

OULRC Risk Assessment

Last review:	Oct-17		
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Hazard	Risk	Who is at risk	Control measure in place
Equipment failure	Minor/major injuries, drowning, death	Participants	Club Committee to ensure necessary equipment checks and servicing has been completed and documented. Participants trained to check equipment (foot plates, heel restraints, hatch covers) prior to outings.
Collision	Minor/major injuries, drowning, death, shock, Weil's disease, hypothermia	Participants, other river users	OURCS registered coxes only. Adherence to EA rules of navigation and local navigation rules. Cox training to be prioritised. Launch with experienced coach and full safety equipment to be in attendance at all on-site OULRC training sessions. Lights to be displayed in poor visibility or darkness. Rescue/coaching launch and mobile phone available. First aid available (Rowsafe). All crew undergo swim tests, blankets available on coaching/rescue launch (Rowsafe); rowers educated about Weil's disease. British Rowing (BR) safety equipment carried by launch e.g. space blankets, first aid kits, throw bags etc.. Stable launch to be used, launch driver to be qualified to RYA level 2 or equivalent. Proper seating to be fitted, and not overloaded. Kill cords to be fitted and used. Lifejackets to be worn by all launch crew (ROWSAFE).
Capsize/immersion			
Entrapment			
Swamping	Weil's disease, hypothermia, drowning, death, immersion (see above)	Participants	Buoyancy compartments to be checked (Rowsafe).
Catching 'crabs'	Immersion (see above), minor/major injuries	Participants	Experienced rowers only.
Over-exertion	Minor/major injuries	Participants	Rowers to warm up before any exercise, and warm down and stretch as appropriate. Suitable clothing to be worn, qualified coach to specify training sessions and adapt to conditions.
Storms	Hypothermia, lightning, death, swamping (see above), immersion (see above)	Participants	Outings not to be undertaken in storm conditions. In a storm event during an outing the crew and launch is to make for the nearest safe landing point and get out of the boat/launch. Crew is also to keep clear of metallic boat components. BR guidelines on 'lightning' to be followed.
Cold	Hypothermia	Participants	Participants to wear appropriate and sufficient kit for conditions.
Reduced visibility	Collision (see above)	Participants	Captains, coaches and individuals must cancel the outing if visibility is <250m OR if both sides of the bank cannot be seen. In reduced visibility (<400m), fore and aft white lights must be attached, which together are visible through 360 degrees. If fog descends during an outing, crews or individuals must row at a minimum pace back to the boathouse, staying close to the right hand bank.
High stream and/or wind	Collision, swamping, immersion (see above)	Participants	Experienced rowers and coxes only. Advice of local clubs to be taken into consideration, along with EA guidelines (e.g. yellow/red board). Launch in attendance.

Non-qualified/insured instructors/coaches	Heightened risk of other hazards.	Participants	Club Committee to ensure that the coach / instructor is qualified and insured and where applicable a CRB is completed.
Slips, trips, falls	Minor/major injuries	Participants	Club Committee to ensure that facilities are fit for purpose. Participants to be advised of hazards (e.g. boats, oars, riggers) and best practice.
Fire	Burns, death	Participants	Participants to be made aware of fire procedures, emergency exits, assembly points etc.
Travel	Minor/major injuries, death	Participants, public	Club Committee to check the insurance of car drivers. Drivers to comply with current Road Safety laws and have a full driving licence. Hire vehicles drivers MUST have passed the University accredited driving course. For the club minibus, drivers are to comply with current Road Safety laws and have a full driving licence, plus complete Sports Federation mandated assessment. All drivers must carry out the required checks before driving (See Appendix A). A checklist of said checks should be kept in bus at all times. A first Aid Kit must be kept in the bus at all times.
Launch failure	Launch unable to fulfill safety role, loss of control (collision, immersion)	Participants, other river users	Launch to be serviced regularly. Ensure that the launch and all equipment meets the requirements of the BR Rowsafe document. Each coaching launch and each boat to have a mobile phone.
Cycling	Minor/major injuries, death	Participants, public	Participants to wear helmets, and use lights when appropriate. Routes chosen to avoid main roads as much as possible. Riders to be taught proper technique. Coaches to advise on appropriate level of training, and suitable warm-up, cool-down and stretching routines.
Running	Minor/major injuries, death	Participants, public	Runners to be taught proper technique. Coaches to advise on appropriate level of training, and suitable warm-up, cool-down and stretching routines. Participants to be made aware of hazards such as other pedestrians, cyclists, cars.
Training/competing in unfamiliar locations	Unfamiliarity with local conditions resulting in heightening risks already detailed	Participants	Local information on navigation and hazards to be obtained: coxes, coaches, and steersmen 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 stretches.
Borrowed equipment	Unfamiliar equipment may be unsafe	Participants	All equipment to be inspected for compliance with BR ROWSAFE standards. Insurance to be confirmed.
Weirs	Collision, immersion (see above)	Participants	No spinning permitted within 50m of weirs. Experienced coxes/rowers only.
Fishing lines getting caught on boat	Minor injuries	Participants	Careful attention paid to local fishermen. Experienced coxes/rowers only. No stopping next to fishermen.
Debris in river	Collision, damage to launch (see launch failure), damage to boat resulting in heightened r	Participants	Assess state of river for debris. Carry all BR recommended safety equipment, including a knife and paddle (ROWSAFE).
Drugs and alcohol	Minor/major injuries, death, heightened risk of hazards already detailed	Participants	The use/consumption of alcohol and non-prescribed drugs prior to/during training is prohibited.
