

AB Severn Rowing Club Safety Plan

Introduction

The safety plan describes how AB Severn Rowing Club ensures the safety of its members, other water users and members of the public. As a Junior Rowing Club, we take safety very seriously and our coaches ensure a high level of care for all our young members. The safety plan is available for all to view and to download from the Club's website.

AB Severn Rowing Club Safety Policy

1. AB Severn Rowing Club exists to promote rowing in a safe and enjoyable environment.
2. Members have primary responsibility for their own safety and the safety of others.
3. The Club will encourage safe practice having due regard for the guidance provided by British Rowing in Rowsafe. See <https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>
4. Coaches are DBS checked and there is always at least one parent present during sessions.

Approval

The safety plan is updated and reviewed annually by the Head Coach and the Welfare Officer, or whenever required in the light of incidents, or changes in good practice.

This plan was approved on 1st March 2024



Brian Curtis. Head Coach

Members' responsibilities

Members' responsibilities include, but are not limited to:

1. Taking individual responsibility for their own safety and for the safety of others.
2. Ensuring that their actions both on and off the water do not put others or themselves at risk.
3. Ensuring that they have prepared for the activity that they are about to undertake, including having eaten appropriately, having sufficient drinking water and dressing appropriately for the conditions. In sunny conditions adequate sun screening must be applied.
4. Following the guidance contained within this safety plan.
5. Reporting all incidents both within the club and to British Rowing.
6. Ensuring all boats and blades are properly washed after each outing.

Contacts

Key Personnel

Head Coach

Brian Curtis

brian.curtis@absevernrowing.co.uk

Tel: 07377 197772

Welfare Officers

Rebecca Curtis

cwo-becky@absevern.com

Tel 07980 860718

Kate Thompson

cwo-kate@absevern.com

Tel 07754 906898

Nearest Hospital

Tewkesbury Hospital. (Minor Injuries)

Barton Road

Tewkesbury

Gloucestershire

GL20 5QN

Tel 0300 4216100

Club First Aid provision

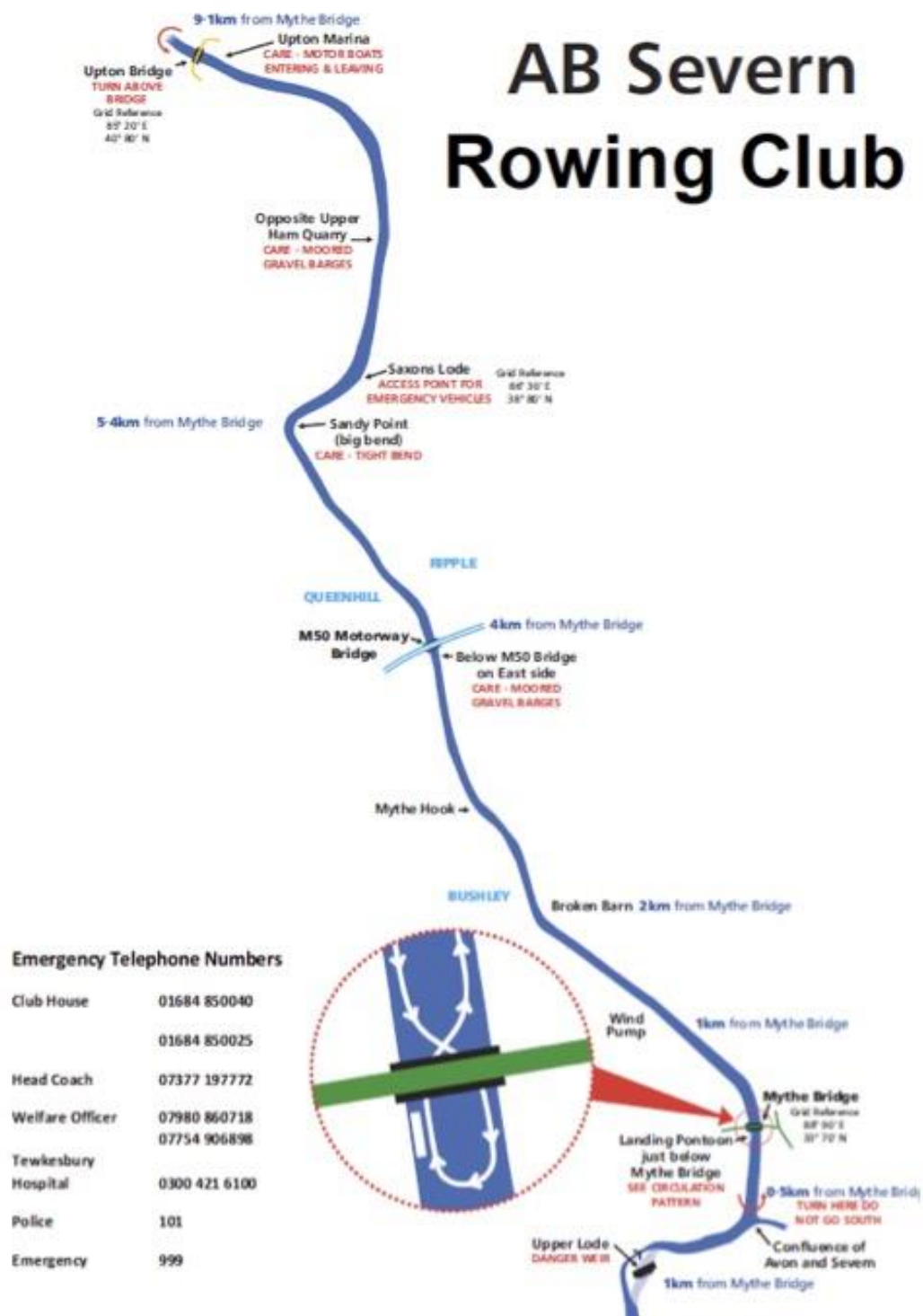
First Aid Kits are located in the washroom cabin.

Navigation

Circulation of boats in the vicinity of Mythe Bridge and the landing stages is shown on the map below.

At all other times boats observe normal rules of navigation: that is, they travel North on the East side of the river and travel south on the west side of the river. This ensures that approaching craft always pass on the port bow.

Map of the River and Emergency Access Points.



Safety Launch

AB Severn RC has 1 safety launch and 2 coaching launches. The safety launch has the capacity to rescue a complete crew should a boat capsize.

Boat reservation

Crews must reserve their boat either by email to the Head Coach or directly in the Reservation Book at least three days before, but no more than one week before their planned outing. This provides time to ensure that equipment, safety launch and coaches are available.

Acceptance will be by email and crews will be advised in advance if river conditions, the weather forecast, or other circumstances preventing a safe outing. The Head Coach will make this decision. Boat and equipment storage are kept locked so that unauthorised outings are impossible.

Boat Handling

All members are taught the correct procedures for lifting and carrying boats.

Who may row?

All new members must provide a completed parental consent form which among other things certifies their ability to swim and specifies any disabilities/medical conditions that need to be considered. New members are required to pass a swim test and capsize drill.

Supervision

All crews are accompanied by a launch usually carrying a coach and at least one parent. A launch and coach are usually responsible for one or two crews but, on occasion, a maximum of four is permitted.

River Hazards

Our river is wide and comparatively straight. It follows that visibility is usually good and that there is plenty of room for manoeuvring.

The principal hazards are: -

1. **Fast moving powered craft.** Over the years we have established good relations with most boat owners on our river so that they slow down to cut their wash when encountering our crews. There are three dayboats based at Upton Marina which are rented out to the general public. The owners do instruct their customers on how to pass our boats. In addition, our coaches are well briefed to keep a look out for these.
2. **Fishing launches.** There are occasions when fishing launches are discovered anchored or drifting on the wrong side of the river. Coaches stop to explain what is needed to those responsible for them.
3. **Bank fishermen.** Luckily our river is wide so these can be avoided. There is no public fishing on our riverbanks and we have good relations with the few societies renting some bank sections.
4. **Floating debris.** This can be a problem in times of high water, but coaches and launch crews are briefed to keep a watch and shout warnings. Again, the river is wide and the debris tends to form streams, so avoidance is relatively easy. If a boat does ride over anything it must perform an emergency stop and then back down off the impediment. Launches are more at risk from smaller debris which can become trapped between the transom and the leg. A simple reverse with the helm hard over usually solves the problem.
5. **Overhanging trees and bushes.** Again, not usually a problem as the river is wide. We regularly remove problem growth.

6. **River level.** AB Severn is equipped with some 50 metres of floating launch pontoons which are adjustable in terms of distance from the bank. This means that we can boat when many other clubs cannot. At times of high-water coaches will assess the current which because the river becomes tidal, can be surprisingly slow and perfectly safe to row on. At low level there is always sufficient depth to prevent boats grounding.
7. **Temperature.** In frosty conditions the slipway and pontoons can become slippery so extra care is needed. The slipway is usually treated with rock-salt. In very cold water conditions only, quads/IV's will be allowed out as smaller boat have a higher risk of capsize.

Launches

Launches are equipped with throw lines and buoyancy aids. Crew members must always wear life jackets, and these are regularly inspected. Those allowed to drive launches must do so to a standard approved by the head coach.

Damage to equipment

Damage to equipment occurs rarely and will obviously be noticed by accompanying coaches as well as by crew members, or on boat washing prior to racking. The Head Coach will arrange either immediate repair or, if necessary, quarantining the boat until it is repaired.

Further Useful Information is contained in the AB Severn Emergency Safety Plan and the First Aid Mémor. Members, coaches and parents are requested to familiarise themselves with both.