

TALKIN TARN AMATEUR ROWING CLUB SAFETY PLANS

1. Introduction

Talkin Tarn ARCs safety documents are developed using RowSafe as a guideline and adapted to reflect local conditions. Members are encouraged to familiarise themselves with Rowsafe.

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/> and the following four documents:

The Safety Policy details TTARC's intention to keep members safe and members commitment to always consider safety in all their actions.

The Risk Assessment document details the risks, barriers and controls in place for each activity undertaken at the club.

The Safety Rules are developed from the Risk Assessment. These are the rules that all rowers should follow to reduce likelihood/severity of risks associated with rowing. Every club member must read and comply with these rules.

The Safety Plans are developed from the Risk Assessment. This includes information and procedures that Talkin Tarn ARC uses to ensure all activities are carried out in a safe manner.

No written rules or plans can cover all situations and all members should continually assess likely risks and act to manage them.

2. Responsibility

Everyone is expected to:

- Take responsibility for their own safety both on and off the water.**
- Ensure that their actions both on and off the water do not put others at risk**

2.1. TTARC Committee

2.1.1. TTARC will review its Risk Assessment at least every year. Safety Rules and Plans will be updated with any changes made to the Risk Assessment. Any changes will be communicated to all members.

2.1.2. TTARC expects the members to respect the Club Safety rules. TTARC will take action against those members who do not.

2.2. Members

2.2.1. Members should report concerns regarding safety in the club and via British Rowing Online Reporting system.

2.3. The Club Rowing Safety Advisor (CRSA)

The CRSA will undertake the activities described in RowSafe p. 40.

3. Provision of Non rowing Equipment

3.1. Safety boat provision

3.1.1. TTARC will conduct or arrange training courses and tests for those needing to become authorised drivers.

3.1.2. During Novice and Intermediate Juniors rowing sessions the Club will ensure that a safety launch with a designated driver is on the water and ready for immediate use.

3.1.3. The Safety boat will have an oil check every 6 weeks. A record will be kept

3.1.4. The Safety boat will have an annual service. A record will be kept

3.2. Lifejackets

3.2.1. TTARC provides life jackets which may be borrowed from the rack in the boathouse

3.2.2. Life jackets will be checked every 6 months. A record will be kept.

Dropbox/TTARC- safety/club safety documents/safetyplans.doc

15th May 2019

3.3. Boat trailers

3.3.1. Trailers will have tyres checked regularly. A record will be kept

3.3.2. Trailers will have an annual service. One year, this will be conducted internally. Every other year this will be conducted externally. A record will be kept.

4. Provision of Safety Training

4.1. Assessment of Swimming Competence

4.1.1. TTARC will organise regular swimming assessment at a safe location. These will test rowers ability to complete the assessment criteria identified in RowSafe p. 45.

4.1.2. TTARC will record the swimming ability of each member and make this available to all coaches.

4.1.3. The written declarations of adults, and the parents on behalf of juniors, relating to their swimming ability will be respected.

4.2. Capsize drills

4.2.1. TTARC will regularly organise capsized drills at a safe location. These will test rowers ability to complete the assessment criteria, namely:

- Getting free from an inverted boat (including releasing the feet from the shoes)
- Getting on top of the boat or getting back into the boat for those who feel capable and confident
- Lying on top of, and paddling a boat (straddle and paddle).
- Calling for help.
- Buddy rescue.

4.2.2. TTARC will ensure that a boat for use in the Capsized and Recovery training complies with requirements in RowSafe p. 48

4.2.3. TTARC will record the capsized training of each member and make this available to all coaches.

4.2.4. Coaches will ensure members, especially new members, are aware of safe capsized and rescue techniques

4.3. Other safety training for rowers

4.3.1. TTARC will train all rowers in the following:

- Clothing and what to wear
- Issues with blue-green algae
- Cold water immersion and hypothermia
- how to manage wake of boats
- care in the boathouse
- how to lift and carry boats to avoid injury to themselves and damage to equipment
- proper use of equipment in the gym
- proper manner of moving the trailer
- how to check equipment in the case of having run aground. Training will be given in what to do to recover the boat if damaged or not damaged
- risk assessment and safe practice

4.4. First Aid training

5.4.1. Safety Boat drivers should have First Aid training

5.4.2. Coaches should ensure that their first aid training is up to date

5.4.3. TTARC will provide First Aid training every 3 years.

5. Safety on the water

5.1. Assessment of going on the water

5.1.1. Before every outing a decision as to whether or not it is safe to row on that occasion is made.

5.1.2. The following factors should be considered when making the decision.

- a) The strength of the wind.
 - As a rough guide, if the waves are showing white caps it is too rough for a useful outing and is probably too rough for safety.
 - Consider the exercises to be used. In rough conditions avoid holding crews in unstable positions
- b) The temperature.
 - Any accident will be much more dangerous in cold weather

- Consider the exercises to be used. In cold conditions avoid holding crews in unstable positions or using static exercises
- c) Rain.
 - Significant rain might be tolerable in the summer but intolerable in the winter when it will greatly increase the risk of hypothermia.
- d) Poor visibility.
 - Darkness is a special case. TTARC does not row after dark.
 - If visibility is reduced because of fog or other reasons it may not be safe to go out
- e) The age of the crew.
 - Young people are more vulnerable to adverse conditions than adults and should not be allowed to row in conditions that an adult crew might find acceptable.
- f) The experience of the crew.
 - Beginners should not be allowed to row in adverse conditions. Crews of experienced and less experienced crews may be considered.
- g) The boats to be used.
 - Eights might be allowed to row in conditions in which single scullers would not be allowed or stable boats but not fine boats. Stabilisers could be used.
- h) The area to be used.
 - In borderline conditions permission to row may be given with the proviso that the boats do not go out of sight of the boathouse.
- i) Lightning.
 - Follow the 30:30 rule. If the time between the flash of lightning to the bang of the thunder is 30 seconds in length or less you should seek shelter. This must be a permanent building or car. You must stay inside this shelter until 30 minutes past the last clap of thunder.
- j) Weed
 - Excess weed may prevent access to some areas of the Tarn. In the summer months, the CRSA and Captain will regularly review the weed condition and advise on areas of the Tarn that are safe/not safe for rowing. The Secretary will communicate to the club and update the circulation pattern on the Board to reflect the new advice
- k) Blue-green algae
 - Coaches should recommend rowers who have capsized take a shower due to possible presence of blue green algae
- l) More guidance on the weather is available at
<http://www.britishrowing.org/sites/default/files/rowsafe/1-7-Weather%26TheEnvironment-v1.pdf>

If in doubt, don't go out.

6. Equipment Damage and Incident Reporting

6.1 All incidents and near misses must be reported.

6.1.1. An incident is any event that causes injury or damage to equipment. An incident also includes **all** capsizes, slips, trips and falls.

6.1.2. A near miss is any occasion where a threatened incident was avoided or an unsafe situation existed, for example, a boat has to 'hold-it' to avoid a collision or two boats pass closely in opposite directions

6.2. Reports must be made either using the BR Online Reporting System *or via the Incident book in the boathouse.*

6.3. The CRSA will regularly monitor the Club Incident book on the BR online system and advise the Committee on the results with any amendments to Risk Assessment, Safety Rules and Safety Procedures as a result

6.4. The CRSA will make an annual summary report of all reportable incidents,

7. Clothing

7.1. In winter rowers should wear multiple layers of clothes. In wet or windy weather the outer layer should be a light waterproof layer. Hats and pogies are strongly advised.

7.2. In summer rowers should wear cool clothing. Sun screen, sun hat and sunglasses are strongly advised

7.3. Coxes, should read <https://www.britishrowing.org/wp-content/uploads/2015/09/Keep-warm.pdf>

8. First Aid

8.1. TTARC will have trained First Aiders who can be contacted if not present on site. This information will be held on the Safety Board.

9. Rowing on different water

9.1. Members must also be aware that conditions at regattas held on water other than Talkin Tarn will frequently include hazards not present on the Tarn. Rivers will usually have a current and in some cases there may also be a tidal stream enhancing or opposing the current. There may be, for example, weirs, fishing platforms, fallen trees, underwater snags, pleasure craft (powered, sailing, rowing or paddling) or swimmers and it is necessary to be aware of these and other hazards on any unfamiliar water.

9.2. Coaches should inform rowers new to a location of the possible hazards.

9.3. The Captain will ensure that an emergency contact list is available at the location when rowing on different water.

10. Fire

10.1 In the event of fire all persons must leave the building by the nearest exit. Green signs with a running man indicate exits. Do not stop to collect personal possessions. Assemble at the Fire Assembly Point in the car park.

10.2. The signing in book will be used to ensure all members are away from the Boathouse.

10.3 Fire extinguishers are located throughout the boathouse.

10.4 The Facilities Manager or other designated individual will test the (fire) alarm system not less frequently than once a month and will record the test in the Fire Safety Book.