



NRC Safety Plan

Introduction.

The safety plan describes how Northwich Rowing Club ensures the safety of its members, other water users and members of the general public. A Safety culture is embedded in the core values of the organisation. The safety plan forms part of the club's induction pack and is available for all to view and download from the Clubs website. The safety plan conforms with the club's safety policy.

Northwich Rowing Club Safety Policy.

Northwich Rowing Club exists to promote rowing in a safe and enjoyable environment with a duty to members and the local community affected by the club's activities.

Northwich Rowing Club has a zero tolerance for anyone being harmed as a result of our members' participation in the sport. We believe that harm is not an inevitable consequence of our activities and that incidents that cause harm can be avoided.

We will strive to provide an environment in which the sport can be practiced safely and enjoyably by our members.

We will guide and lead our members in a way that fulfils these aims.

We recognise that our members have primary responsibility for their own safety and the safety of others.

The Club, through its Officers and Committee, will encourage safe practice having due regard for the guidance provided by British Rowing in RowSafe.

The Club has safety rules that it expects its members to respect; these can be found on the club website www.northwichrowingclub.com these are part of a wider suite of documents covering such aspects as club safety and rules of the River Weaver, club conduct, all of which influence the safe operation of the club for its stakeholders. Complying with these rules will help to prevent harm.

The Club is also committed to learn from the incidents it becomes aware of and will share this information to help others in the sport to learn too. We are committed to make appropriate use of British Rowing's Incident Reporting System.

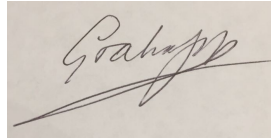
Approval

The safety plan is updated and reviewed annually by the Chairman, Club Captain and Safety Advisor, or at any such time in the light of incidents or changes in good practice.

The committee will approve the plan.

This plan was approved by the Committee on 4/10/2021

Signed by Graham Jump



Chairman.

RowSafe

Embedded in its core values, the club actively promotes a culture of safety and good practice in all of its activities. The club follows the guidance given by British Rowing in RowSafe. This is of paramount importance. All members are encouraged to read and be familiar with the contents of RowSafe.

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

Responsibility

Members are reminded of their individual responsibility for their own safety and the safety of others.

Ensure that their actions both on and off the water do not put others or themselves at risk.

Ensure that they have prepared for the activity that they are about to undertake, including having eaten appropriately and have sufficient drinking water.

Ensure that they are dressed appropriately for the conditions and that their hair, if long, is restrained such that it does not interfere with their rowing.

All rowers at bow seat must wear bright colours / Hi Viz clothing in order to be visible to other crews and river users.

Be aware of, and abide by, the Club Safety Rules.

Follow the guidance contained within this safety plan.

Report all incidents both within the club and to British Rowing.

Club Officers are expected to ensure a positive safety culture (see RowSafe 1.2) and safe practice within the club.

They must support the Safety Advisor and take their advice into account.

Information, Rules & Guidance.

All members of the club are to familiarise themselves with the information below. This information is available on the club's website.

www.northwichrowingclub.com

Contacts – Key Personnel

Club Chairman – Graham Jump. gresh1965@gmail.com, 07971174544.

Club Captain – Ellen Preece. epreece91@icloud.com, 07967426651

Safety Advisor – Nathan Jump, nejump1@gmail.com, 07743146898

Welfare Officer - Helen Wrigley, hlwrigley@hotmail.co.uk , 07783255002

Nearest Hospital.**Victoria Infirmary (minor injuries)**

Winnington Hill

Northwich

CW8 1AW

01606 564000

Leighton Hospital (accident & emergency)

Middlewich Rd

Crewe

CW14QJ

01270 255141

Club First Aid provision.

First Aid Kits are located within the boathouse adjacent to the entrance door, and the club house bar.

Map of the Course and Emergency Access Points.**Access point 1 - SJ 656 728**

Northwich Rowing Club, The Crescent, Northwich

CW9 8AE

Access point 2 - SJ 653 723

The Fisherman's Car Park, off Bickley Close (Kingsmead) North-

wich, CW9 8TJ

Access point 3 - SJ 646 713

The Fisherman's Car Park at the West Side (Hartford Side) of Hart-

ford Blue Bridge on the A556 Westbound

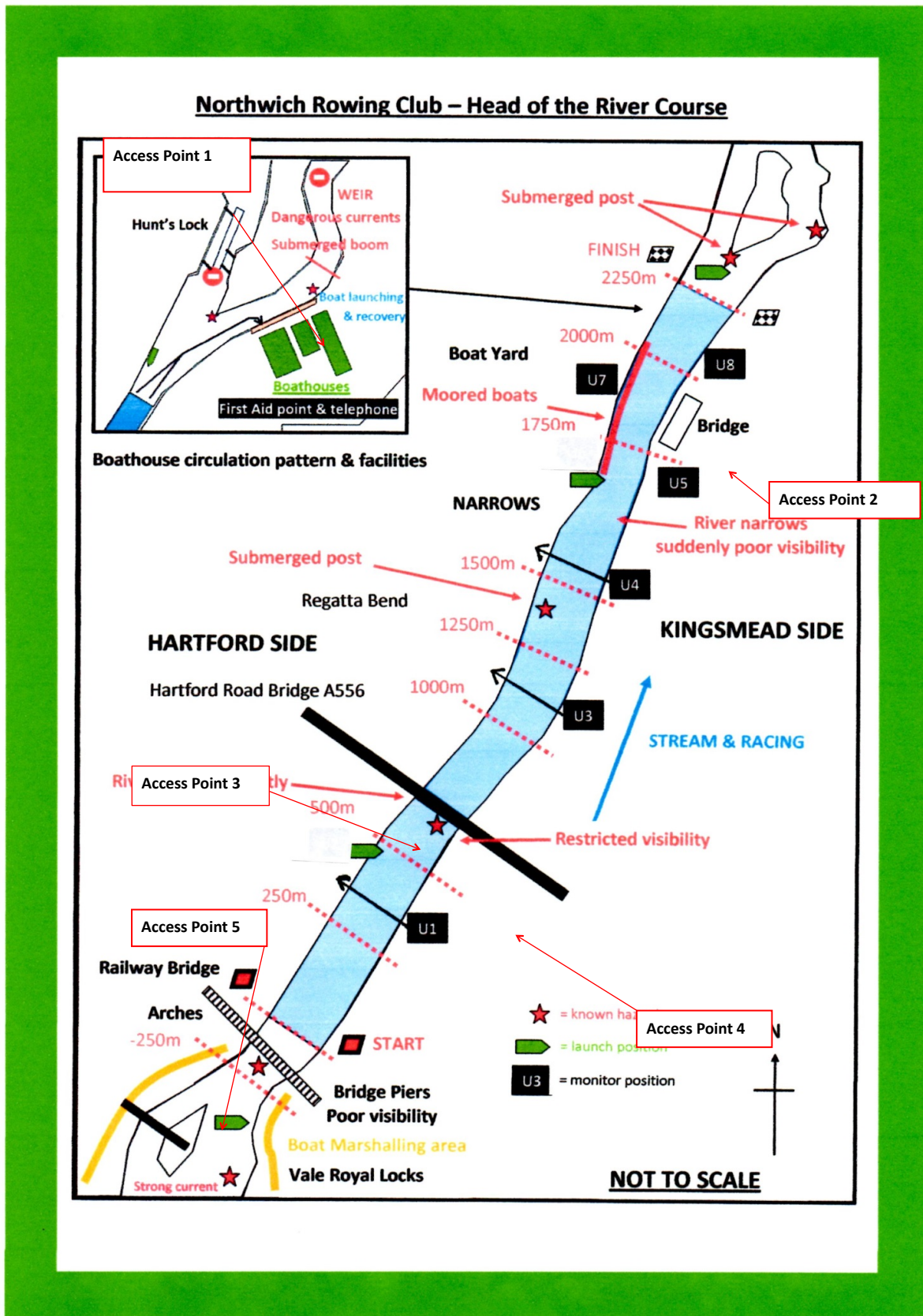
Access point 4 - SJ 647 712

The East Side (Davenham Side) of Hartford Blue Bridge on the

A556 Westbound

Access Point 5 - SJ 641 706

The Fisherman's Car Park at the Railway Viaduct accessed along Vale Royal Drive, the first road immediately left after Hartford Blue Bridge on the A556 Westbound



Club Code of Conduct

1. **Safety** is of paramount importance at all times and takes precedent over any technical or fitness goals for your session. Use common sense and good judgement in all situations. Ensure you are familiar with the Rules of the River

2. **Be punctual.** Be on time for your training sessions and don't keep others waiting. Coaches and participants can all demonstrate a mutual respect for each other through good timekeeping.
3. **Warm up.** Always stretch and warm up before you get into the boat or use an ergo. This will reduce the risk of injury
4. **Listen.** Follow the commands of the cox, steersman, coach or event marshal/umpire.
5. **Use of appropriate language.** The only people who needs to talk in the boat are the cox/steersman, the stroke (to the cox) and the coach. We have a 'zero tolerance' approach to anyone using bad language both in training and competition. Use of bad language constitutes 'bring the club into disrepute' which is against our club constitution.
6. **Look after club equipment.** After your outing, please wash down the boat and the blades using kit provided. Our priority is to buy a new facility, not new boats, so we need to look after the ones we have.
7. **Look after blades.** When coming into the bank all blades should be turned over so they do not scrape across the bank
8. **Don't 'frig with the rig'.** Other than moving the footplate to the correct position and height for you, do not change the rigging or set-up on a club boat unless you are qualified to do so (level 2 or above). Do not change the rake of your footplate or the shoes. If you wish to make any changes, please discuss with your coach or the captain.
9. **Security.** We have a lot of valuable kit, so pay attention to security. Make sure you set the alarm and lock up if you are last to leave either the clubhouse or boathouse.
10. **Good housekeeping.** Please keep our facilities clean and tidy. If you see litter, you own it, so throw it in a bin! Help clean up before and after events.
11. **No politics.** We are a friendly club and there is no room for destructive internal politics. If you want to play politics, run for office somewhere but not in this club
12. **Promote the club.** Encourage anyone who you know who shows an interest in rowing to visit us. Welcome any new visitors and show them around.
13. **Enjoy your rowing.** Although rowing requires a lot of time commitment from both athletes, coaches and volunteers, it should be an enjoyable experience. If you are not enjoying your rowing then there is something wrong. Find out what the problem is, talk to someone about it and fix it so you can continue to enjoy the sport and being part of the club!

The clubs risk assessments covering all aspects of the safety of its operations can be found in appendix 1 of this safety plan. A set of rules covering Gym use and House Keeping can be found in Appendix 1 and must be adhered to.

The club follows the guidance laid out by the Canals & River Trusts rules of navigation an extract of which can be found in Appendix 2. This guidance is supplemented by the Club Safety and Rules of the River Weaver which can also be found in Appendix 2.

The safety advisor will be responsible for updating and maintaining the club's safety documents which will be available to view online at the Northwich Rowing Club website.

www.northwichrowingclub.com

Key documents and information will be displayed on the Club safety notice board within the club house, this will be maintained by the Safety Advisor.

New Rowers

The club has produced an induction pack in accordance with Section 2.2 of RowSafe. It is a requirement of the club that all new or prospective members (including those undertaking a learn to row course) read and understand the information contained within.

There will also a specific induction pack for junior members and their parents or guardians.

All new members will be given a copy of the induction pack which will be explained in detail by their allocated coach, club captain or leader of their squad. They will be asked to read the safety plan and associated documents. All members must have the ability to be able to swim 100 m and must attend the next available capsized training session.

Qualifications.

All coaches must hold the appropriate qualifications to ensure they have the required training in safe rowing practices. Coaches are responsible for ensuring the safety of their crews, training them in safe rowing techniques, with emphasis on preparation, nutrition and hydration, equipment checking, handling, navigation, and assessment of conditions. Coaches must assess the risk associated with any activity before it is undertaken and manage the risk to an acceptable level. They must have received training in carrying out risk assessments.

Launch drivers must have appropriate qualifications which ensures that they have received training in the handling of motorised boats. Launch drivers must have read, understood and follow the guidance as per sections 5.2 & 7.4 of RowSafe.

Incident Report.

All incidents are to be reported in accordance with section 12 of RowSafe. It is the responsibility of all individuals to report incidents. Where a session is being coached it is primarily the responsibility of the lead coach, otherwise it is the responsibility of the cox or helmsman.

The following are examples of incidents that must be reported:

Any incident that causes injury to persons or damage to equipment.

All capsizes

All collisions

Near-miss.- Where serious injury or damage may have occurred.

All incidents must be report to British Rowing via the following link

<https://incidentreporting.britishrowing.org/>

The Club Captain and Safety Advisor are to be informed of all reportable incidents. These will be raised discussed and actions minuted at the preceding committee meeting with the necessary updates of the risk assessments, rules and safety plan being undertaken. We also encourage people to report internally things which they consider a potential risk even if it is not in the list of reportable occurrences.

In the Event of an Emergency

The Club Captain, coaches, any club officer or adult member (in that order depending on who is in a position to respond) will take charge to ensure the appropriate action takes place.

If there is any doubt of how to respond, then do not hesitate to call the emergency services.

The nearest Emergency Access Points including address, post codes and grid reference can be found on the Map of the course.

In the event of a medical emergency the names and telephone numbers of all first aiders and the location of the nearest hospital are listed on the Clubs Safety Notice Board.

First Aid boxes are located next to the bar door(signposted) in the club house, and adjacent to the entrance door within the boat house.

Buoyancy aids and throw lines are located within the 1st floor, at the top of the stairs of the boat house. Each coach must carry a throw line when their crew is on the water, throw lines are located beneath the coaches work bench.

In the event of a fire or the fire alarm sounding in any building, then all club buildings are to be immediately evacuated. All persons should assemble on the club car park. Every effort should be made to ensure everyone is accounted for and that all rooms are unoccupied. The fire service must be called.

Fire extinguishers are located within the boat house and club house. They should only be used if it is safe to do so. These are primarily to facilitate an escape.

The buildings should not be entered until the fire service declare it is safe to do so.

Appendix 1

Club Risk Assessment.

Appendix 2

Canals and Rivers Trust Rules of Navigation

Club Safety and Rules of the River Weaver