of seats in boat<br>Safe Rowing Note 4 - Safety Checks Before Alter Each Outing  | Regular reminders of hazards and safe practices  | Lifting injury<br>Damage to boat            | First aid<br>Report damage                            | Regular reminders and demonstrations of good technique | Lifting injury<br>Boat damage                          | 2              | C                 | Low                     | X             | X        | X       | X     | X            | X |   |  |  |  |
| 2            | Moving launch outboard engine    | Use engine trolley to wheel engine to/from launch.<br>Move engine up/down slipway steps on trolley, perpendicular to steps.<br>2 people to lift engine in/out of launch<br>Safe Rowing Note 13 - Safety Launch Pre-Use Checks | Regular reminders of hazards and safe practices  | Lifting injury<br>Damage to outboard engine | First aid and/or seek medical advice<br>Report damage | Regular reminders and demonstrations of good technique | Lifting injury<br>Engine damage                        | 2              | C                 | Low                     | X             | X        | X       |       |              | X |   |  |  |  |
| 3            | Water borne hazard               | No drinking of river water<br>Encourage hand-washing and showers soon after outings   | Regular reminders of hazards and safe practices  | Ingestion of contaminated water             | First aid and/or seek medical advice                  | Regular reminders of hazards and risks                 | Sickness or ill health                                 | 3              | B                 | Low                     | X             | X        | X       | X     | X            | X |   |  |  |  |
| 4            | Sewage in river                  | Safe Rowing Note 4 - Safety Checks Before Alter Each Outing   | Regular reminders of hazards and safe practices  | Ingestion of contaminated water             | First aid and/or seek medical advice                  | Regular reminders of hazards and risks                 | Sickness or ill health                                 | 3              | B                 | Low                     | X             | X        | X       | X     | X            | X |   |  |  |  |
| 5            |                                  |   |  |   |   |  |  |                |                   |                         |               |          |         |       |              |   |   |  |  |  |
| 6            |                                  |   |  |   |   |  |  |                |                   |                         |               |          |         |       |              |   |   |  |  |  |
| 7            |                                  |   |  |   |   |  |  |                |                   |                         |               |          |         |       |              |   |   |  |  |  |