

AB Severn Rowing Club Risk assessment

Assessor:	Brian Curtis (Head Coach)
Date:	1 st March 2024
Date of next review:	1 st March 2025

Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
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River-based

All hazards in River-Based section below, excluding "Infection".	All river-based risks below, excluding "Infection".	Provision of accompanying launch	Coach	Low
Collision	Drowning	All rowers must be able to swim 100m in "rowing clothing". Swim tests and capsize practice to be completed by all new members prior to undertaking non-supervised water-based activities. Coaches to have a throw rope and a mobile phone.	Head Coach	Low

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Collision	Skeletal and soft tissue injury or knocked unconscious	Adherence to the circulation pattern. Cox training to be prioritised, training emphasis placed on correct steering and turning in appropriate places.	Coaching team, coxes, steers-people	Low
Collision	Immersion, with consequent risk of infection, drowning, hypothermia	Cold Weather Emergency kit available in boathouse. Rowers to be educated about Weil's disease and hypothermia (British Rowing "Row Safe" sections 8.1 & 8.4). First Aid kits to be available and checked regularly.	Coaching team	Low
Collision	Penetrating injury by Bow	Bow balls fitted and checked	Coaches	Low
Fishermen	Collision with fishing lines with risks of injury	Careful attention to be paid to location of fishermen and if necessary, request that fishermen move to reduce danger to rower and equipment. No stopping opposite fishermen.	Coaches, coxes, crews	Low
Capsizing	Becoming trapped in boat	Heel restraints securely fastened in all boats (British Rowing Row Safe section 2.3). All crew members to pass capsize drill.	Coaches, crews	Low

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Swamping	Immersion (as above)	Cox and coach to make assessment of conditions at river. If in doubt, don't go out! Rowers taught to stay with (buoyant) boat.	Coaches, coxes,	Low
Fog poor light and nighttime	Collision	Attention to weather forecast. If fog, or poor light is present or predicted, coaches will have discretion over boating. Being a junior club, no nighttime rowing is undertaken. Crews that find themselves returning in conditions of poor light or early darkness usually have no difficulty adjusting to see in the dark particularly as there is no adventitious light on our river, but coaches will obviously keep a watchful eye and reduce speeds if needed.	Coaches, coxes	Low
High stream and/or high wind conditions	Being swept onto obstacles, including bridges, bank, debris, or weirs. Swamping or capsizing.	Coaches must consider experience of crew before deciding if they are able to boat.	Coaches	Low-high, (depending on conditions)
Lightening	Death or injury by electrocution.	No boating if thunder and lightning present or forecast. If occurring unexpectedly boats return to landing stages and disembark as soon as possible.	Coaches	Low-high, (depending on conditions)

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Variable water speeds and fast flowing currents	Inability of rowers to make headway against current. Debris in water. Collision with debris.	Observation of conditions and river gauge data. Position on river to take account of conditions. Safety launch present. Keeping a good look out. Taking extra person on launch as debris spotter.	Coaches, coxes & crews	Low-high, (depending on conditions)
Hot Weather	Sunstroke, sunburn, dehydration	Avoid outings in the middle of the day. Adjust activity levels to suit conditions. Wear appropriate clothing and use high factor sunscreen. Carry water and drink regularly.	Coaches, coxes and crews	Low
Cold Weather	Hypothermia & cold shock	Wear appropriate clothing (including hats and pogies). Structure activity levels to keep warm. Monitor crew comfort (particularly coxes). Shorten outings as needed. Use coxless rather than coxed boats. Training and capsize/man overboard drills.	Coaches, coxes and crews	Low
Equipment failure	Boat slows, or stops, or there may be a single capsize.	No boat allowed out without inspection. Repairs if any required to be notified to the Head Coach and completed before next use. If breakage occurs during outing, coach to assess rowability of boat. If capsized, crew is transferred to the coaching launch and if conditions allow the boat is tied alongside launch and returned to landing stages. Otherwise, it is abandoned for subsequent recovery.	Coach & crews	Very low

Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
Over-exertion	Hyperventilation, pulled muscles, cramp, back injury.	Rowers to warm up before any exercise, and warm down and stretch as appropriate. Suitable clothing to be worn, ARA/British Rowing qualified coach to specify training sessions and adapt to conditions. Coach to be aware of medical and/or physical conditions of crew.	Coaches, crews	Low
Pre-existing medical conditions such as asthma and diabetes	Medical incident afloat or on land	Ensure that relevant people know of the condition so that appropriate action can be taken to prevent an incident. Ensure that the appropriate medicines, inhaler/food is carried and used when required.	Coaches, crews	Low
Infection	General infection	Washing of boats and blades	Coach, crews	Low
Infection	Blue-green algae - none known in this stretch of the River Severn.	Crews to understand procedures to follow if the water is polluted or blue-green algae present as described in British Rowing Safety Advice: https://www.britishrowing.org/wp-content/uploads/2015/09/Safety-Alert-blue-green-algae.pdf	Coach	None
Infection	Weil's disease	Crews to understand procedures regarding waterborne infectious agents as per British Rowing Safety Advice: https://www.britishrowing.org/wp-content/uploads/2018/11/Safety-Alert-Weils-disease.pdf	Coach	Low

Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
Infection	Avian flu	Rowers will be kept away from dead or dying birds.	Coach	Low

Rowing at other sites

External Competition	Rowing accidents whilst racing	Club Risk Assessment and Code of Practice and Code of Conduct to be observed and adherence to rules of the regatta or head. Coxswain and steers-people to attend coxes' meeting.	Coaches, coxes, crews,	Low
Training or competing on unfamiliar bodies of water	Local environmental conditions and unfamiliarity with hazards heightening risks detailed above	Local information on navigation and hazards to be obtained: coxes, coaches, and steers-people to become familiar with details. Local weather reports to be obtained and advice to be taken from local clubs or water users.	Coaches, coxes, crews.	Low

Land-training RA

Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
Ergometers	Overexertion	Rowers to be taught proper technique. Coaches to advise on appropriate level of training, and suitable warm-up, cool-down and stretching routines.	Coaching team	Low
Ergometers	Risk of infection	Machines to be cleaned disinfected and serviced regularly.	Crews and coaches	Low
Weights	Back injury, pulled muscles, other soft tissue damage	Proper lifting technique to be taught. Rowers to warm up before any exercise, and warm down and stretch as appropriate. Suitable clothing and non-slip footwear to be worn. Only athletes approved by coach to use weights; heavy lifts to be avoided until technique is satisfactory. Floor area to be kept clear, weights to be stored after use. All juniors must be supervised.	Responsibility of local Crossfit staff.	Med
Circuits	Overexertion (as above), injury, pulled muscles, other soft tissue	Proper lifting technique to be taught. Rowers to warm up before any exercise, and warm down and stretch as appropriate. Suitable clothing to be worn.	Coxes, crew members, coaches	Low