

Carrick Coastal Rowing Club

Risk Assessment 2020

Carrick Coastal Rowing Club - Risk Assessment

Usual activities carried out by the club: Rowing on open waters of the Firth of Clyde and other waters by experienced and novice crews of mixed ages.

Hazard	Risk	Control measures in place	Person(s) responsible	Risk factor
Land based				
Launching	Heavy lifting causes injuries to personnel (particularly to back)	At least four able-bodied persons should lift; All members are required to ensure they understand good practice for heavy lifting; Injured person(s) to avoid any further lifting or rowing until injury is treated (launch and rowing may subsequently continue with alternative personnel); First aider in crew to administer assistance and decide whether to call ambulance service	Cox, crew	Medium,
	Slipping on slimy slipway causes injuries to crew	All personnel using the slipway must ensure they are aware of its condition, wear suitable footwear and exercise care	Cox, crew	Medium
	Collision between skiff and member of public (eg cycling, pushchair, fishing) causes injuries	Trolley drivers must look out for approaching members of the public. Injured person(s) to avoid any further lifting or rowing until injury is treated; First aider in crew to administer assistance and decide whether to call ambulance service; Details of affected member(s) of public to be obtained and recorded - a description of incident must be agreed without admitting blame at the scene	Cox	Low
Launching	Toppling/sliding of skiff while supported on trolley causes injuries to personnel and/or damage to skiff	Trolley drivers must watch and ensure sufficient personnel are steadying the gig at all times ensure sufficient personnel are Injured person(s) to avoid any further lifting or rowing until injury is treated; First aider in crew to	Cox	Low

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		administer assistance and decide whether to call ambulance service; Condition of gig must be assessed before deciding whether to continue with launch or return to boathouse for repair/quarantine steadying the gig at all times		
	Sharp objects (eg syringes, glass fragments) on slipway cause injuries	All personnel using the slipway must ensure they are aware of its condition, wear suitable footwear and exercise care. Visual check of slipway before launching	Cox	Low
Water based				
Collision	Drowning	All rowers must be able to swim 50 metres in 'rowing clothing'. All members certify that they can do this and capsize drills are on offer. Practice swimming in cold water understand the effects of cold shock and "after drop" when exiting cold water and how to deal with it	Cox	low
	Skeletal and soft tissue injury	Launch with experienced Cox and full safety equipment to be in attendance during official sessions.		
	Knocked unconscious	VHF radio and mobile phone available. First aid available at CCRC boathouse.		
	Immersion, with consequent risk of infection, drowning, hypothermia	Blankets available in dry box and at CCRC boathouse; rowers educated about Weil's disease. Dry box carried at all times, safety equipment carried.		
	Penetrating injury by bows	Crew aware of the risk and to keep within Skiff.		
Capsize	Immersion	Inexperienced crews must be supervised at all times. At least the coxswain must have been trained in man overboard procedures.	Cox	low
	Becoming trapped in boat	All crew to wear PFD.		

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Swamping	Immersion	Cox to make assessment of conditions prior to each outing and adjust/cancel if necessary. Avoid being on the water if Less than 5 degree water temp	Cox	low
Catching "a crab"	Skeletal and soft tissue injury (including to head) Being thrown from the boat, with risks from immersion	Rowers coached proper technique to avoid crabs. Guests and new starts to be supervised at all times whilst on water.	Cox	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.	Cox	medium
High stream and/or high wind	Being swept onto obstacles, including bridges, bank, debris etc. Swamping or capsize when spinning, manoeuvring, boating and landing	Outings only to be undertaken after prior consideration of conditions.	Cox	low-high, (depending on combination of conditions)
Rowing in fog	Increase risk of collision with other boats, bank and static obstacles	No rowing in foggy conditions. If conditions deteriorate Cox must return to boathouse. Shout at regular intervals if rowing in fog on return	Cox	low
Storm Conditions	Weather conditions assessed regularly on boat or launch	Outings not to be undertaken in storm conditions. = Greater than force 3 In a storm event during an outing the crew is to make for the nearest safe landing point and get out of the skiff.	Cox,	low
Travel/Transport				
Travel to events	Car//tow vehicle accident	Tow vehicle drivers trained and tested. Insurance in place. Private cars to be well maintained.	Driver, Cox	Low
Boat transport	Trailer overturning	Appropriate license must be in place. Experienced and/or trained driver used to tow.	Driver	Low

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	Trailer mechanical failure	Emergency mechanic/roadside assistance in place.		
Training and/or rowing on unfamiliar water	Local environmental conditions and unfamiliarity with hazards heightening risks detailed above	Local information on navigation and hazards to be obtained: coxes to be familiar with details. Local weather reports to be obtained, and advice to be taken from local clubs or water users. Risk assessment to be undertaken for outings on all unfamiliar waters.	Cox,	Medium
	Borrowed equipment being unsafe	All equipment to be inspected.		Low
Other				
illness/allergies	Asthma attack, anaphylactic shock, epileptic attack	All crew must disclose illness on club membership form. Assessment to be made of viability of allowing members to row. Cox aware of conditions and carries mobile phone at all times. Asthmatic members expected to carry inhalers at all times.	Cox,	Low
Members unable to cope with exertions of sport on the water	Heart attack, soft tissue injury, broken bones	All crew must disclose illness on club membership form. Cox to discuss viability of allowing continuation of rowing with committee before approaching individual concerned.	Cox, Committee	Low
Vermin	Weil's Disease	Control vermin throughout boathouse. Good general housekeeping. Practice good personal hygiene before eating or attending to personal needs.	Cox, Committee, Crew, Visitors	Low

Assessed by	Richard Deboys	Date:	March 2020
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