



Northwich Rowing Club Risk Assessment

October 2021

Chairman: Graham Jump
 Captain: Ellen Preece
 Club Rowing Safety Officer:
 Nathan Jump

Usual activities carried out by the club: Rowing with Masters, Seniors & Juniors.

Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
River based				
Collision	Drowning	All rowers must be able to swim 100m in “rowing clothing”. Swim tests and capsiz practice to be completed by all new members prior to undertaking non supervised water based activities. Coaches to have a ‘tested’ throw rope and a mobile phone.	Captain, Safety Officer	Low
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. All participants aware of location of nearest phone which may be a mobile phone in the boathouse.	Coaching team, coxes, steers-people, Captain	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 (British Rowing Row Safe section 5.3) and hypothermia (British Rowing Row Safe section 1.8). All coaches are to carry a ‘tested’ throw rope and thermal blankets with emergency access points noted to efficiently call for emergency help, First Aid kits to be available and checked regularly.	Captain, Safety Officer, coaching team	Low



Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
Collision	Penetrating injury by Bows / stays.	Bow balls and back stays fitted and checked.	Captain, Safety Officer, cox, coaches	Low
Collision during darknes	See above	Controlled night-time rowing allowed. See policy.	Cox, Safety Officer	Low
Capsizing	Immersion (as above)	Ensuring all members have completed a capsize drill. Senior/experienced crews only unsupervised. Crews trained to stay with buoyant boat. Coaches carry throw lines.	Coaches, Safety officer.	Low
Capsizing	Becoming trapped in boat	Heel restraints securely fastened in all boats (British Rowing Row Safe section 2.3). Bow-loaded IV+ only to be used in suitable river and weather conditions, with adequate supervision and by an experienced cox. No auto-inflating lifejackets/buoyancy aids are to be used in bow loaded IV's. All crew members to pass capsize drill. No hooded tops to be worn, long hair to be tied up / restrained so not to affect rowing.	Coaches, crews	Low
Swamping	Immersion (as above)	Captain, 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, Captain	Low
Catching "crabs"	Skeletal and soft tissue injury (including to head) Being thrown from the boat, with risks from immersion (as above)	Rowers instructed on how to extract blade. First aid, rescue equipment, blankets available as above.	Coaches, crews	Low
Over-exertion	Hyperventilation, pulled muscles, cramp, hypothermia, 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	Med



<p>Narrow sections & over hanging trees.</p>	<p>Collision, with attendant risks (see above), crashing into banks</p>	<p>Strict adherence to circulation pattern. Safety issues given priority which may require crews on occasion to 'wind down' in order to safely negotiate hazards.</p> <p>Experienced coxes only and appropriate supervision from coaches. Safety Board to notify crews of known risks.</p>	<p>Coaches, coxes, crews</p>	<p>Med</p>
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Vale Royal arches	Collision (see above) with both arch and	Adherence to circulation pattern. No spinning within 50m down-stream of the arches	Coaches, coxes, crews	Low
Weirs	Capsizing and associated risks	No spinning permitted within 50m of the upstream weir and boats are not to pass under the footbridge	Coaches, coxes, crews	Low
High stream and/or high wind conditions	Being swept onto obstacles, including bridges, bank, debris, or weirs. Swamping or capsizing	Coaches and captain must consider experience of crew to be able to boat.	Coaches, coxes, President, crews	Low-high, (depending on conditions)
Fishermen	Collision with fishing lines with risks of injury	Careful attention paid to location of fishermen and if necessary, a request that fishermen move to reduce danger to rower and equipment. No stopping opposite fishermen.	Coaches, coxes, crews	Low-high, (depending on prevalence)
Narrows	Collision	Crews and coxed made aware of the hazard and will use caution passing through the area, reducing speed as appropriate.	Coaches, Coxes, Crews.	Med
Land based				
Equipment stored at the boat house	Tripping, colliding with protruding riggers.	All boats to be properly racked, with boat bay floor to be kept clear. No boats to be left on the ground.	Captain, coxes, crews	Med
Lifting boats	Back injury; muscular, skeletal or	All crews to be instructed on proper lifting technique. Bays to be kept clear to facilitate lifting.	Coaches, coxes, crews	Low
Falling in boating	Immersion.	Crews trained on the correct way to handle the boat, place it in the water and attach the blades	Coaches, crews.	Low
Trailer and cycling RA				
Boat transport	Trailer overturning	Appropriate license must be in place. Experienced and/or trained driver used to tow. British Rowing guidelines to be followed (section 7.2 of Row Safe). Correct loading.	Chairman, towing drivers	Low
	Breakdown	Membership of recovery services	Drivers	Low
	Cycling accident resulting in skeletal or soft tissue injury	Bikes should be in good working order; all cyclists are advised to wear helmets and must have a working bell fitted. Throw ropes and thermal blankets must be carried at all times.	Coaches, Safety Officer	Med



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Training on unfamiliar bodies of water	Local environmental conditions and unfamiliarity with hazards heightening risks	Coxes, coaches and steers-people to be familiar with details of local information on navigation and hazards. Club Risk Assessment and Code of Practice to be obeyed and rules and advice of host clubs to be observed	Coaches, coxes, steers-people, Captain	Low
Training camps and competition RA				
External competition	Rowing accidents whilst racing	Club Risk Assessment and Code of Practice and Code of Conduct to be observed at all times. Attend only well-organised and regulated events, for example those approved by British Rowing or other NGBs overseas. Coxswain and steers-people to attend cox's meeting.	Coaches, coxes, crews, Captain	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, President	Low
	Borrowed equipment being unsafe	All equipment to be inspected for compliance with British Rowing standards. Insurance to be confirmed.	Coaches, coxes, crews	Low



Hazard	Risk	Control Measures in place	Person(s) responsible	Risk factor
Land-training RA				
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
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 or committee 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.	Coaching team, coxes, President	Med
	Trapping, asphyxiation (bench press)	Spotters must be present when lifting any heavy weight.	Coxes, crew members,	Low
	Heightened risk of major soft tissue or back injury on failure (back squat)	Two spotters must be present when lifting near maximum Weight and no deep squatting (below 90 degree knee angle).	Coxes, crew members, coaches	Low
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