



**JUST ROW GLOUCESTERSHIRE**  
CREATING OPPORTUNITIES

## **Health and Safety Risk Assessment**

*This risk assessment concerns rowing activities based out of Gloucester Boathouse Limited for JRG rowers  
Separate risk assessments ('Dynamic') for each adaptive rower*

**Completed by: Indiajane Jeffery - Head of Rowing**

**Date: 15/06/2022**

**Review Date** (annually unless serious accidents occur in the interim)

<b>Hazard</b>  (anything that may cause harm)	<b>Who might be harmed</b>  (The individual, other staff, rowers, others)	<b>What injuries might they sustain?</b> (Death, serious illness, head injuries, broken bones)	<b>What control measures are already in place to prevent harm being caused?</b>	<b>What, if any, further action is necessary to reduce risks ('so far as is reasonably practicable')</b>	<b>Date action completed</b>
Natural hazard – Weather conditions (fog, wind, rain, ice, thunder, and lightning) Water conditions (effect of weather conditions on water – choppy?) Landing stage conditions (crowded, slippery, icy, damage to edge?)	Rowers, coaches, volunteers	Collision Injury from collision/ materials dislodged by wind/ lightning strike/ slipping on landing stage Damage to equipment Rowers get cold/hypothermic either in boat or having capsized	<ul style="list-style-type: none"> <li>• Assess conditions both before travel to Gloucester and when arrive</li> <li>• Amend outing to suit conditions – where row20, what type of boat, supervision by coaches etc and monitor changing conditions during outing</li> <li>• No rowing out of sight of landing stage in visibility below 100m for junior/novice/adaptive rowers</li> <li>• Rowing takes place later in the day, at times when fog and ice are less likely to present an issue</li> <li>• Ensure rowers wear appropriate kit for conditions</li> <li>• For thunder and lightning, apply the 30/30 rule</li> <li>• No rowing in icy conditions</li> <li>• All rowers advised to bring spare kit (towels provided)</li> <li>• Some spare kit and hot showers available in the clubhouse</li> </ul>		
Manual handling – lifting boats, trestles, blades, launches, winch for launch,	Rowers, coaches, volunteers	Back injury, head injury Soft tissue/skeletal injury	<ul style="list-style-type: none"> <li>• Coaches present, launches moved under supervision only</li> <li>• Rowers instructed and reminded re safe boat handling</li> </ul>		

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<p>unloading/loading boats on a trailer</p>			<ul style="list-style-type: none"> <li>• Coach, cox or designated crew member gives instructions</li> <li>• Landing stage is a permanent structure, i.e. no steps</li> <li>• Visual check of landing stage by all coaches</li> <li>• All loading/unloading of boats on to/off a trailer to be supervised by a coach</li> <li>• Rowers to be instructed as to how to safely put boats on/take boats off a trailer and on how to tie them down correctly on to trailer</li> </ul>		
<p>Obstruction – collision with debris, moored boat, fishermen and their equipment, swans, bridge structures, another crew, coaching launch, debris falling from bridges</p>	<p>Rowers, coaches on launch</p>	<p>Striking against, damage to boat, skeletal injury, spearing by bow of another boat</p>	<ul style="list-style-type: none"> <li>• All coaches to carry 2-way radio and ideally mobile phone as well so contact between coaches can be maintained</li> <li>• Weather &amp; water check performed before going out</li> <li>• Full safety kit on launch as per British Rowing RowSafe</li> <li>• Basic first aid kits, throw line and tools with coaches on bikes</li> <li>• Crews trained to keep to the correct side of the river i.e. bowside</li> <li>• Navigation rules explained to crews and reinforced by coaches</li> <li>• Not stopping near fishermen to coach crews</li> <li>• Rowers coached to steer through middle of the arch</li> <li>• Only proceed through bridge if clear</li> <li>• Coach carries megaphone to remain in audible contact with the crews</li> <li>• Rowers coached to wait at traffic lights a safe distance from the bridge</li> <li>• All boats have a bow ball permanently fitted with screws</li> </ul>		

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Temperature – capsizing, falling in off landing stage/out of rowing boat/launch	Rowers, coaches, volunteers	Hypothermia	<ul style="list-style-type: none"><li>• Weather &amp; water check performed before outing</li><li>• Assess conditions for those with physical disabilities as some rower are unable to regulate body temp</li><li>• All coaches to 2-way radio and ideally mobile phone so launch can be called quickly, if required</li><li>• Full safety kit on launch as per British Rowing RowSafe inc. thermal blankets/bivvi bags</li><li>• Coaches on bikes also carry thermal blankets</li><li>• Coaches to keep all their rowers within sight or, for more competent rowers, rowers to have a ‘buddy’ crew which they keep in direct sight</li><li>• Ensure crew communicates well and uses the safest process to get into boats</li><li>• Ensure launches have kill cords and that these are used by coaches driving them</li><li>• All coaches/rowers on launches and all coxes wear lifejackets/buoyancy aids</li><li>• All coaches to complete BR’s cold weather/hypothermia online test annually</li><li>• Toilet/changing area to be unlocked before outing and left open so available to anyone who has capsized</li><li>• Store spare clothes box in toilet/ changing area</li><li>• Rowers advised to have hot shower in clothes following a capsized in cold conditions</li></ul>		
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<p>Temperature – sunburn/ heat stroke</p>	<p>Rowers, coaches, volunteers</p>	<p>Heatstroke, dehydration</p>	<ul style="list-style-type: none"> <li>• Appropriate kit worn including cap/visor and sunglasses when needed</li> <li>• Rowers to apply sunscreen</li> <li>• Rowers required to bring water bottles to every session</li> <li>• Communicate symptoms of heat stroke at appropriate time of year</li> <li>• Staff to be aware of and watch out for symptoms of heat exhaustion (e.g. fatigue, dizziness, nausea/vomiting, chills or shivers, clammy cool skin, pale skin, numbness or tingling in head, neck, back or hands)</li> </ul>		
<p>Work near water – drowning or illness following capsize/falling into water from bank/launch</p>	<p>Rowers, coaches</p>	<p>Death Hypothermia (see separate section), immersion in water Water borne illness (e.g. Weils disease, poisoning)</p>	<ul style="list-style-type: none"> <li>• Safety launch on the water for each session or if unable to do so (e.g. coaches present not qualified) then risk of capsize should be minimised by selection of boat type based on competency of rowers etc</li> <li>• All coaches to carry 2-way radio and mobile phones to maintain contact with each other and be able to call emergency numbers</li> <li>• Full safety kit on launches as per BR RowSafe</li> <li>• Coaches wear lifejackets on launches</li> <li>• All coaches carry throwlines</li> <li>• Navigation rules are explained to the rowers and reinforced at all times</li> <li>• Coaches are First Aid trained</li> <li>• All boats fitted with heel restraints</li> <li>• Rowers advised to wash hands after every outing and advised to cover open wounds/blisters etc</li> <li>• Some spare kit and towels available. Rowers advised to have a hot shower in clothes following a capsize</li> </ul>		

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			<ul style="list-style-type: none"> <li>• Those in fixed seats need a capsized drill</li> <li>• Communicate symptoms of water borne illness</li> </ul>		
Pedestrian access – towpath e.g. coach falling off bike	Coaches on bikes, other towpath users	Trips, slips, falls resulting in injury See also – falling into canal section above	<ul style="list-style-type: none"> <li>• Bikes checked regularly (brakes, steering, tyres)</li> <li>• Throwlines, first aid kit, thermal blankets carried by coaches</li> </ul>		
Physical activity – injury through overuse (Collision covered above)	Rowers	Soft tissue or skeletal injury	<ul style="list-style-type: none"> <li>• All rowers warm up each session</li> <li>• Rowers advised as to correct posture, technique and grip</li> <li>• Sessions planned in accordance with governing body guidance (from British Rowing document ‘How Much, How Often?’)</li> <li>• Equipment set up appropriately for height and weight of rowers. Blades geared to minimise any potential strain on lower back</li> <li>• First aid kit carried by all coaches for minor injuries</li> </ul>		
Fire risk: Fuel	All in/ around clubhouse	Serious burns	<ul style="list-style-type: none"> <li>• Fire extinguishers present in boathouse – checked and maintained by GBL</li> <li>• Check fuel levels before each outing</li> <li>• Comply with CE safety codes</li> <li>• Store spare fuel in a metal jerry can</li> </ul>	<ul style="list-style-type: none"> <li>• Keep chasing GBL to provide a external fuel storage area</li> <li>• There is currently no fuel risk management procedure for the building</li> </ul>	
				<ul style="list-style-type: none"> <li>• Check on heat sensors/fire detector installation at boathouse</li> </ul>	
Wheelchair users – slipping on landing stage while going towards the water	Rowers	Falling in the water, wheelchair slipping and rower falling out. Head injuries, drowning	<ul style="list-style-type: none"> <li>• Wheelchair users to have help to the waters’ edge at all times</li> <li>• Clear access down the path to the water</li> </ul>		

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Event of an Emergency	Adaptive Rowers	Capsize, drowning, slipping	<ul style="list-style-type: none"> <li>Coaches to always have at least two coaches at all times</li> </ul>		
<b>COVID -19 Risks</b>					
<b>Exposure to COVID 19 – see separate risk assessment</b>	Rowers, coaches, volunteers	Rower, coach becomes infected with COVID-19	<ul style="list-style-type: none"> <li>Face masks on minibus/ lifting launch out (where required)</li> <li>As limited use of launches is recommended, safety to be covered by coaches carrying throw ropes, megaphones, 2 way radios</li> <li>Safety for novices will include staying closer to the club house, being on ropes for early sessions or on windy days and having a stable single available for coaches to use to assist as a back up</li> <li>Risk of capsizes to be minimised by selection of boat type based on competency of rowers etc</li> <li>Spare kit and bags to remain in minibus</li> <li>Coaches to disinfect all surfaces (doors, locks, taps etc) that will be touched</li> <li>Wash/sanitise hands before and after session</li> <li>Everyone maintains social distancing at boathouse</li> <li>Clean toilet before and after use using wipes provided</li> <li>Wash hands thoroughly after using toilet</li> <li>Keep boathouse well ventilated when in use</li> </ul>	<ul style="list-style-type: none"> <li>Continuous review of protocol</li> <li>Ensure antibacterial wipes and hand sanitiser/soap available in toilet areas and in boathouse</li> </ul>	

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- Only one crew/ 2 people in boat bay at any point
- Where possible, individual allocation of blades
- Consistent crews and positions in the boat where possible
- Coaches to assist with crews leaving/coming into landing stage
- Quarantine equipment where possible
- Clean and disinfect any equipment used that can't be quarantined (boats and blades)
- Changing rooms upstairs remain closed
- Shower downstairs may be used in event of a capsize
- Documentation issued by GBL to all users regarding COVID 19 rules for using the boathouse

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