



Pengwern Boat Club

Safe Rowing - Beginners

Ian Froggatt

Club Rowing Safety Adviser

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PENGWERN



BOAT CLUB

Safe Rowing

Positive Safety Culture
Safe Environment
Safe Approach

Presentation and Discussion

British Rowing Safety Training & Resources

Pengwern Safe Rowing Rules

Boat Types

Beginners

Safety Checks Before Each Outing

Dynamic Risk Assessment

River Levels and Stream

Safe Lifting and Carrying of Boats

River Navigation and Other River Users

Safety Checks After Each Outing

Water Infections and Diseases

Incident and Near Miss Reporting



BRITISH ROWING

RowSafe

Safety advice for
rowers, clubs, and
competitions



MON109

British Rowing Online Learning - Safety



Start Here

Safe Sport

Resources

GB Rowing Team

Resources

Safety

Stay Away from Weirs and Sluices

RowSafe

Rowing Safety Contacts

Safety Articles

Safety Alerts

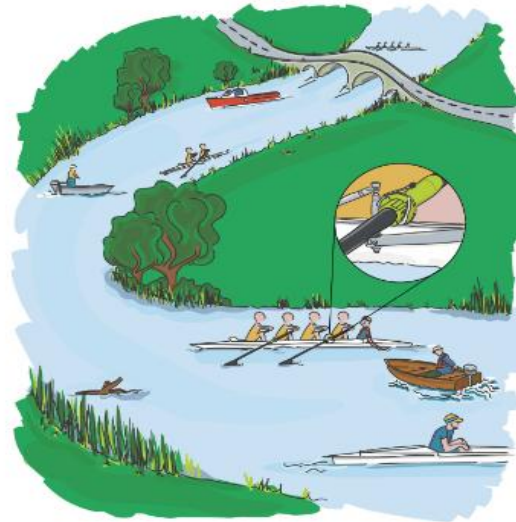
HRSA Monthly Report Archive

Tideway Navigation

Further Safety Guidance

Safety

Staying safe is all about taking care to avoid accidents



We should all take care of our own, and others', safety. There are hazards to avoid and we must be prepared to cope if something happens. Safety is all about what we do; it is about the way that we behave.

Accidents can happen when there is a hazard and we do not take care. Sometimes we create our own hazards, like leaving a bag where someone may trip over it or not doing a gate up properly.

British Rowing Online Learning - Safety

All club members should complete these free online learning courses:

1. Safety Basics



This course will help you to develop a basic understanding of safety in rowing.

45 minutes

2. Cold Water and Hypothermia



It's important to be aware of the dangers of cold water, not just at wintertime but all year round.

20 minutes

3. Capsize Drill



This module will help you to understand what to do when a rowing boat capsizes.

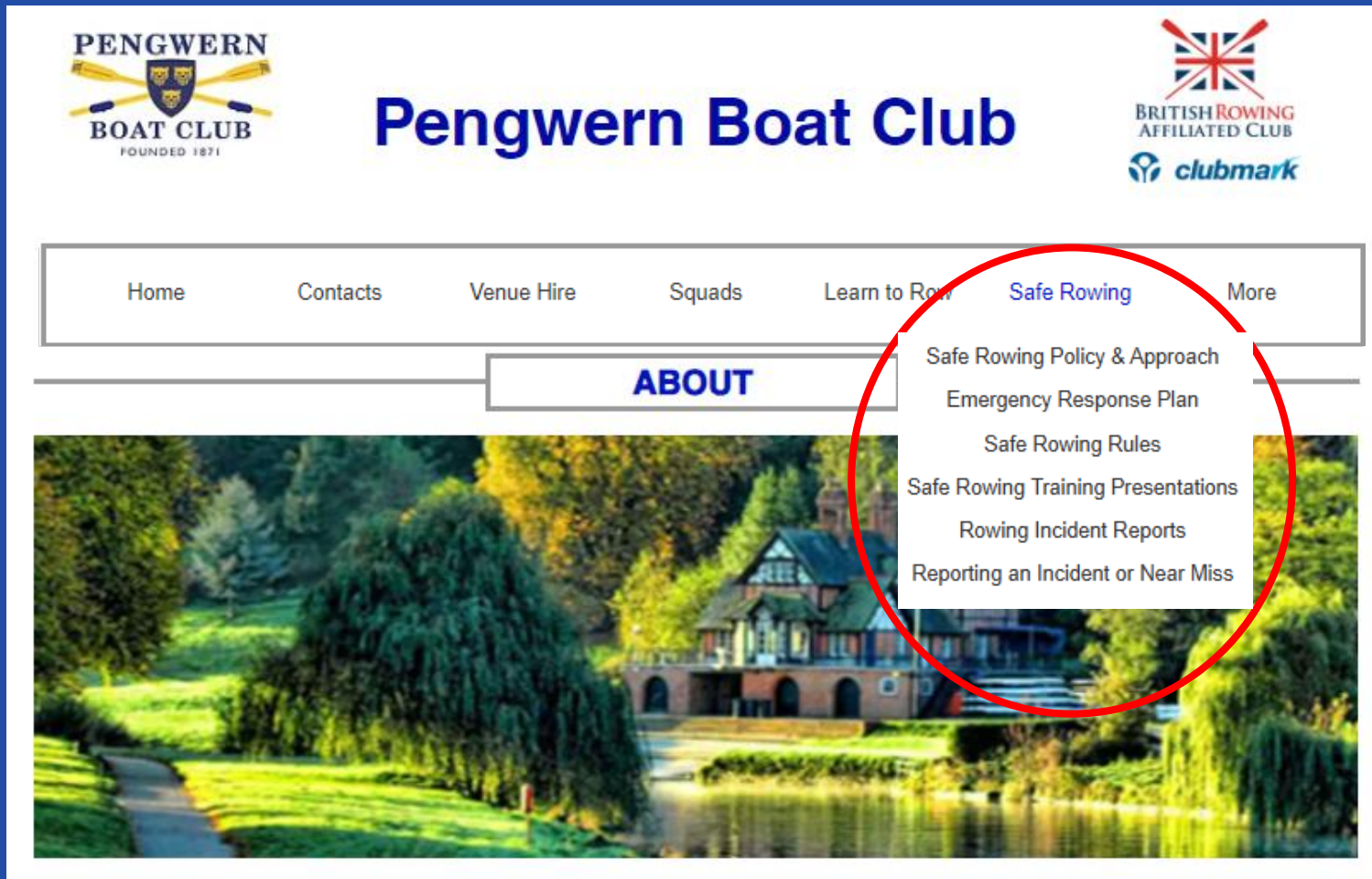
30 minutes

Add training course records to your British Rowing online profile.

Pengwern Safe Rowing Rules

Swim competency declaration – membership form

<https://www.pengwern-rowing.co.uk/>



The screenshot shows the website for Pengwern Boat Club. The header includes the club's logo (founded 1871), the name 'Pengwern Boat Club', and logos for British Rowing Affiliated Club and Clubmark. The navigation menu contains: Home, Contacts, Venue Hire, Squads, Learn to Row, Safe Rowing, and More. The 'Safe Rowing' menu is expanded, showing a list of links: Safe Rowing Policy & Approach, Emergency Response Plan, Safe Rowing Rules, Safe Rowing Training Presentations, Rowing Incident Reports, and Reporting an Incident or Near Miss. The background features a scenic image of a building by a lake.

Safe Rowing Rules and Guidance



Webpage configured for mobile device viewing

1. Dynamic Risk Assessment
2. River Levels and Stream
3. Poor Visibility and Weather Conditions
4. Safety Checks Before and After Each Outing
5. Rowing Clothing and Attire
6. Incident and Near Miss Reporting
7. Land Training
8. Bridges and Weir – Turning & Navigation
9. Lightning
10. Beginner Rowing
11. River Navigation and Other River Users
12. Water Safety Aids
13. Safety Launch Pre-Use Checks
14. Water Infections and Diseases

Safe Rowing Rules Noticeboard

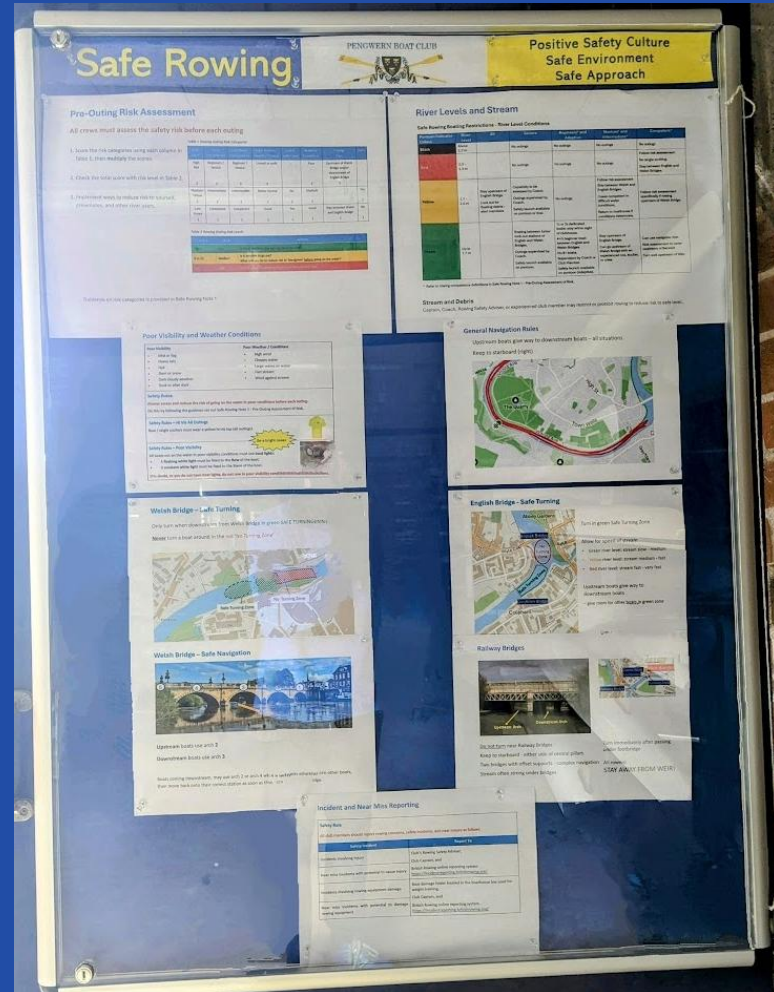
Boathouse sculling bay inside door

Key Safe Rowing Rules displayed

Refreshed routinely to display

- Current safety information
- New safe rowing requirements

Please check noticeboard regularly



Rowing Boat Types

SCULLING BOATS

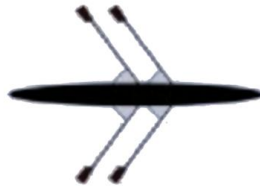


SINGLE (1x)

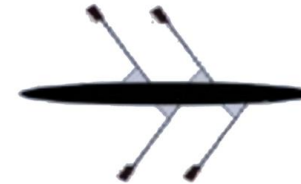
SWEEP BOATS



PAIR (2-)



DOUBLE (2x)



FOUR (4+)

STRAIGHT FOUR (4-)

Similar to above but without a coxswain.

Stable, wide, restricted boat options available for Beginners

Beginners – Safe Rowing

Supervision

All beginner outings under the supervision of a Coach or competent rower
Supervisor can be on foot, bike, launch, scull, or boat with the beginner(s)
Additional experienced support must be at the Clubhouse ready to respond

Beginner Boats

Beginner rowing initially in stable wide restricted boats: 1x 2x 4x+ or 4+
As the skill level progresses, the Club Captain may approve use of suitable finer boats

Safety Aids

Safety launch available on pontoon - all wear a life jacket
The Coach and support must all carry a mobile phone
Riverbank support must carry a suitable throw line and be practiced in its use

Stretch of River

Beginner rowing boats, not directly supervised, must stay in sight of the Clubhouse
Supervised competent beginner outings can be between English and Welsh Bridges
No beginner rowing is to take place beyond English and Welsh Bridges

Checks Before Each Outing

BEFORE Each Outing

1. Arrive before start of session
2. Arrange outing with Coach
3. Dynamic risk assessment See slide details
4. Hi vis, suitable clothing, mobile, water
5. Lift boat safely See slide details
 - Ask for help
 - Listen to cox/steers
 - Lift with crew
6. Check boat: riggers, seats, stretchers, shoes
7. Faulty equipment? Fix/replace/report

Dynamic Risk Assessment

All crews must assess the safety risk before each outing

Simple check with crew / coach - no requirement to record assessment

1. Score the risk categories using each column in Table 1, then multiply the scores.

Table 1 Rowing Outing Risk Categories

River Level	Crew Competence	Cox/Steers Competence	Crew Member Health / Fitness	Coach with Crew	Weather Conditions	Outing Plan	Dark
High Red 3	Beginners / Novice 3	Beginner / Novice 3	Unwell or unfit 3	- -	Poor 3	Upstream of Welsh Bridge and/or downstream of English Bridge 3	- -
Medium Yellow 2	Intermediate 2	Intermediate 2	Below normal 2	No 2	Medium 2	- -	Yes 2
Low Green 1	Competent 1	Competent 1	Good 1	Yes 1	Good 1	Stay between Welsh and English Bridge 1	No 1

2. Check the total score with risk level in Table 2

Table 2 Rowing Outing Risk Levels

Score	Risk	Actions
1 to 8	Low	Is there anything else you can do to be safer?
9 to 23	Medium	Is it sensible to go out? What will you do to reduce risk to 'low/green' before going on the water?
24+	High	Do not go on the water until you have reduced the risks.

3. Implement ways to reduce risk to yourself, crewmates, and other river users.

Dynamic Risk Assessment

Table 1 Rowing Outing Risk Categories

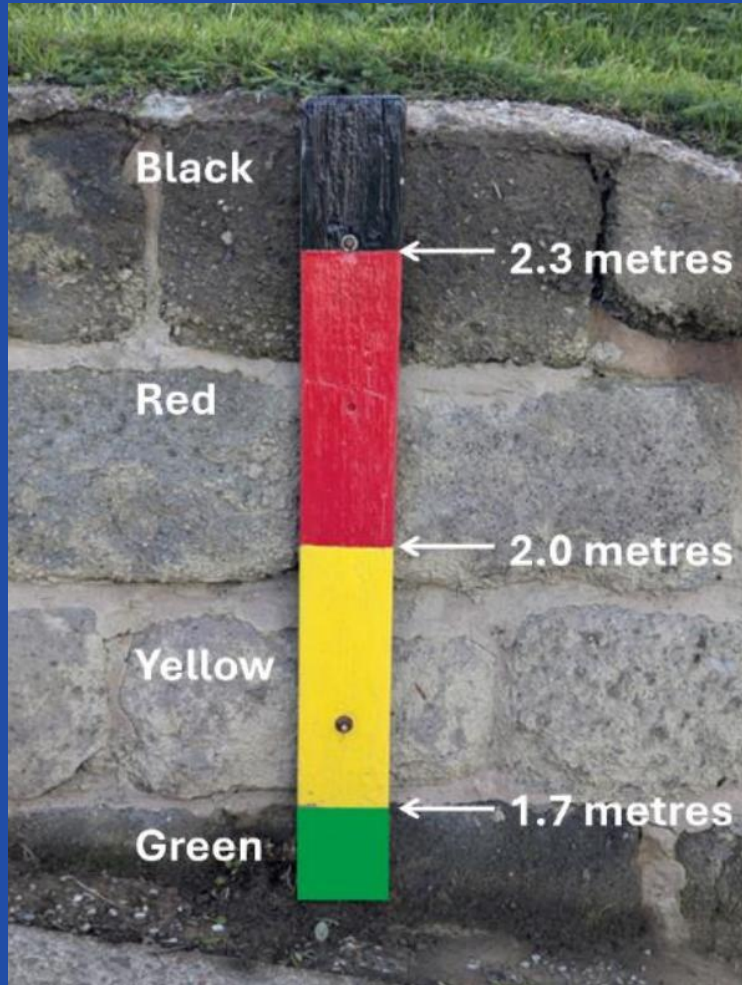
River Level	Boat Type	Crew Competence	Cox Competence	Crew Member Health / Fitness	Coach with Crew	Weather Conditions	Outing Plan	Dark
High Red 3		Beginners / Novice 3	Beginner / Novice 3	Unwell or unfit 3	-	Poor 3	Downstream of English Bridge 3	-
Medium Yellow 2	1x 2- 2x 2	Intermediate 2	Intermediate 2	Below normal 2	No 2	Medium 2	Upstream of Welsh -and English Bridges 2	Yes 2
Low Green 1	4- 4+ 4x 8+ 1	Competent 1	Competent 1	Good 1	Yes 1	Good 1	Stay between Welsh and English Bridge 1	No 1

Table 2 Rowing Outing Risk Levels

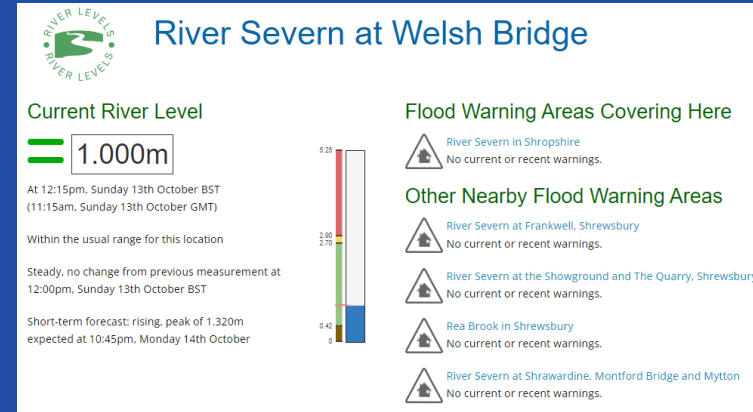
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1 to 8	Low	Is there anything else you can do to be safer?
9 to 23	Medium	Is it sensible to go out? What will you do to reduce risk to 'low/green' <u>before</u> going on the water?
24+	High	Do not go on the water until you have reduced the risks.

River Levels and Stream

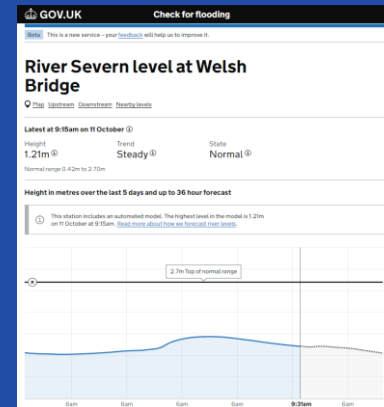
Club slipway river level



River Levels (link on Club home webpage)



Environment Agency website



River Levels and Stream

Safe Rowing Boating Restrictions - River Level Conditions						
Pontoon Indicator Colour	River Level	All	Juniors	Beginners* and Adaptive	Novices* and Intermediate*	Competent*
Black	Above 2.3 m		No outings	No outings	No outings	No outings
Red	2.0 - 2.3 m		No outings	No outings	No outings	Follow risk assessment. No single sculling. Stay between English and Welsh Bridges.
Yellow	1.7 - 2.0 m	Stay upstream of English Bridge. Look out for floating debris - alert members	Capability to be assessed by Coach. Outings supervised by Coach. Safety launch available on pontoon or river.	No outings	Follow risk assessment Stay between Welsh and English Bridges. Coxes competent in difficult water conditions. Return to boathouse if conditions deteriorate.	Follow risk assessment specifically if rowing upstream of Welsh Bridge.
Green	Up to 1.7 m		Boating between Junior look-out stations or English and Welsh Bridges. Outings supervised by Coach. Safety launch available on pontoon.	1x or 2x dedicated boats: stay within sight of clubhouse. 4+/x beginner boat: between English and Welsh Bridges. No 8+ boats. Supervision by Coach or Club Member. Adaptive crews accompanied by safety launch.	Stay upstream of English Bridge. Can go upstream of Welsh Bridge with an experienced cox, sculler, or crew.	Can use navigable river. Risk assessment to cover upstream of Berwick Turn well upstream of Weir.

Stream and Debris

Captain, Coach, Rowing Safety Adviser, or experienced club member may restrict outings to reduce risk to safe level or prohibit water outings.

Safe Boat Lifting and Carrying

Carrying a boat safely

- Follow instruction of Cox
- Stand opposite your rigger
- Lift boat together, keep boat level



Carrying a heavy boat can require several people to do it safely!



Carrying a boat safely on shoulders.

Small boats: one person each end, on shoulders - same side of boat.

Safe Boat Lifting and Carrying



Carrying a boat safely on shoulders

Standing opposite your rigger

Safe Boat Lifting and Carrying



Lifting boat safely above heads

Command from Cox “Above Heads, Ready, Go”

Safe Boat Lifting and Carrying



Carrying boat above heads

Follow command of Cox to lower boat into water

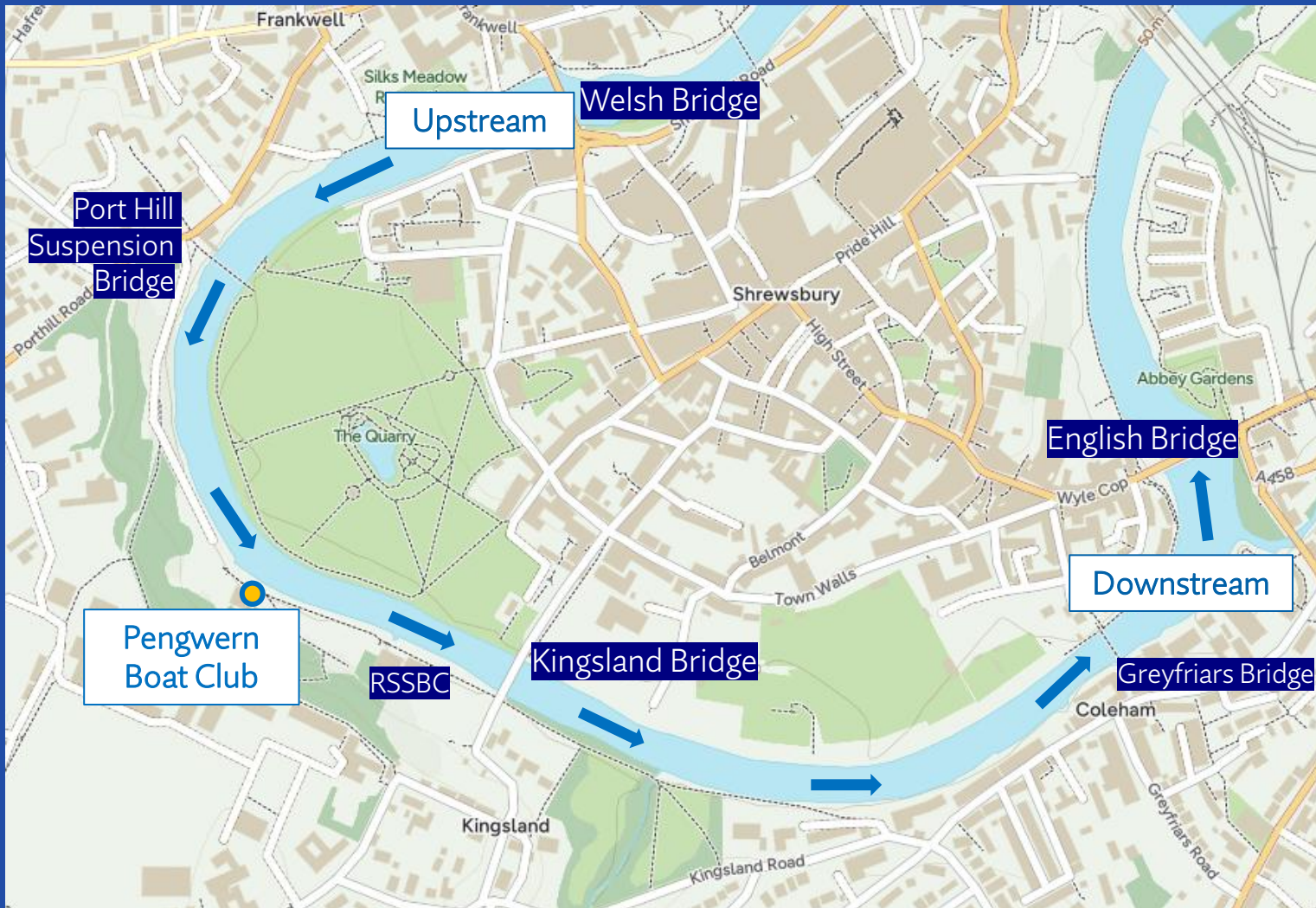
Safe Boat Lifting and Carrying



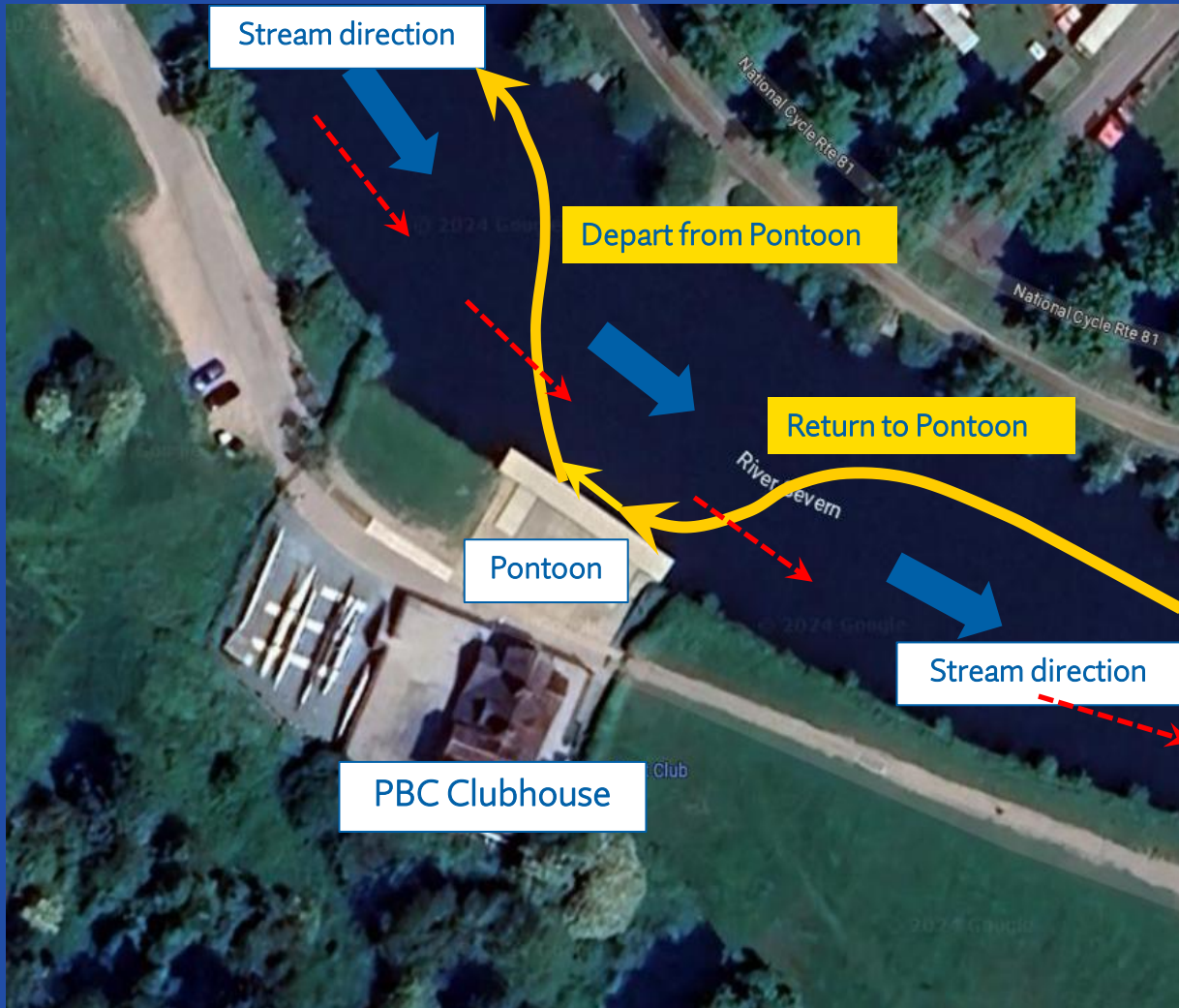
Safely lowering boat into water - or lifting boat from water

- Follow command of the Cox
- Move together as a crew

River Severn Key Local Features



Pontoon Departure and Return



Depart and approach the pontoon with boat facing into river stream

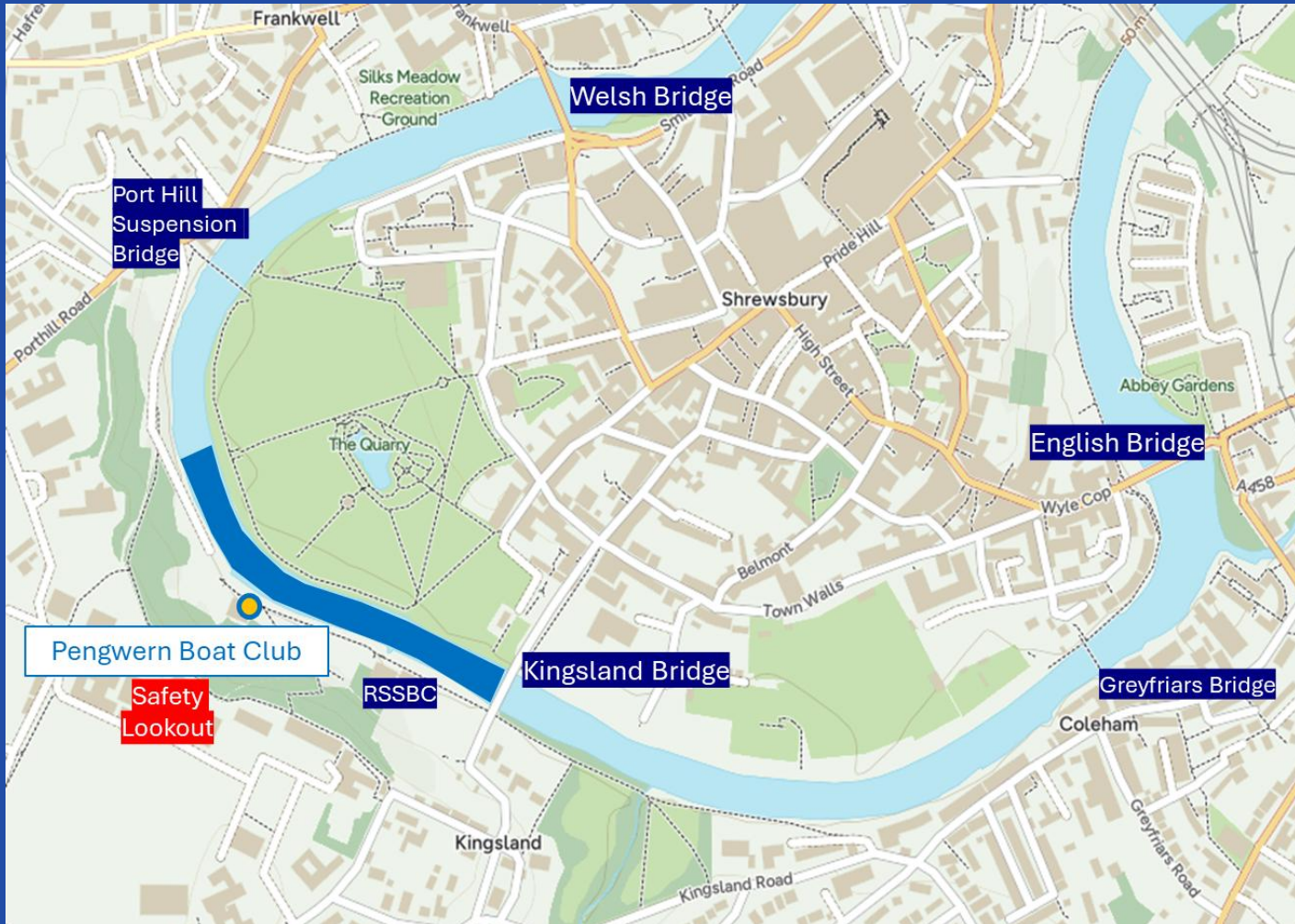
Look out for boats coming downstream.

These have right of way!

Stay on starboard (right) side of river except when leaving or returning to pontoon

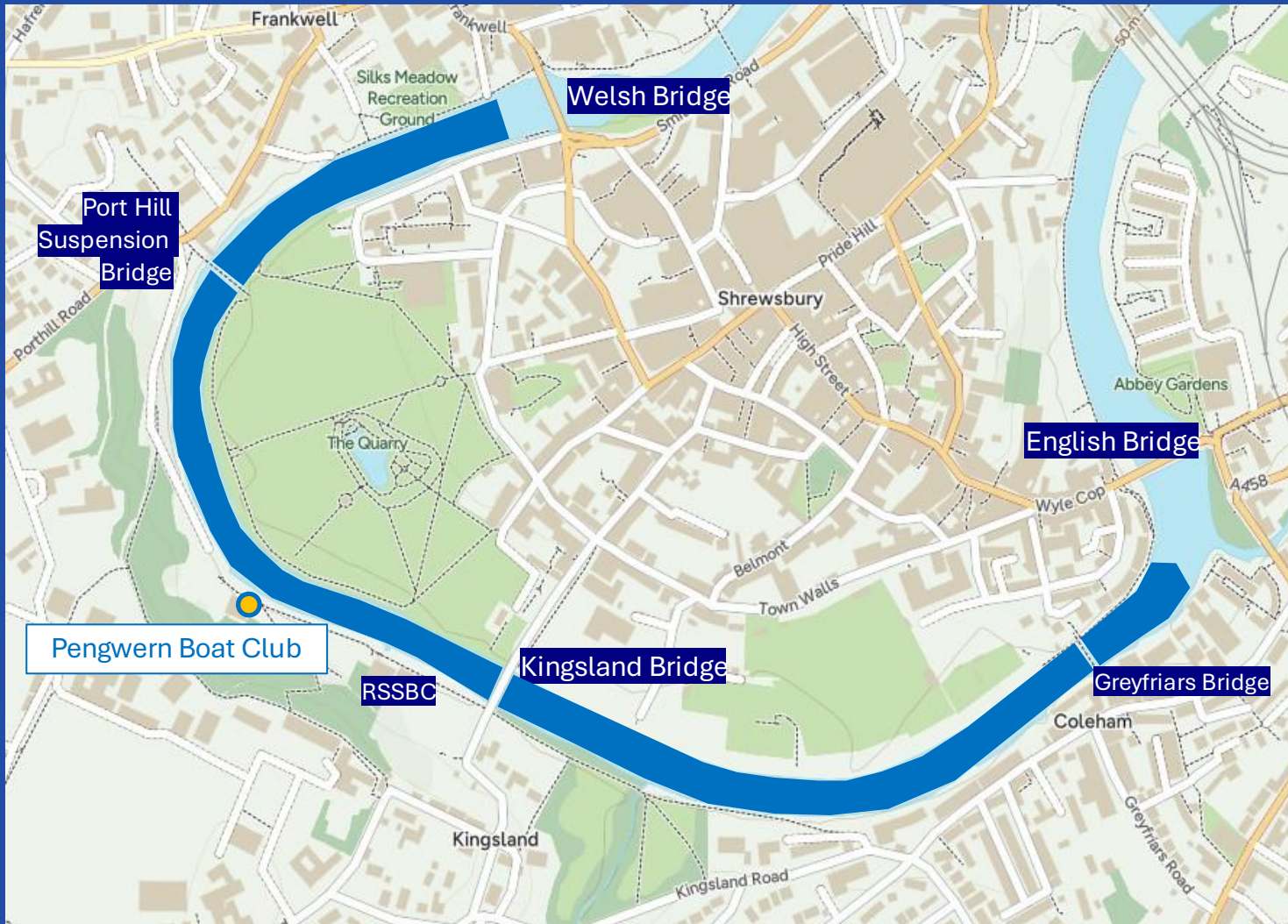
River Use – Beginners Initially

Beginner outings initially in blue shaded stretch of river – in sight of clubhouse



River Use – Beginners Developing

Between Welsh and English Bridges when competent and with a Coach



Safe Rowing - River Navigation

67% serious rowing incidents - poor lookout, steering, and/or collision

Cause is behaviour related

Most significant incidents can be avoided by safer behaviour

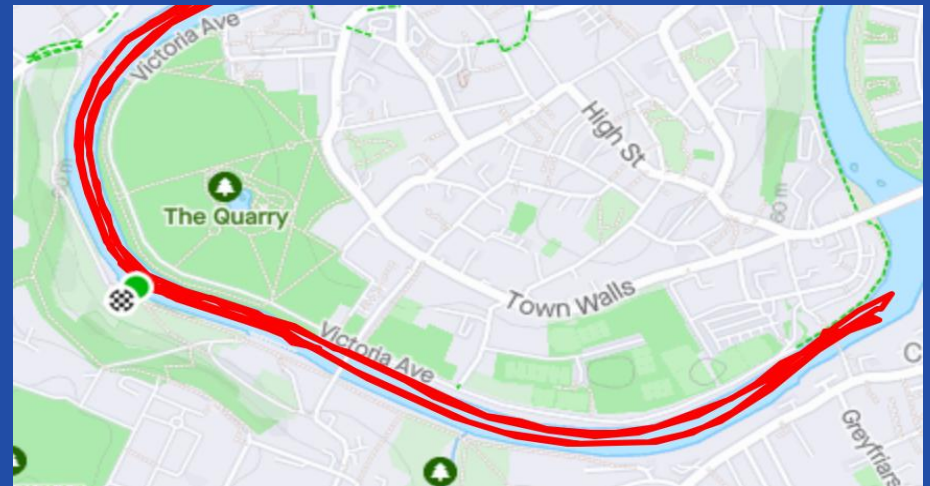
General Navigation Rules

Keep to starboard (right of river)

Rowers/scullers steering -

look every fifth stroke or more

Upstream boats give way to
downstream boats - all situations

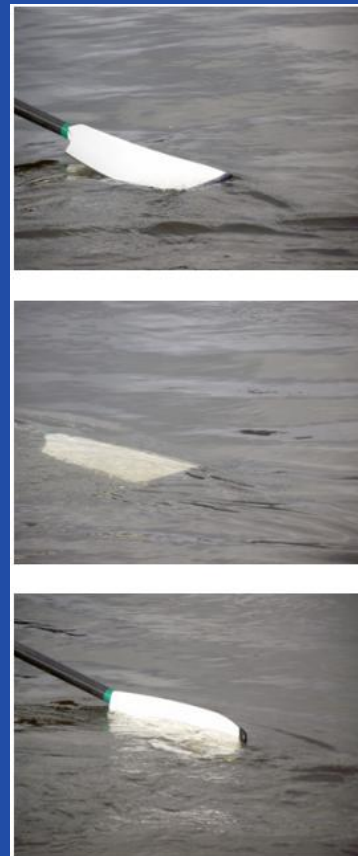


Safe Rowing - Emergency Stops

Practice Emergency Stops Regularly !!

Command “*Hold It Hard*”

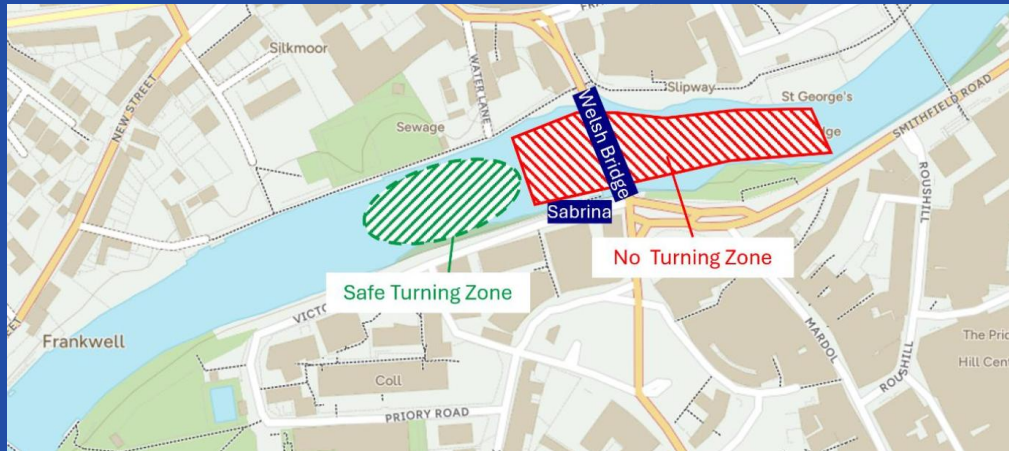
1. Put blade flat on water
2. Push blade into water flat
3. Turn blade square – push hard



Practice regularly
so boat can stop
quickly in emergency

Bridges and Weir - Turning and Navigation

Welsh Bridge – Safe Turning



Turn boat in **green** Safe Turning Zone

Do not turn in **red** No Turning Zone

Adjust boat/clothing, drink water facing upstream
– **before** turning boat around

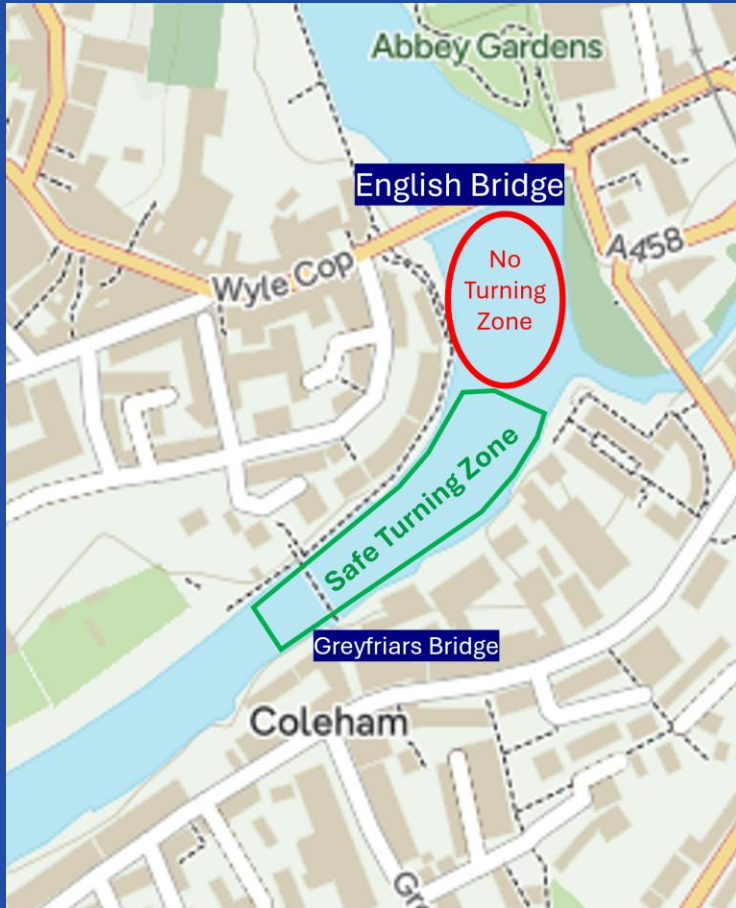
Hazards

Stream is fast / swirly under bridge and downstream of bridge

Backwash downstream of bridge can pull boat towards bridge

Bridges and Weir - Turning and Navigation

English Bridge – Safe Turning



Turn in **green** Safe Turning Zone

Allow for speed of stream

- **Green** river level slow - medium
- **Yellow** river level medium - fast
- **Red** river level fast - very fast

Adjust boat/clothing, drink water facing upstream
– **after** turning boat around

Upstream boats give way to downstream boats

- Make way for other boats in **green zone**
- Turn quickly so other boats can turn in **green zone**
- PBC safety incident Sat 28 Sept 2024

Checks After Each Outing

AFTER Each Outing

1. Lift boat safely
 - Ask for help
 - Listen to cox/steers
 - Lift with crew
2. Wash and rinse boat, store hose safely
3. Store boat safely
4. Store blades and trestles
5. Tidy out / inside boathouse - no trip hazards
6. Crew debrief
7. Report boat damage, incidents, near misses

Water Infections and Diseases

Poor water quality from chemicals or microorganisms in sewage or agricultural run-off - which pose threats to wildlife and human health

What NOT To Do

1. Do not drink water from rivers, lakes, or canals
2. Take care not to swallow water that splashes close to your mouth

What To Do

1. Clean all cuts and grazes thoroughly
2. Cover all cuts, grazes, and blisters with waterproof dressing before rowing
3. Wear suitable footwear when entering/leaving a boat
4. Wash or shower after significant contact with river water
5. See your doctor soon if you have symptoms associated with ingesting poor-quality water

NEVER DRINK RIVER WATER

Wash hands after rowing, particularly before eating or drinking

Incident and Near Miss Reporting

All club members should report rowing concerns, safety incidents, and near misses

Incidents involving injury	Club's Rowing Safety Adviser, and
Near miss incidents with potential to cause injury	Club Captain, and British Rowing online reporting system https://incidentreporting.britishrowing.org/
Incidents involving rowing equipment damage	Club Captain, and Boat damage folder located in the boathouse bay used for weight training, and
Near miss incidents with potential to damage rowing equipment	British Rowing online reporting system https://incidentreporting.britishrowing.org/

Safe Rowing Key Messages

Be safety competent and responsible to reduce risk to:

- You !
- Your crew
- Your club members
- Other water users

Learn and follow Pengwern Safe Rowing Rules

- Study this Safe Rowing Briefing – on Club website safety pages

Complete free British Rowing online learning safety courses

- Safety Basics
- Cold Water and Hypothermia
- Capsize Drill

Stay

Safe



Thank you for your attention
Questions?

Ian Froggatt, Club Rowing Safety Adviser
safety@pengwern-rowing.co.uk