



Risk Management Plan

An assessment or evaluation of the participants in rowing activities at the Club are made under each of the following headings, considering the current crew capabilities and equipment characteristics, including:

Rower

- Strength
- Age
- Maturity
- Motivation
- Experience
- Fitness and readiness
- Health status
- Boat Size (1x to 8+) and
- Boat stability
- Competency sign-off status

Coach

- General experience
- Knowledge of location
- Knowledge of the rower
- Confidence
- Coaching alone or as part of a team
- Coaching from the bank or from a launch
- Type and number of boats

These are initially self-disclosed by the various participants and are continuously monitored by coaches (in respect of the rowers) and by the Club Captains, Rowing Safety Advisor and Welfare Officer in respect of all participants.

Please note that each Hazard set out in this document below may have several Barriers and each Hazardous Event may have several Controls.

The Club has developed a process of Risk Assessment of conditions and trained rowers, coaches and launch drivers to evaluate the prevailing conditions before and during outings and to decide if any restrictions to activities would be advisable.

All single scullers, steers and coxes are assessed by the Club's Safety Committee under a tiered competency assessment scheme and are recorded in a register managed by the Club's Water Safety Advisor.



TWICKENHAM ROWING CLUB

Risk Assessment Matrix

		People	Assets	Probability				
				A	B	C	D	E
				Highly improbable <i>(has not been known to happen in rowing)</i>	Improbable <i>(has been known to happen in rowing)</i>	Possible <i>(could happen to about 1% of the club's active members per decade)</i>	Probable <i>(could happen to about 1% of the club's active members per year)</i>	Highly probable <i>(could happen to about 10% of the club's active members per year)</i>
Severity	1	Slight injury or health effect <i>(Requires little or no treatment; no need to take time off rowing or training)</i>	Minor damage to equipment <i>(<£100)</i>	Low	Low	Low	Low	Moderate
	2	Minor injury or health effect <i>(Requires First Aid or rest; potentially a few days off rowing or training)</i>	Damage repair costs low <i>(£500)</i>	Low	Low	Low	Moderate	Substantial
	3	Moderate injury or health effect <i>(Requires treatment beyond simple First Aid; potentially a week or so off rowing or training)</i>	High damage repair costs <i>(>£1000)</i>	Low	Low	Moderate	Substantial	Intolerable
	4	Major injury or health effect <i>(Requires hospital treatment for more than one day; potentially a few weeks off rowing or training)</i>	Very high damage repair costs <i>(loss of boat, 3rd party damage)</i>	Low	Moderate	Substantial	Intolerable	Intolerable
	5	Fatality or Life Threatening Injury or Health Effect <i>(could end a rowing career or cause hospitalisation for a few months)</i>	Major damage & major costs <i>(loss of several boats, high 3rd party damage)</i>	Moderate	Substantial	Intolerable	Intolerable	Intolerable

Risk assessment RAG rating key

Low	<p>An acceptable level of risk.</p> <p>No additional barriers/controls are required.</p> <p>Start or continue the activity but check that the current barriers/controls remain effective.</p>
Moderate	<p>An acceptable level of risk that should be reviewed.</p> <p>Implement additional barriers/controls to reduce the risk if the opportunity arises.</p> <p>Start or continue the activity with care.</p>
Substantial	<p>An unacceptable level of risk.</p> <p>Improve the barriers/controls and allocate resources to reduce the risk.</p> <p>Do not start or continue the activity until the risk has been reduced.</p>
Intolerable	<p>An unacceptable level of risk.</p> <p>Improve the barriers/controls and allocate resources to reduce the risk.</p> <p>Do not start or continue the activity until the risk has been reduced. Prohibit the activity if it is not possible to reduce the risk.</p>



TWICKENHAM ROWING CLUB

Hazards associated with the water

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Rough Water	<ul style="list-style-type: none"> Use larger boats (4x rather than 1x) Coach good technique Avoid holding crews in unstable positions Restrict rowing to sheltered areas Restrict distance from the club depending on experience 	Capsize	<ul style="list-style-type: none"> Rescue with launch Pre-boating safety checks (hatch covers, heel restraints, no loose clothing and long hair tied up) Training in capsize recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery Swimming competency Coxes and coaches using lifejackets. 	1	D	LOW
	<ul style="list-style-type: none"> Avoid areas of rough water Cancel or abandon outing 	Swamping	<ul style="list-style-type: none"> Have safety boat and throw lines available to rescue rowers and recover boat Use throw lines from the bank to pull the boat into the bank (or shallow water) Row or tow boat to shore then carry or tow empty boat to boathouse or re-launch and row back Adequate boat buoyancy 	1	D	LOW
Fast flowing water	<ul style="list-style-type: none"> Observe Boating Plan rules relating to flow. Keep well clear upstream of hazards (particularly moored boats just below the boathouse). Keep a good look out 	Swept into bridge, moored boats, pontoon, shallows, etc.	<ul style="list-style-type: none"> Use Rescue boat and throw-lines Evacuate crew to land 	1-3	C	MOD



TWICKENHAM ROWING CLUB

	<ul style="list-style-type: none"> Stay above Glovers Island Use larger, faster boats (4x rather than 1x) 	Cannot get back to boathouse against stream	<ul style="list-style-type: none"> Have a safety boat available for towing Await improved conditions 	1	C	LOW
Tides	<ul style="list-style-type: none"> Check tide times before going afloat Avoid having to return against a fast-flowing tide 	Unable to make way against the ebb tide	<ul style="list-style-type: none"> Rescue with launch 	1	C	LOW
Tides (November draw)	<ul style="list-style-type: none"> Boating only within the prescribed window 	Unable to return because the tide has gone out.	<ul style="list-style-type: none"> Land boat in another place and walk back Call for assistance 	1	B	LOW
Areas of Shallow water (permanent or tidal)	<ul style="list-style-type: none"> Provide information on areas of shallow water Avoid shallow water hazards Keep a good look out 	Grounding	<ul style="list-style-type: none"> Train rowers to check the equipment then (if OK) to walk the boat back into deeper water and row away Train rowers what to do if the equipment is damaged Tow back damaged boat with a launch 	2	C	LOW
Water-borne hazards	<ul style="list-style-type: none"> Avoid areas that are known to be polluted. Minimise crew contact with polluted water Wash down all equipment on return and all crew to wash hands thoroughly after the outing. 	Exposure to polluted water	<ul style="list-style-type: none"> Wash open wounds, cuts and blisters properly on return to land Seek medical attention if symptoms of illness occur 	1	B	LOW



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<ul style="list-style-type: none"> Avoid areas where this is expected to be present. Cover cuts and abrasions with waterproof dressings 	Weil's disease (Leptospirosis) – exposure to water containing the infective agent.	<ul style="list-style-type: none"> Wash open wounds, cuts and blisters properly on return to land Coach rowers to understand the symptoms and seek immediate medical treatment. Seek medical attention if symptoms of illness occur 	3	B	LOW
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Hazards associated with the weather

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Strong winds	<ul style="list-style-type: none"> Use larger boats (4x rather than 1x) Coach good technique Avoid holding crews in unstable positions Restrict rowing to sheltered areas 	Capsize	<ul style="list-style-type: none"> Rescue with launch Pre-boating safety checks (hatch covers, heel restraints, no loose clothing and long hair tied up) Training in capsize recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery Swimming competency Coxes and coaches using lifejackets. 	1	D	LOW
	<ul style="list-style-type: none"> Avoid being upwind of hazards. Keep a good look out Use coxed rather than coxless boats Avoid being close to the downwind bank 	Blown into bank, pontoon, bridge, shallows, etc.	<ul style="list-style-type: none"> Have safety boat and throw lines available to rescue rowers and recover boat Carry First Aid kit and radio or mobile phone to contact emergency services Have trained First Aiders available 	2	C	LOW
Lightning	<ul style="list-style-type: none"> Avoid rowing when lightning is present or forecast Get off the water as soon as possible if lightning starts or hide under a bridge 	Struck by lightning causing burns or electrocution.	<ul style="list-style-type: none"> Follow club emergency procedures Administer appropriate CPR Call for medical assistance 	4	A	LOW



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	<ul style="list-style-type: none"> Observe the 30-30 rule (activity should stop when the flash to bang count is 30 seconds and should not resume until 30 minutes after the last lightning). 					
Hot weather	<ul style="list-style-type: none"> Avoid outings in the middle of the day Adjust activity levels to suit conditions Rest in shade Wear appropriate clothing Use water for cooling 	Hyperthermia (sun stroke)	<ul style="list-style-type: none"> Move into a cooler area, remove outer clothing Use shower with cool, not cold, water or cool in river/lake Seek medical treatment if severe 	2	B	LOW
	<ul style="list-style-type: none"> Use sun screen Avoid outings in the middle of the day Wear appropriate clothing (hat and covered arms, etc.) 	Sun burn	<ul style="list-style-type: none"> Use after sun cream Seek medical treatment if severe 	1	C	LOW
	<ul style="list-style-type: none"> Carry water and drink regularly 	Dehydration	<ul style="list-style-type: none"> Continue to drink, carry drinking water Seek medical treatment if severe 	2	B	LOW
Cold weather	<ul style="list-style-type: none"> Wear appropriate clothing Structure activity levels to keep warm Monitor crew comfort (particularly coxes) Shorten outing as needed. 	Hypothermia	<ul style="list-style-type: none"> Move into warmer area and warm gradually Provide warm (not hot) drink Seek medical treatment if severe or if in doubt 	2	B	LOW



TWICKENHAM ROWING CLUB

	<ul style="list-style-type: none"> • Good explanations of cold shock and its short term effects. 	Cold shock on immersion in water	<ul style="list-style-type: none"> • Training in capsized recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery. • Minimise time in the water • Rescue training 	3	B	LOW
	<ul style="list-style-type: none"> • Avoid rowing at times or in places where significant ice is expected. 	Ice causing inability to row or boat damage	<ul style="list-style-type: none"> • Use throw lines and launch to tow boat clear of ice 	2	B	LOW
Poor visibility caused by fog or very heavy rain	<ul style="list-style-type: none"> • Fit navigation lights if visibility is below 200 metres. • No rowing if the visibility is below 100 metres. • Coach scullers and steerspersons to keep a good lookout • Local knowledge 	Collision with the bank or other fixed object	<ul style="list-style-type: none"> • Train rowers what to do if the equipment is damaged • Have safety boat and throw lines available to rescue rowers and recover boat • Carry First Aid kit and radio or mobile phone to contact emergency services if necessary 	2	C	LOW
	<ul style="list-style-type: none"> • Coach scullers and steers persons to keep a good lookout • Follow rules of the river • Local knowledge 	Collision with another boat	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Carry First Aid kit and radio or mobile phone to contact emergency services • Have trained First Aiders available 	2	C	LOW
Poor visibility caused by darkness	<ul style="list-style-type: none"> • Avoid rowing in dark areas • Safety boat in attendance with spot lights 	Collision with the bank or other fixed object	<ul style="list-style-type: none"> • Train rowers what to do if the equipment is damaged • Have safety boat and throw lines available to rescue rowers and recover boat • Carry First Aid kit and radio or mobile phone to contact emergency services • Have trained First Aiders available 	2	C	LOW



TWICKENHAM ROWING CLUB

	<ul style="list-style-type: none"> Fit navigation lights (and check that they are working) Avoid rowing in dark areas Safety boat in attendance with spot lights. 	Collision with another boat	<ul style="list-style-type: none"> Have safety boat and throw lines available to rescue rowers and recover boat Carry First Aid kit and radio or mobile phone to contact emergency services Have trained First Aiders available 	2	C	LOW

Hazards associated with the other water users

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Wash from large or fast boats	<ul style="list-style-type: none"> Avoid areas where wash is expected Use larger boats (4x rather than 1x) Coach crews in how to handle wash. 	Collision, Capsize or Swamping	<ul style="list-style-type: none"> Rescue with launch Pre-boating safety checks (hatch covers, heel restraints, no loose clothing and long hair tied up) Training in capsized recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery Swimming competency Coxes and coaches using lifejackets. 	1	D	LOW
Incompetent or ignorant motorboat users	<ul style="list-style-type: none"> Note the identity of the boat and notify the Navigation Authority to prevent further occurrences 	Collision, Capsize or swamping	As above	1	D	LOW
Incompetent or ignorant paddle	<ul style="list-style-type: none"> Keep a good lookout 	Collision with or Capsize	<ul style="list-style-type: none"> Rescue with launch Training in capsized recovery, including assisted recovery such as Buddy 	1	D	LOW



TWICKENHAM ROWING CLUB

boarders or canoeists	<ul style="list-style-type: none"> Notify the club or organisation involved (if any) 	particularly of the paddler	Rescue, and/or Man Overboard recovery <ul style="list-style-type: none"> Swimming competency 			
Wild swimmers	<ul style="list-style-type: none"> Keep a good lookout especially in “beach” areas on warm days 	Collision with swimmer and injury or drowning	AS ABOVE	1-3	C	LOW
Anglers on the bank or in boats	<ul style="list-style-type: none"> Coach crews to be aware of and avoid the hazard 	Entanglement with fishing lines and contact with hooks	<ul style="list-style-type: none"> Rescue with launch Cut fishing lines First Aid treatment 	1	D	LOW

Hazards associated with anti-social behaviour

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Objects dropped from a bridge	<ul style="list-style-type: none"> Before and during outings, check bridge for people likely to cause issues Cancel outing if the risk is considered to be unavoidable Capture photo or video evidence if it safe to do so (reduces the probability of a repeat incident). 	Rowers and boats being hit by objects dropped from bridge causing injury or damage	<ul style="list-style-type: none"> Call Police to report incident Recover crew and boat Administer first aid or seek medical advice Repair boat Provide support to affected members Provide extra help to take care of juniors Arrange counselling for members 	1-2	C	LOW
Objects thrown from a bank.	<ul style="list-style-type: none"> Plan outings to avoid places and times where this is likely to happen Check for people likely to cause issues 	Rowers and boats being hit by objects thrown from bank causing injury or damage	<ul style="list-style-type: none"> Call Police to report incident Recover crew and boat Administer first aid or seek medical advice Repair boat Provide support to affected members 	1	D	LOW



TWICKENHAM ROWING CLUB

	<ul style="list-style-type: none"> before and during outings Cancel outing if risk is considered to be unavoidable. Capture photo or video evidence if it safe to do so (reduces the probability of a repeat incident) 		<ul style="list-style-type: none"> Provide extra help to take care of juniors Arrange counselling for members 			
Members of public using offensive, lewd or threatening language and/or behaviour	<ul style="list-style-type: none"> Keep members, especially Juniors away from perpetrators Ensure that sufficient coaches/helpers are available to look after members Capture audio or video evidence if it safe to do so (reduces the probability of a repeat incident) 	Members intimidated or upset by people using offensive, lewd or threatening language and/or behaviour	<ul style="list-style-type: none"> Report any damage or threats to the police Move away from the incident, especially juniors Inform parents/carers Provide support to affected members Provide extra help to take care of juniors Arrange counselling for members 	1	C	LOW
Theft of, or damage to equipment unattended in or near the club	<ul style="list-style-type: none"> Do not leave equipment unattended or unsecured Secure premises Capture video or photo evidence if it is safe to do so (reduces the probability of a repeat incident) 	Equipment stolen or damaged	<ul style="list-style-type: none"> Report to police Recover equipment if it is safe to do so Repair damage to equipment Report to insurance company 	1-2	C	LOW



TWICKENHAM ROWING CLUB

People trespassing on club property	<ul style="list-style-type: none"> Keep gates closed whenever possible Secure boathouse and boat bay Capture photo or video evidence if it safe to do so. 	Activities disrupted by trespassers. Harm caused to members by trespassers. Theft of or damage to equipment or property by trespassers.	<ul style="list-style-type: none"> Ask trespassers to leave property Report any damage or threats to the police Take juniors inside or away from the incident Provide support to affected members Provide extra help to take care of juniors Arrange counselling for members 	1-2	D	LOW
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Hazards associated with the local environment

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Bends in river	<ul style="list-style-type: none"> Coach scullers and steerspersons to keep a good lookout Coach good steering Local knowledge 	Collision with bank	<ul style="list-style-type: none"> Train rowers what to do if the equipment is damaged Have safety boat and throw lines available to rescue rowers and recover boat Carry First Aid kit and radio or mobile phone to contact emergency services Have trained First Aiders available 	1	D	LOW
Stationary objects in or near the water e.g. bridge, pontoon, overhanging trees, locks, moored boats, buoys, rocks, shallows, other submerged objects, etc.	<ul style="list-style-type: none"> Coach scullers and steers persons to keep a good lookout Coach good steering Local knowledge 	Collision with a stationary object on the water	<ul style="list-style-type: none"> Have safety boat and throw lines available to rescue rowers and recover boat Carry First Aid kit and radio or mobile phone to contact emergency services Have trained First Aiders available 	1	D	LOW
	As above + <ul style="list-style-type: none"> Avoid being upstream or upwind of the stationery object. 	Swept or blown into stationary object on the water	<ul style="list-style-type: none"> Use rescue boat and throw-lines 	1	D	LOW



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Lock Gates, Weirs & sluices	<ul style="list-style-type: none"> • Ensure that weirs and sluices are marked on local maps • Keep well upstream of warning markers • Keep further clear in strong stream or wind conditions 	Swept over weirs or through sluices	<ul style="list-style-type: none"> • Use rescue boat and throw-lines • Evacuate crew to land 	3	A	LOW
Reeds or overhanging trees near bank	<ul style="list-style-type: none"> • Avoid stopping upwind of reeds or overhanging trees 	Blown or swept into reeds or trees (usually scullers)	<ul style="list-style-type: none"> • Have rescue boat equipped with throw lines available to tow boat clear • Teach other scullers rescue technique 	1	D	LOW

Hazards associated with the going afloat and landing

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Slippery or muddy ground on the hard	<ul style="list-style-type: none"> • Wash down mud and goose poo from the hard. • Careful coaching • Good control by coach or cox • Correct footwear • Well defined procedure • Extra people (helpers) 	Slipping and falling when lifting or carrying boat	<ul style="list-style-type: none"> • First aid treatment • Quarantine damaged equipment 	1	D	LOW
Strong and variable currents during boat launching	<ul style="list-style-type: none"> • Assistance from other crews or helpers • Cancel the outing if the crew may not handle the conditions. 	Injuries and damage due to inability to control a boat in the launch area	<ul style="list-style-type: none"> • Use throw lines from land • First Aid treatment • Quarantine any damaged equipment 	2	C	LOW



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Strong and variable currents during boat recovery	<ul style="list-style-type: none"> Plan approach (into stream) and include in circulation plan Find a more suitable location 	Injuries and damage due to inability to control a boat in the recovery area	<ul style="list-style-type: none"> Use throw lines from land Have a rescue boat with throw lines to tow the boat to safety First Aid treatment Quarantine damaged equipment 	2	C	LOW
Launch driving	<ul style="list-style-type: none"> Only assessed and trained operators are permitted to manoeuvre the launch All users must wear lifejackets. Person in control must have kill-cord attached. Launch to be kept stable by considering 'free surface' (e.g. bailed out). Regularly examine propellers for damage or snagging. Ensure regular servicing of engines. Ensure the fuel tank is full before setting off. 	<ul style="list-style-type: none"> Falling off the launch, Collision with fixed objects Collision with other vessels Engine failure, mechanical failure Running out of fuel Snagging of mooring lines in the propellor Grounding in shallow water areas 	<ul style="list-style-type: none"> Carry First Aid kit and radio or mobile phone to contact emergency services Have trained First Aiders available Carry a full safety kit in the launch including paddle, anchor, safety knife, whistle, torch, throwline and 4 aluminium blankets. Have a rescue boat to tow to safety. 	2	C	LOW
Ingress of water into the hull of a launch	<ul style="list-style-type: none"> Check the hull before launching and pump out with a bilge pump if necessary Regular inspection and timely repairs to damage hulls. 	<ul style="list-style-type: none"> Launch is listing in the water and becomes unstable Risk of capsizing or sinking 	<ul style="list-style-type: none"> Use throw line from lans Have a rescue boat available to tow to safety. 	2	C	LOW



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Launch pontoon	<ul style="list-style-type: none"> • Qualified launch drivers and authorised people only on the pontoon. • Anti-slip strips and handrails on pontoon access 	Risk of slipping or falling off the pontoon.	<ul style="list-style-type: none"> • Have throwlines available. • First aid treatment • Use of life jackets 	2	C	LOW
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Hazards in and around the boathouse (including handling boats on land)

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Solid fixed objects (riggers, boats, racking, etc.)	<ul style="list-style-type: none"> • Clear indication of what should go where (housekeeping) • Coaching people to take care in the boathouse • Good control and instruction (coxing) 	Collision of person with fixed object (e.g. walking into rigger)	<ul style="list-style-type: none"> • Have First Aid kit available • Have trained First Aiders available • Quarantine damaged equipment 	1	D	LOW
	<ul style="list-style-type: none"> • Keeping floor clear 	Tripping over object on floor	As above	1	D	LOW
Boats, oars, etc. falling from racks	<ul style="list-style-type: none"> • Good control and instruction (coxing) • Fixing objects so that they cannot fall 	Person struck by falling object Damage to falling object or something else as it falls or lands	As above	2	C	LOW
Lifting and carrying boats, oars, etc.	<ul style="list-style-type: none"> • Coach good lifting technique • Assistance from additional people • Good control and instruction (coxing) 	Strains and musculoskeletal disorders	<ul style="list-style-type: none"> • First Aid • Rest • Gentle exercise • Physiotherapy • 	1	C	LOW



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	<ul style="list-style-type: none"> • Good control and instruction (coxing) • Keep a good lookout (coach/cox) • Good technique (oars) 	Person struck by object being carried	<ul style="list-style-type: none"> • First Aid treatment 	1	C	LOW
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Hazards associated with faulty, incorrectly set and poorly maintained equipment

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Incorrect stretcher placement	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	Capsize due to hands going past chest	<ul style="list-style-type: none"> • Rescue with launch • Teach capsize recovery • Use lifejacket or buoyancy aid 	1	C	LOW
	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	Musculoskeletal Disorders and strains	<ul style="list-style-type: none"> • First Aid • Rest • Gentle exercise • Physiotherapy 	1	B	LOW
Incorrect gearing	<ul style="list-style-type: none"> • Check adjustments • Coach rowers to check 	Musculoskeletal Disorders and strains	As above	1	B	LOW
Gate not fastened	<ul style="list-style-type: none"> • Check equipment before going afloat • Coach rowers to Check equipment 	Capsize due to lost oar	<ul style="list-style-type: none"> • Rescue with launch • Teach capsize recovery • Use lifejacket or buoyancy aid 	1	C	LOW
Faulty Steering Mechanism	<ul style="list-style-type: none"> • Check adjustments, particularly of the steering mechanism • Check equipment before going afloat 	Collision	<ul style="list-style-type: none"> • Train rowers what to do if the boat is damaged • Have safety boat and throw lines available to rescue rowers and recover boat 	1	C	LOW



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Heel restraints broken or too loose	<ul style="list-style-type: none"> • Check equipment before going afloat • Do not go afloat until fixed • Mark and quarantine faulty equipment 	May be trapped in capsized boat by feet caught in shoes	<ul style="list-style-type: none"> • Teach capsize recovery • Rescue with safety boat or attempt rescue with another rowing boat. 	2	C	LOW
Steering failure	<ul style="list-style-type: none"> • Check equipment before going afloat • Defect/maintenance log • Mark and quarantine faulty equipment 	May struggle to get back to boathouse against stream or wind	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Use the launch's anchor to fix position if necessary • Call for assistance, etc. 	1	C	LOW
	<ul style="list-style-type: none"> • Check equipment before going afloat • Mark and quarantine faulty equipment • Coach coxes and rowers to steer by pressure 	Collision with bank, another boat or a solid object	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat • Use radio or mobile phone to call for assistance. 	1	D	LOW
Hatch covers missing	<ul style="list-style-type: none"> • Ensure covers are all fitted correctly • Do not go afloat without replacement • Mark and quarantine faulty equipment 	Boat may sink if swamped	<ul style="list-style-type: none"> • Have safety boat and throw lines available to rescue rowers and recover boat. • Row or tow boat to shore then carry or tow empty boat to boathouse or re-launch and row back. 	2	B	LOW

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



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Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Rowers with low level of fitness	<ul style="list-style-type: none"> Understand fitness capabilities and work within them Improve fitness levels 	Collapse or illness	<ul style="list-style-type: none"> First aid treatment Seek Medical attention 	2	B	LOW
Pre-existing health conditions	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> First aid treatment Seek Medical attention 	2	B	LOW
Crew member or sculler with asthma Crew member or sculler with diabetes	<ul style="list-style-type: none"> Ensure that an inhaler is carried and used when appropriate Avoid stressful situations Take extra care if person is in a 1x or 2x 	Asthmatic incident afloat	<ul style="list-style-type: none"> Bring Casualty ashore First aid treatment including the casualty taking their own medication Seek Medical attention 	2	B	LOW
	<ul style="list-style-type: none"> Ensure that an inhaler is carried and used when appropriate Avoid stressful situations 	Asthmatic incident on land	<ul style="list-style-type: none"> First aid treatment including the casualty taking their own medication Seek Medical attention 	2	B	LOW
	<ul style="list-style-type: none"> Ensure that appropriate food and medicines (if necessary) are carried 	Diabetic incident afloat	<ul style="list-style-type: none"> Bring Casualty ashore First aid treatment Seek Medical attention 	2	B	LOW
	<ul style="list-style-type: none"> Ensure that appropriate food and medicines (if 	Diabetic incident on land	<ul style="list-style-type: none"> First aid treatment Seek Medical attention 	2	B	LOW



TWICKENHAM ROWING CLUB

	necessary) are available • Take extra care if person is in a 1x or 2x					
Crew member or sculler other known disorder	• Use appropriate items	Incident afloat	• Bring Casualty ashore • First aid treatment • Seek Medical attention	2	B	LOW
	• Ensure that appropriate items are available	Incident on land	• First aid treatment • Seek Medical attention	2	B	LOW
Flu / viral infection	• Discourage rowers from taking exercise when they are ill.	Disease may spread or worsen	• Seek Medical attention	1	B	LOW

Indoor Rowing and weight training

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Use of poor technique when rowing.	Good Coaching.	Musculoskeletal injury.	• Administer First Aid as appropriate. • Possible referral to a Physiotherapist.	1	B	LOW
Insufficient space between machines.	Ensure that there is adequate space.	Rower trips and falls over the machine	• Administer First Aid	1	C	LOW
Too many people around the machines.	Ensure that there are not too many people around the machines.	Rower trips and falls over the machine	• Administer First Aid	1	C	LOW
Rower fails to ensure adequate	Briefing for participants.	Rower collapses or feels unwell due to lack of nutrition.	• First Aid and administration of high glucose food or drink.	1	B	LOW



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nutrition before starting exercise.						
Rower fails to ensure adequate hydration before starting exercise.	Briefing for participants, provision of drinking water.	Rower becomes dehydrated and feels ill.	<ul style="list-style-type: none"> First Aiders or coaches, etc. provide drinking water. 	1	B	LOW
Abnormal Temperature	Ensure that the temperature is within acceptable ranges for physical exertion	Rower becomes hypothermic or hyperthermic when rowing.	<ul style="list-style-type: none"> Administer First Aid. 	1	B	LOW
Overexertion by rower.	Event officials and coaches monitor effort from a distance and intervene as appropriate	Collapse, possible cardiac issues.	<ul style="list-style-type: none"> First Aid, possibly Life Support (CPR & AED), evacuation to hospital. 	1	B	LOW
Peer pressure from colleagues, coaches etc. causing rowers to overexert.	Event Officials and coaches keep people not using ergs away from those that are.	Overexertion leading to collapse, possible cardiac issues.	<ul style="list-style-type: none"> First Aid, possibly Life Support (CPR & AED), evacuation to hospital. 	1	B	LOW
Rowers feel ill and vomit.	Tell rowers to stop if they feel ill. Have buckets or containers to vomit into available.	Rowers vomit contaminating the machine and causing a slipping hazard on the floor.	<ul style="list-style-type: none"> Have materials available to clean the machines and the floor 	1	C	LOW
Unclean rowing machines.	Clean machines (particularly handles and seat) as deemed appropriate.	Transmission of viruses and bacteria.	<ul style="list-style-type: none"> Recognise symptoms and seek medical advice as appropriate. 	1	C	LOW
Long tops (clothing) catching between seat rollers and the track machine.	Coach people with long tops on to tuck them in.	Rower pulled backward off seat.	<ul style="list-style-type: none"> Administer First Aid. 	1	B	LOW



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Liquid spill on hard floor (slip hazard).	Cleaning up any spills as they happen.	Slips and falls.	<ul style="list-style-type: none"> Administer First Aid. 	1	C	LOW
Rower with long hair holding feet during relay races	Ensure that rowers with long hair do not hold feet unless the hair is tied back up	Hair becomes entangled in the machine	<ul style="list-style-type: none"> Cut hair to free the rower from the machine 	1	B	LOW
Injuries or illness from weight training or handling of weight training equipment	<ul style="list-style-type: none"> Ensure users avoid weight training with injuries or other adverse conditions Users to be advised on correct technique and appropriate level of loading of weights. Advice on the importance of warm up and stretching Weights equipment to be tidied up and the end of sessions Cleaning and spraying of equipment used, including weights, benches and mats 	Musculoskeletal injury. Rower trips and falls over the equipment	<ul style="list-style-type: none"> Administer first aid Seek medical advice as appropriate Transport to hospital or call emergency services as appropriate. 	1	B	LOW

Risks associated with other areas of the boathouse

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Environmental	<ul style="list-style-type: none"> Cleanliness of spaces (removal of dust) Control of resins and repair substances as per SDS on labels 	Inhalation of harmful substances	Seek medical advice as appropriate	1	B	LOW



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Illness	<ul style="list-style-type: none"> • Ensure water is not allowed to collect for long periods. • Run taps before filling drinking bottles. • Clean taps and water faucets at prescribed intervals. • Service AC systems. • Flush toilets if unused for prolonged periods. 	Legionnaires & Crohn's disease	Seek medical advice as appropriate	2	B	LOW
Fire	<p>Follow procedures for the following:</p> <ul style="list-style-type: none"> • Smoking • Electrical appliances (e.g. Catering & workshop equipment). • Machinery • Battery Chargers • Waste Bins • Fire doors & openings (Self Closing arrangements) • Tools • Petrol Lockers (Guidance – RYA – 'Carriage & Storage of Petrol & Diesel'). • Outboard motors (maintenance) • Servicing & Testing of emergency equipment. 	Fire damage to buildings, equipment, property and people.	<ul style="list-style-type: none"> • Fire extinguishers located at all relevant positions and regularly inspected/maintained. <p>Summon emergency services as needed.</p>	3	B	LOW



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Risks related to food preparation and the kitchen	<ul style="list-style-type: none"> Catering spaces in good condition and clean, including furniture, equipment, fittings, lighting ventilation, gutters and grease traps. Meat & Fish kept at proper storage temperature (-18°C) Condition of food inspected prior to use (e.g. sell-by /use-by dates) Cleaning tools, cloths regularly washed or disposed of. 	Transfer of harmful bacteria	Seek medical advice as appropriate	2	B	LOW
	<ul style="list-style-type: none"> Suitable provision for washing & drying hands. 	Cleanliness of catering personnel	Seek medical advice as appropriate	2	B	LOW
	<ul style="list-style-type: none"> Sufficient storage (< 5°C) with seals and good integrity. Separate surfaces for preparing different category foods Colour codes knives & chopping boards. Procedures for defrosting. Temperatures requirements for cooking (Meat > 75°C) and serving (not less than 65°C). 	Contamination & infestation	<ul style="list-style-type: none"> Administer first aid Seek medical advice as appropriate 	2	B	LOW



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	<ul style="list-style-type: none"> Food Hygiene training. 					
	<ul style="list-style-type: none"> Safety Data Sheets (SDS) to be strictly adhered to, when using strong cleaners such as oven cleaner (e.g. with Sodium Hydroxide), degreasers & surface cleaning sprays. 	Inhalation of Harmful substances	<ul style="list-style-type: none"> Seek medical advice as appropriate 	2	B	LOW
	<ul style="list-style-type: none"> Proper storage of sharp knives Keep knives visible (e.g. not obscured by soap suds in the sink). Use of Mail glove where appropriate. Use the correct tool for the task. 	Injury from Kitchen-ware	<ul style="list-style-type: none"> Administer first aid Seek medical advice as appropriate 	2	B	LOW

Risks associated with trailer loading and transportation

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
Loading and unloading trailers	<ul style="list-style-type: none"> Training for all people in correct and safe procedures for loading and unloading 	Injury to people loading and unloading trailers	<ul style="list-style-type: none"> Administer first aid Seek medical advice as appropriate Transport to hospital or call emergency services as appropriate. 	1	C	LOW



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	<ul style="list-style-type: none"> Ensure the trailer loading plan is circulated to all involved in loading. 	Damage to boats and equipment	Repairs to damaged equipment	2	C	LOW
Danger to or from other road users	<ul style="list-style-type: none"> Ensure rules are followed i.a.w.DVLA Ensure trailers are regularly maintained 	Traffic accidents	Call emergency services if required	3	B	LOW
		Damage to boats on the trailer	Repairs to/replacement of damaged equipment	3	B	LOW
Legal	<ul style="list-style-type: none"> Ensure properly licenced to tow. 	Legal liabilities and sanctions.		1	B	LOW
Manoeuvring strain	<ul style="list-style-type: none"> Use mechanical means to fit trailer to tow ball (e.g use wind up Jockey wheel), drive tow ball close to trailer. 	Damage to trailer or detachment on route.		3	B	LOW
Losing control of tow.	<ul style="list-style-type: none"> Determine braking requirements of the trailer. Where not braked - Calculate weights for towing vehicle and compare with vehicle manufacturers specification. Weight distribution – low as possible in the trailer & Base weight. Determine compliance with rules e.g. 	Damage to trailer or detachment on route		3	B	LOW



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	<ul style="list-style-type: none"> ○ Assess speeds for journey (60mph – motorways 50mph other roads), ○ Tyre ratings, ○ Tow vehicle rear suspension ○ Stabilizers ○ Rear view mirrors ○ Power to weight ratio ○ Lights ○ Fore and Aft projection beyond the trailer ○ Towing line ○ Length of tow ○ Electrical Connections ● If in doubt contact DVLA on 01792 772151 					
Tiredness	<ul style="list-style-type: none"> ● Plan the journey with stops (e.g. every two hours and consider need for a licensed relief driver). 	Traffic accident	Emergency services	3	B	LOW

Additional Risks associated with rowing camps

Hazard	Barriers	Hazardous Events	Controls	Severity	Probability	Risk Level
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Navigation	<ul style="list-style-type: none"> Study & Determine navigation hazards along proposed training areas. Safeguard for static risks and expected traffic. 	<ul style="list-style-type: none"> Capsize Collisions Injury Damage to equipment 	<ul style="list-style-type: none"> Safety launch support Medical assistance/first aid Contact local emergency services 	1-3	B-C	LOW
Accommodation	<ul style="list-style-type: none"> Evaluate accommodation. 	<ul style="list-style-type: none"> Fire Injury 	<ul style="list-style-type: none"> Medical assistance/first aid Contact local emergency services 	1	B	LOW LOW
Transport	<ul style="list-style-type: none"> Evaluate local transport 	<ul style="list-style-type: none"> Accident or injury 	<ul style="list-style-type: none"> Medical assistance/first aid Contact local emergency services 	2-3	B	LOW
Food	<ul style="list-style-type: none"> Evaluate local risks associated with food including allergens 	<ul style="list-style-type: none"> Illness 	<ul style="list-style-type: none"> Medical assistance/first aid Contact local emergency services 	1	B	LOW
Security	<ul style="list-style-type: none"> Evaluate e.g. Campsites, dormitories, hotels 	<ul style="list-style-type: none"> Theft of property Injury 	<ul style="list-style-type: none"> Medical assistance/first aid Contact local emergency services 	1-2	A	LOW