



## **RISK ASSESSMENT FOR TALKIN TARN AMATEUR ROWING CLUB**

Date of Assessment

May 2023

### Hazards associated with the water

<b>HAZARD</b>	<b>BARRIERS</b>	<b>HAZARDOUS EVENTS</b>	<b>CONTROLS</b>
Rough water	Use larger Boats (4x rather than 1x) Use stable boats Fit stabilisers to boats Have mixed crews (Mix juniors/inexperienced with more experienced rowers) Coach good technique Avoid holding crews in unstable positions Restrict rowing to sheltered areas Do not go on the water. coaches to assess standard of rowing and conditions	Capsize	Rescue with launch if available Training in capsize recovery, including assisted recovery such as Buddy Rescue  Use lifejacket or buoyancy aid. Life jackets to be checked every 3 months and record kept.
	Avoid areas of rough water Use a bailer to prevent water accumulation	Swamping	Have safety boat available to rescue rowers and recover boat  Row or tow boat to shore then carry or tow empty boat to boathouse or relaunch and row back  Adequate boat buoyancy
Areas of permanent Shallow water	Provide information of areas of shallow water	Grounding	Train rowers to check the equipment then (if OK) to walk the boat

	<p>Avoid areas of shallow water use circulation plan</p> <p>Keep a good look out</p> <p>Use coxed boats where possible for crews new to the Tarn or new to rowing</p>		<p>back into deeper water and row away</p> <p>Train rowers what to do if the equipment is damaged</p>
Water Borne Hazards	<p>Avoid areas where Blue Green Algae is present</p> <p>Minimise crew contact with water where it is present</p> <p>Members should not swim in the Tarn</p>	Exposure to water containing blue green algae	<p>Wash open wounds, cuts and blisters, and shower on return to land</p> <p>Seek medical attention if symptoms occur</p> <p>Read Tarn Blue Green Algae policy document and follow advice</p>
Underwater hazards e.g. weeds, branches or rubbish	<p>Avoid areas where weed is known to be bad</p> <p>Avoid areas of shallow water</p> <p>Use circulation pattern</p> <p>Report all underwater hazards</p>	<p>Grounding</p> <p>Capsize</p>	<p>Where safe to do so (e.g. at landing stage), enter the water and remove the obstacle.</p> <p>Avoid areas where weed is known to be bad or obstacles occur</p> <p>Avoid areas of shallow water</p> <p>Use circulation pattern</p> <p>Report all underwater hazards</p>

## Hazards associated with the weather

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Hot sunny weather	<p>Avoid outings in the middle of the day Adjust activity to suit conditions Rest in the shade Wear appropriate clothing Use water for cooling</p> <p>Use sun screen Wear appropriate Clothing</p> <p>Carry water and drink Regularly</p> <p>Coach prevent rower going on the water if inappropriately prepared for conditions</p>	<p>Hyperthermia (sun stroke)</p> <p>Sun Burn</p> <p>Dehydration</p>	<p>Move to a cooler area, remove outer clothing</p> <p>Use shower with cool not cold water</p> <p>Seek medical treatment if severe</p> <p>Use sun cream</p> <p>Seek medical treatment if severe Continue to drink, carry drinking water</p> <p>Seek medical treatment if severe</p>
Cold weather	<p>Wear appropriate clothing (hats and pogies etc)</p> <p>Structure activity levels to keep warm</p> <p>Monitor crew comfort (particularly coxes)</p> <p>Shorten outings as required</p> <p>Use coxless boats</p> <p>Good explanations of cold shock and its short term effects</p> <p>Avoid rowing at times or places where significant ice is expected</p>	<p>Hypothermia</p> <p>Cold Shock</p>	<p>Move into warmer area and warm up gradually</p> <p>Provide warm not hot drink</p> <p>Seek medical treatment if severe or in doubt</p> <p>Training in capsized recovery including assisted rescue such as Buddy rescue or man overboard training. Complete British rowing online learning</p>

	Coach prevent rower going on the water if inappropriately prepared for conditions	Ice causing inability to row or damage	Use throw lines and use launch or tow boat clear of ice
Strong Winds	<p>Use larger boats (4x rather than 1x)  Use stable boats  Have mixed crews (mix inexperienced with more experienced rowers)  Restrict rowing to sheltered areas  Avoid being upwind of hazards  Keep a good lookout  Use coxed boats rather than uncoxed  Avoid being close to the down wind bank</p> <p>Use larger boats  Mix crews experienced and fit crews</p> <p>Do not go out until conditions improve</p>	<p>Capsize</p> <p>Blown into bank or shallows etc.</p> <p>Cannot get back to the boathouse against the wind</p>	<p>Rescue with launch</p> <p>Training in capsize recovery, including assisted rescue</p> <p>Use lifejackets or buoyancy aid</p> <p>Have safety boat available to rescue rowers and recover boat</p> <p>Launch drivers Carry first aid kit and radio/mobile phone to contact emergency services</p> <p>Have trained first aiders contactable</p> <p>Have safety boat available for towing</p> <p>Land elsewhere and carry back</p>

Lightning	<p>Avoid rowing when lightning is present or forecast</p> <p>Use 30/30 rule as per British Rowing Guidance Row Safe document</p>	Struck by lightning causing burns or electrocution	<p>Follow club emergency procedures</p> <p>Administer appropriate CPR</p> <p>Call for medical assistance</p>
Poor visibility caused by fog or heavy rain	<p>Avoid rowing far from bank when fog heavy rain is forecast Local knowledge Keep a good lookout</p> <p>Rowers to be conspicuous. As a minimum single scullers and bowmen in crew boats to wear hi-vis clothing</p> <p>Avoid rowing far from bank when fog/heavy rain is forecast Local knowledge</p> <p>Do not go out until conditions improve</p>	<p>Collision with the bank or other fixed hazard</p> <p>Collision with another boat</p>	<p>Train rowers to check the equipment then (if ok) row away Train rowers what to do if equipment is damaged Have safety boat available to rescue rowers and boat Have first aid kit available Have trained first aiders contactable</p> <p>As above Boats should not be used without bow balls fitted</p>
Poor visibility caused by darkness	Avoid rowing in dark	Collision with bank or object	No rowing permitted after dark

Hazards associated with other water users:-

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
<p>Anglers on the bank or in a boat</p>	<p>Avoid areas where angling is taking place Agreement with angling clubs Coach crews to be aware of the hazard</p>	<p>Entanglement with fishing lines and contact with hooks</p>	<p>Rescue with safety boat if available Cut fishing lines First aid treatment</p>
<p>Wash from other boats</p>	<p>Avoid areas where other boats are operating Coach crews how to handle wash from boats Agreement with other users to allocate different areas for their activities</p>	<p>Capsize  Swamping</p>	<p>Rescue with safety boat Teach capsize recovery and rescue Use lifejacket or buoyancy aid As Above</p>
<p>Bends in lake</p>	<p>Keep a good lookout Local knowledge Coach good steering Circulation plan</p> <p>Follow rules of the tarn Keep a good lookout Coach good steering</p> <p>Local knowledge</p> <p>Separate crews of differing ability with timed access to Tarn</p> <p>Slower or stopping crews 'give way' to faster or non stopping crews</p> <p>Shout if a boat has not seen you/is too close</p>	<p>Collision with banks</p> <p>Collision with another boat on the water</p>	<p>Train rowers to check equipment then walk boat back to deeper water Have safety boat available to rescue rowers and recover boat As above</p>

	<p>If stopped, try and use recognised areas – Hollybush, Tarn End, Sandy Bay. Tuck in out of the way.</p> <p>As a minimum single scullers and bowman to wear hi vis clothing</p>		
<p>Stationary objects near the water Moored boats, shallows or submerged objects Overhanging trees near the bank</p>	As above	Collision with a stationary object on the water	As above
<p>Weeds risk of entanglement</p>	<p>Show any areas on map Have procedure for retrieving people entangled In summer months regularly review weed growth and limit access to areas of Tarn if necessary</p>	Becoming stranded in weeds	<p>Have safety boat and throw lines available to rescue anyone being stranded</p>
<p>Poor observation</p>	<p>Ensure all crews look every 5 strokes</p> <p>As a minimum single scullers and bowman to wear hi vis clothing</p>	<p>Collision with banks</p> <p>Collision with another boat on the water</p>	<p>Train rowers to check equipment then walk boat back to deeper water</p> <p>Have safety boat available to rescue rowers and recover boat</p>

Hazards associated with going afloat and landing:-

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Slippery or irregular steps in launch/recovery area Muddy Ground	Careful coaching Correct footwear Well defined procedures Extra people/helpers	Slipping and falling when lifting and carrying a boat	First aid treatment
Strong currents during boat launch or recovery	Find a more suitable location Use throw lines to help land	Injuries and damage due to inability to control boat in launch/recovery area	First aid treatment Quarantine equipment until it is repaired



Hazards in and around the boathouse:-

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Solid fixed objects(riggers, boats ,racking, etc.)	Clear indication of what should go where (house keeping) Coaching people to take care in the boathouse Good control and instruction Keep floor clear	Collision of person with fixed object(e.g. walking into rigger)	Have first aid kit available Have trained first aiders contactable
Boats oars etc. falling from racking	Good control and instruction Fix objects so they cannot fall	Person struck by falling object Damage to falling object or something else as it falls or lands	As above  Quarantine damaged object until it is repaired Record in damage log Repair equipment
Lifting and carrying boats oars etc.	Coach good lifting technique Assistance from additional people  Good control Keep a good lookout Call a warning if there is a risk of collision with boat/blades on land	Strains and MSDs  Person struck by object being carried	First aid Rest Gentle exercise Physiotherapy First aid treatment

Hazards associated with faulty, incorrect set and poorly maintained equipment:-

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Incorrect stretcher placement	Check adjustments Coach rowers to check	Capsize due to hands going past chest MSDs and strains	Rescue with launch Teach capsize recovery Use lifejacket or buoyancy aid First aid Rest Gentle exercise Physiotherapy
Incorrect gearing	As above	MSDs and strains	First aid Rest Gentle exercise Physiotherapy
Gate not fastened	Check equipment before going afloat Coach rowers to check equipment	Capsize due to lost oar	Rescue with launch Teach capsize recovery Use lifejacket or buoyancy aid
Faulty steering mechanism	Check adjustments, particularly of the steering mechanism Check equipment before going afloat Coach rowers to check equipment	Collision	Train rowers what to do if the boat is damaged Have safety boat and throw lines available to rescue rowers and recover boat
Heel restraints broken or too loose	Check equipment before going afloat Coach rowers to check equipment Do not go afloat until fixed Defect/maintenance log Mark and quarantine faulty equipment	May be trapped in capsized boat by feet caught in shoes	Teach capsize recovery Rescue with safety boat or attempt rescue with another rowing boat
Seats, shoes or footplates loose or broken	Check equipment before going afloat Coach rowers to check equipment Defect/maintenance log Mark and quarantine faulty equipment	May struggle to get back to boathouse or row against wind or current	Have safety lines available to rescue rowers and recover boat Use the safety boat anchor to fix position if necessary
Steering failure	As above	May struggle to get back to boathouse or	Have safety boat and

		against wind or current	throw lines available to rescue rowers and recover boat Use the launch's anchor to fix position if necessary
	As above	Collision with another boat or the bank	As above
Hatch covers missing	Ensure covers are all fitted correctly Do not go afloat without replacement Defect/maintenance log Mark and quarantine equipment	Boat may sink if swamped	Have safety boat and throw lines available to rescue rowers and recover boat Row or tow boat to shore or tow empty boat to boathouse or re-launch and row back Adequate boat buoyancy

MSDs = Musculoskeletal Disorders

Hazards associated with pre-existing health conditions or low level of fitness:-

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Rowers with low level of fitness	Understand fitness capabilities and work within them Improve fitness levels	Collapse or illness	First aid treatment Seek medical attention
Pre-existing health conditions	Ensure that relevant people know of the condition so that appropriate action can be taken to prevent an incident	Medical incident afloat or on land	First aid treatment Seek medical attention
Flu/viral infection	Discourage rowers from taking exercise when they are ill	Disease may spread or worsen	Seek medical attention

Hazards associated with using the gym

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Trip hazard	<p>Ensure equipment is stored properly after training session</p> <p>Train members in risks</p> <p>No running in the gym when equipment is being used</p> <p>Keep gym clear of unnecessary obstacles such as kit bags</p>	Trip	First Aider contactable
Weights falling	<p>Ensure all weights are stored properly after training session</p> <p>Train members in risks</p> <p>Train members in correct lifting/storing procedure</p>	Crush injury	First Aider contactable
Germ transmission	<p>Clean equipment after use</p> <p>Dispose of cleaning materials appropriately</p>	Infections transmitted	Seek medical advice
Equipment failure	<p>Members to report any faulty/damaged equipment to the Captain</p> <p>Place Do Not Use notice on any unsafe equipment</p>	Injury	First Aider contactable
Physical injury from using the gym equipment	<p>No one under 18 can use the gym unsupervised by a qualified individual</p> <p>Train athletes in correct use of equipment</p>	Strains, sprains	First Aider contactable

	Coaches to advise athletes if incorrect practice		
Overheating	Ensure sufficient ventilation – either use Air-con or open fire doors  Ensure water consumed regularly during training	Overheating  Fainting	Stop exercising  Move to cooler area  Place in recovery position
Fire in building	Ensure athletes aware of location of fire exits and extinguishers	Burns, smoke inhalation	Seek medical attention

#### Hazards associated with moving the trailers

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Moving the trailer	Minimise the amount of movement by storing the trailer out of the way  Train members how to move the trailer  Limit location of pushers to being behind the axles  One person at jockey wheel/brake must control the movements of the trailer	Crushing under trailer	Follow club emergency procedure  Call for medical assistance

#### Hazards associated with the kitchen

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Boiling water	Kettle and wall boiler only to be used for boiling water	Scalding	First aid treatment Seek medical attention
Cleaning chemicals	Chemicals retained in original packaging  Provide rubber gloves	Burn from chemicals	First aid treatment Seek medical attention

### Hazards associated with the work area

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Sharp implements	Blades, knives to be kept sheathed when stored  Blades, scissors to be carried by the handle pointing downwards  Care taken to keep hands away from a knife or blade being used.	Cuts, puncture wounds, amputation	First aid treatment Seek medical attention
Chemicals	Chemicals retained in original packaging  Provide rubber gloves  Use chemical in well ventilated area	Burn from chemicals	First aid treatment Seek medical attention
Fine dust/particles	Rub down, drill in well ventilated area  Wear face mask and/or goggles  Clean up after activity	Dust in eyes, lungs	First aid treatment Seek medical attention

### Hazards associated with the safety boat

HAZARD	BARRIERS	HAZARDOUS EVENTS	CONTROLS
Stored fuel	Fuel stored in fit for purpose metal or plastic containers  Fuel containers stored in fuel locker	Fire	Club Emergency Procedure  Marked emergency exits  Fire extinguishers regularly checked  Fire alarm regularly checked
High sides of the inflatable	Ladder attached to the safety boat to aid person getting into the boat.	Safety boat not being able to rescue capsized person	Follow club procedure for using the safety boat