



BARNSTAPLE PILOT GIG CLUB MEMBERS ROWING (INCORPORATING VISITING CLUBS/GROUPS)



RISK ASSESSMENT

February 2015 by Keith Baker & Ron Kingdon

ROWERS & COXES

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
General	ALL	<p>Rowers & cox take personal responsibility for adhering to club rules. Novice cox are to be accompanied by an experienced Cox at all times until training is completed and they are deemed competent. A Cox under the age of 18 must have an experienced cox in the stern at all times.</p> <p>The duty cox will ensure that the gig boat is sound and inspect borrowed boats before use. The cox must ensure the safety equipment bag content is checked and stowed, which includes checking the battery level of the VHF.</p>
Wellbeing	JUNIORS PREGNACY	<p>Junior rows – minimum supervision two adults per session both of whom should be CRB checked and one of whom is a Cox approved by BPGC. Each boat will have an approved Cox and one adult in the bow.</p> <p>In line with the CPGA rule, U14 rowers can row with U16 crew but not for the adult crews. U16 rowers can row with adult crews. The discretion is with the cox as to whether a junior can complete a crew after consideration has been given to the build, strength and experience of the junior.</p> <p>Pregnant women NOT to lift gigs and are RESPONSIBLE to seek consent from their own GP before participating in rowing sessions.</p>
Sun Stroke Hypothermia	ALL	<p>Suitable clothing should be worn, layered to adjust for differing temperatures which can change suddenly whilst on the water. To include a warm hat / sun hat, sunglasses & sun screen depending on the season.</p>
Bodily injury	ALL	<p>Suitable footwear to be worn at all times, to prevent harm from glass or sharp objects on the slipway/shoreline. Footwear must be suitable for launching/retrieving of boats and is likely to get wet; suitable alternative footwear may be required for rowing, which have hard soles (trainers or such like) as pressure is exerted on the foot during exercise.</p>

Infections	ALL	<ul style="list-style-type: none"> • Never drink water from sea, river or lakes • Only drink from your own water bottle • Always wash after contact with the sea, river or lake water. • Wash hands thoroughly before eating or drinking • Cover cuts and abrasions (including blisters) with waterproof dressings • Wear suitable footwear when launching or retrieving a boat, • Avoid immersion in, or contact with, water, particularly if there is an algae scum. • If contaminated water has been swallowed, consult a doctor
Drowning	ALL	<p>The duty cox will ensure that lifejackets are available for all rowers, coxes and passengers. Adult rowers can decide not to wear a lifejacket. Coxes to wear a lifejacket at all times when in charge of the gig boat. All junior rowers must wear a lifejacket & coxes when a junior is in the gig boat.</p>
Medical conditions	ALL	<p>The rower should make the duty cox aware of any current or change in medical condition / injury. Rowers must not row unless they are fit to do so. The duty cox can ask a rower to abstain if the planned session is not suitable.</p>
Over exertion -Hyperventilation, pulled muscles, cramp, back injury	ALL	<p>Rowers to warm up before rowing and warm down and stretch as appropriate.</p>

WEATHER / WATER CONDITIONS

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Drowning / bodily injury	ALL	<p>The duty cox is responsible for assessing the suitability of the tides and weather for the planned session. This may include obtaining local information on navigation and hazards before an event, if competing on unfamiliar water. The experience of the crew will also be considered. The duty cox may cancel or abort a planned session, if the conditions are unsuitable or adapt a training session to suit the condition</p>

BOAT STORAGE YARD/SHED, BARNSTAPLE

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Drowning / bodily injury - falling due to unfenced quayside.	ALL – Especially unsupervised juniors	Gates to be kept locked when not in use. Juniors to be supervised at all times and to be restricted to the immediate vicinity of the gig boats.
Lifting - back injury	ALL	Manual handling techniques, straight back, lift with legs. All lift together One person takes the lead role of when to lift/lower. Equal people each side of gig. As many as possible to help lift gigs. At least two adults to lift gigs with the aid of a minimum of four juniors over the age of twelve.
Trips/Falls	ALL	Care to be taken to ensure safe storage of equipment in designated areas. First aid kit available
Asbestos roofing sheet on covered yard area. Risk of inhaling Asbestos dust should roof become damaged.	ALL	Avoid damaging yard roofing, report any damager to H&S officer ASAP. Landlord to be notified Avoid all contact with Asbestos. All persons to wear protective clothing, face mask, gloves, overalls before come in contact with Asbestos. Asbestos to be sprayed with water prior to moving. Asbestos to be disposed of in appropriate manner by certified persons.

TRANSPORTING GIGS FROM SHED TO CASTLE QUAY SLIPWAY

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Bogey wheels/heavy boat i.e. Bodily injury from bogey wheel handles and toppling boat.	ALL	Adults only to take charge of bogey wheels ensuring awareness of other person's feet/legs and steering gig on the road. Whilst transporting the gig on the bogeys please walk to all times. NO RUNNING All Juniors to walk with boat. Minimum of 2 persons each side to keep boat stable. Remaining Juniors to use the pavement.
Motor Vehicles i.e. bodily injury – road collision	ALL	High visibility jackets are to be worn by adults and juniors when transporting gigs on the road.

ON THE WATER

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Water i.e. drowning	ALL	<p>BPGC will supervise Juniors whilst in the gig boats. All Juniors and supervising Adults/Coxes will wear lifejackets supplied by BPGC whilst in the gig boat. Training will be provided.</p> <p>To reduce the risk of a man-over board situation only one person to stand in the boat at any time. A bow and stern line of approximately 10m each are attached to the gig boat and can be used as throwing lines.</p> <p>The Cox will have assessed tides and weather conditions and will cancel or abandon the session if appropriate. The Cox will have sufficient knowledge of the estuary to minimise the risk of grounding, swamping or of a capsized incident. Bailers or sponges will be available. However conditions can deteriorate rapidly and in the unlikely event of an incident it is important to stay with the boat which has buoyancy and will not sink.</p> <p>The wearing of a lifejacket should be considered if any person needs to enter the water away from slipway/shoreline.</p> <p>A VHF radio and a flare are carried for safety. The coastguard will be contacted on Channel 16 in the event of an emergency.</p>
Bodily Injury – struck by oars	ALL	<p>Crab drill to be demonstrated and practiced to avoid the rower being struck by the oar. First aid kits available in safety bags.</p>
Bodily Injury - through collision with other vessel	ALL	<p>All rowers to be briefed on paying attention at all times so that the Cox is able to work with them to manoeuvre the boat safely and avoid collision.</p>

QUAYSIDE / SLIPWAY SAFETY

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Water i.e. drowning	ALL	<p>Juniors to be supervised at all times on the slipway. Visiting groups would be expected to provide sufficient adult supervision for their groups. Have completed swim checks and provide their own buoyancy aids if they feel appropriate for shore side activities such as crabbing.</p> <p>Life Buoys are available at Castle Quay slipway.</p>
Slippery surfaces - Bodily Injury	ALL	<p>Care to be taken on slipway which does become slippery when wet. Suitable footwear to be worn. First aid kits available in safety bags.</p>

TRAVEL TO OTHER VENUES

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Loading gig onto trailer - Bodily/back injury Gig Transport - Accident or Trailer overturning	ALL	Person to supervise loading & securing of gig and equipment such as oars. Adequate numbers to load gig onto trailer. Experienced and/or trained driver to tow. Tower to ensure insurance & licence current. Trailer serviced and in good condition. Marshals to be used when reversing. Driver to ensure trailer is roadworthy before each journey.
Crew Transport - Wellbeing - Accident	JUNIORS ALL	Transport to be arranged with parents or adults who have been CRB checked. Vehicles to be well maintained. Drivers to ensure insurance and licence current.

BOAT MAINTENANCE

HAZARD	WHO MIGHT BE HARMED	HOW IS THE RISK CONTROLLED? IS MORE NEEDED?
Damage to gig boat / becomes unseaworthy	ALL	Works to be supervised and approved by Boat Maintenance Officer.
Hazardous paints/substances COSHH	ALL	Safe storage of special paints/varnishes/materials Supervision and use by experienced and/or trained persons Protective clothing if necessary.
Bodily injury Trips/falls	ALL	Supervision and use of tools by experienced and/or trained persons. Care must be taken when using tools. First aid kit available. Care when using extension leads. Swift clean up of spills. First aid kit available