

Rowing Group Risk Assessment



Risk Assessor (s):	Gus Riley, Sally Norfolk, Peter Norfolk	Date:	08/04/2019
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What are the hazards?		Who might be harmed and how?	What are you already doing?	Do you need to do anything else to manage the risk?	Action by whom?	Action by when?
1.	Bad Weather	All group members	<ul style="list-style-type: none"> • Convenors will monitor weather forecast prior to row and cancel if required • No rowing if wind above 16 knots (18.4 mph) and / or wave height in excess of 0.3m. • No rowing in poor visibility/thunder storms • Conditions assessed on the day and crews advised accordingly. • Cox/ crew will withdraw from the water or shelter if weather conditions deteriorate during row. 	<ul style="list-style-type: none"> • No 		
2.	Slips trips and falls	All group members	<ul style="list-style-type: none"> • Keep the quayside clear of equipment and only access boats via correct ladder. • Providing help as required for less agile /inexperienced people getting in and out of boats. 	<ul style="list-style-type: none"> • Warn people of risks on slipway (especially at low tide) 	All experienced crew	Ongoing

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3.	Manual Handling	All group members could suffer manual handling injury	<ul style="list-style-type: none"> Share lifting of equipment as appropriate Avoid carrying too many oars at once Ensure sufficient numbers when lifting canoes in and out of racks 	<ul style="list-style-type: none"> Ensure people understand safe lifting technique and are physically capable 	Group Convenors	Ongoing
4.	Equipment Failure	All group members could suffer minor injuries due to equipment failure	<ul style="list-style-type: none"> Equipment is on loan from sea cadets and maintained to a high standard Equipment including boat is checked prior to departure Minor running repairs are carried out where practicable All equipment damage failure is reported to OIC Sea cadets 	<ul style="list-style-type: none"> No 		
5.	Debris in water	All crew members could suffer minor injuries due to collision	<ul style="list-style-type: none"> All boats coxed and coxswains should be able to spot debris and avoid contact. Relatively slow boat speed and robust design would mean minimal damage and little danger of capsizing. 	<ul style="list-style-type: none"> No 		

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6.	Collision with other craft	All crew members could suffer injuries and be thrown from boat due to collision	<ul style="list-style-type: none"> • Crews and coxswains are experienced and follow navigation rules • No night time rowing • Speed at any impact is likely to be low therefore low risk of damage. • Boat design is robust and not easily damaged. • Capsize or sinking considered unlikely given design of boats being used. 	<ul style="list-style-type: none"> • Ensure lights are carried in case evening row is delayed returning to boathouse. 	Group Convenors	May 2019
7.	Collision with Bank side obstacles (branches, jetties etc.)	All crew members could suffer injuries and be thrown from boat due to collision	<ul style="list-style-type: none"> • Crews will have experienced coxswains. • Avoidance of bankside obstructions • Care to be taken at bridges and give way to other craft 	<ul style="list-style-type: none"> • Aldeby old railway bridge supports not to be approached at extreme tidal flow 	Cox	Ongoing
8.	Swamping /Capsize	All crew members could suffer hypothermia or be thrown from boat due to capsize	<ul style="list-style-type: none"> • Boat design is such that they are not easily prone to swamping /capsize. 	<ul style="list-style-type: none"> • Ensure only one crew member standing when changing position 	Cox	Ongoing

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9.	Drowning	Person in the water	<ul style="list-style-type: none"> All group members are required to wear a suitable personal flotation device (PFD) e.g. Life jacket or Buoyancy Aid 	Man overboard procedure to be practiced	All	Summer 2019
10.	Pre-existing medical conditions such as <ul style="list-style-type: none"> Asthma Epilepsy Diabetes Heart condition 	Person affected	<ul style="list-style-type: none"> Individual group members with pre-existing medical conditions should check with their own Doctors that they are healthy/fit enough to meet the demands of rowing prior to commencement of activities. 	Inform convenors of any pre-existing medical conditions illness or injury likely to affect rowing	All	Ongoing
11.	Contaminated water	Group members at risk from: <ol style="list-style-type: none"> Leptospirosis Blue Green Algae Other water-borne infections 	None	All members to be advised to: <ul style="list-style-type: none"> Cover cuts and abrasions before session Wash hands before eating Report any flu like symptoms immediately to GP (who should be made aware of the possibility of Weil's disease) 	Group Convenors	April 2019

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12.	Pollution	Environmental Damage	None	<ul style="list-style-type: none"> Communicate with Broads Authority / Environmental Agency making them aware of the contamination 	Group Convenors	Ongoing
13.	Rubbish on riverbanks	<ul style="list-style-type: none"> Cuts from glass/litter on riverbanks. Sharps injuries 	<ul style="list-style-type: none"> Wear appropriate footwear 	<ul style="list-style-type: none"> Remove/ protect (if safe to do so) DO NOT HANDLE SHARPS Report any litter/glass that that cannot be safely removed 	All	Ongoing
14.	Fisherman	Entanglement with Fishing lines and or disputes with fisherman	<ul style="list-style-type: none"> Care and courtesy when approaching fishermen. Ensure a wide berth when rowing/ paddling past fishing lines 	No		
15.	Wildlife	Attack by swans	<ul style="list-style-type: none"> Participants know never approach any swans or their young and ensure a wide berth when rowing/ paddling past the swans/nest 	No		

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16.	Hyperthermia / Hypothermia	Any group member on the water	<ul style="list-style-type: none"> • Ensure all group members are correctly dressed for conditions e.g. • Light loose clothing in summer • Multiple warm layers in winter 	<ul style="list-style-type: none"> • Brief rowers on cold water shock and Hypothermia • Remind rowers to hydrate in warm weather 	Group Convenors	2019
17.	Emergencies	Personal Injury	<ul style="list-style-type: none"> • First Aid kits carried • Group members emergency contacts carried • Mobile phone in waterproof bag carried • Coxes aware of safe landing points 	<ul style="list-style-type: none"> • Check mobile phone coverage along river • Identify access points for emergency services • Identify public AED defibrillators • Consider first aid /CPR training (from sea cadets?) • Carry information about safe landing points and emergency access 	Group Convenors	2019