

UNIVERSITY of OXFORD SPORTS DEPARTMENT

OXFORD UNIVERSITY RISK ASSESSMENT OULRC

DATE: - October 2012

Who might be harmed	HAZARD	Risk	Control Measure in place	Further Risk reduction required Y / N
Participants	Drugs and Alcohol	Minor / Major injury	The consumption of alcohol and non prescribed drugs is prohibited	
Participants	Non - qualified / insured instructors / coaches	Unsafe practice	Club Committee to ensure that the coach / instructor is qualified and insured and where applicable a CRB is completed	
Participants	Equipment failure	Minor / major injuries	Club Committee to ensure necessary equipment checks and servicing has been completed and documented	
Participants	Slips, trips , falls	Minor injury	Club Committee to ensure that the facilities are fit for purpose	
Participants	Fire	Burns / fatality	Club Committee to ensure a safety brief at the beginning of sessions includes what to do in the event of a fire, location of nearest exits, fire assembly points.	
Participants Public	Travel	Major incident / accident , Fatality	<p>Club Committee to check the insurance of car drivers.</p> <p>Drivers to comply with current Road Safety laws and have a full driving licence.</p> <p>Hire vehicles drivers MUST have passed the University accredited driving course. Drivers must be 21 or over. Trip resignation forms to be sent to the Sport Federation no later than 5pm on the Thursday before the fixture. Sports fed will forward the form to security services.</p> <p>The registration form for trips aboard MUST be sent a minimum of 1 month prior to the trip departing.</p> <p>Club Committee to supply Safety officer with travel</p>	

			<p>insurance details and trip Risk Assessment.</p> <p>In the event of a major accident security services must be contacted 01865 289999</p> <p>Trailer mechanical failure. Trailer box to be carried in tow vehicle</p>	
Participants	Boat transport	<p>Trailer overturning</p> <p>Trailer mechanical failure.</p>	<p>Appropriate license must be in place. Experienced and/or trained driver used to tow. Trailer serviced and fitted with anti-snake apparatus. ARA guidelines to be followed.</p> <p>Trailer box to be carried in tow vehicle</p>	
Participants	General Rowing	Skeletal and soft tissue injury	<p>OUCS 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 OULRC training sessions. Lights to be displayed in poor visibility or darkness.</p> <p>Rescue/coaching launch and mobile phone available. First aid available (Rowsafe).</p> <p>All crew undergo swim tests, blankets available on coaching/rescue launch (Rowsafe); rowers educated about Weil's disease. BR safety equipment carried by launch e.g. space blankets, first aid kits, throw bags etc</p> <p>Capsize, Launch present.</p> <p>Buoyancy compartments to be checked (Rowsafe).</p>	
Participants	Penetrating injury by bows		Bow balls fitted (Rowsafe).	
Participants	Becoming trapped in boat		<p>Crew: heel restraints (Rowsafe);</p> <p>Coxes: manual lifejackets only.</p>	

Participants	Swamping		Cox and coach to make assessment of conditions at WRC, following advice of local club. Rowers taught emergency procedures.	
Participants	Catching "Crabs"		Experienced rowers only, controls as above	
Participants	Over-exertion		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.	
Participants	High stream and/or high wind Being swept onto obstacles, including bridges, bank, debris, or weirs. Swamping or capsize when spinning, manoeuvring, boating and landing		Outings only to be undertaken following the Code of Conduct attached to this document.	
Participants	Capsize		Stable launch to be used, launch driver to be qualified to RYA level 2 or equivalent.	
Participants	Falling Out		Proper seating to be fitted, and not overloaded. Kill cords to be fitted and used. Lifejackets to be worn by all crew (ROWSAFE).	
Participants	Failure of engine due to fouling of propeller.		Assess state of river for debris. Carry all BR recommended safety equipment, including a knife and paddle (ROWSAFE).	
Participants	Mechanical failure		Ensure regular servicing. 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.	
Participants	Storm Conditions Poor Visibility		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. Pre-session assessment by Head Coach and President to determine that there is sufficient visibility to allow crews to row at maximum pace safely. If it is not possible to see both banks clearly and at least 250m visibility then no crews will go afloat. If fog descends during outing, crews will row at a minimum pace. Will turn on lights. Staying close to the right hand bank and with the safety launches paying close attention the boats will return to a position opposite the landing stage, and will cross when advised that it is clear and safe to do so.	
Participants	Swimming	Drowning	All crew undergo swim test. Qualified lifesavers in attendance when Swimming pool training.	
Participants	Cycling Collision or fall		Riders obliged to wear helmets, reflective clothing and given advice on bike handling. Bicycle lights to be in good order. Routes chosen to avoid main roads as much as possible, with single file riding on busy roads. Riders to be taught proper technique. Coaches to advise on appropriate level of training, and suitable warm-up, cool-down and stretching routines.	
Participants	Running		Runners to be taught proper technique. Coaches to advise on appropriate level of training, and suitable warm-up, cool-down and stretching routines.	

			Runners to avoid training alone and dangerous routes Runners to avoid uneven terrain and use suitable footwear. Coach to be informed of any physical or medical conditions.	
Participants	Training and/or competing on unfamiliar water		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	
Participants	Borrowed equipment being unsafe		All equipment to be inspected for compliance with BR ROWSAFE standards. Insurance to be confirmed	
	Weirs		No spinning permitted within 50m of weirs.	
	Collision with fishing lines, especially round bends, with risks of injury.		Careful attention paid to location of fishermen and if necessary, a request that fishermen move to reduce danger to rower and equipment. No stopping opposite fishermen.	
	Tripping, colliding with protruding riggers.		All boats to be properly racked, with boat bay floor to be kept clear. No boats to be left on the ground.	