



NORTHWICH YOUTH ROWING SAFETY PLAN

1 ENTRY ONTO SCHEME

- 1.1 School to review any medical conditions or disabilities which may be detrimental to a pupil taking part in NYR.
- 1.2 School to confirm that any staff members put forward to drive launches are qualified to at least RYA Level II.
- 1.3 The Head Coach will organise introductory and induction sessions for pupils, and staff members at the start of the scheme.
- 1.4 All pupils should have completed a capsized course and demonstrate that they can swim 50m prior to going on the water. Pupils that fail to demonstrate satisfactory swimming ability will be required to wear buoyancy aids whilst taking part in the activity on the water.

2 PRE-CHECKS ON DAY OF THE SESSION

- 2.1 Prior to leaving school, staff members are to check that all pupils are healthy, have taken any relevant medication and have appropriate clothing & equipment for the anticipated weather conditions.
- 2.2 Staff members are to check that no jewellery, mobile phones or valuables are brought to the session and all long hair is tied securely in a bun. Northwich Youth Rowing and Northwich Rowing Club will take no responsibility for personnel items lost or damaged on site.
- 2.3 One hour before the start of course, the Head Coach and Lead Session Coach consult and check on the river and weather conditions in order to decide whether to run a water session, gym session or cancel the day's events.
- 2.4 Having identified which rowing boats will be used, the Lead Session Coach checks that they are in good condition and all their equipment is in good order.
- 2.5 If launches are to be used, the Lead Session Coach checks that they have sufficient fuel and have a safety bag on board.
- 2.6 At the start of each session, the Lead Session Coach briefs the assistant coaches, staff and pupils on the outline plans for the day together with any unusual circumstances or activities.

3 IN THE CLUBHOUSE AND BOATHOUSE

- 3.1 Male & female change facilities, each incorporating toilets & washing facilities, are located in the Boathouse.

3.2 Following a water session, to minimise the risk from water-borne infections, hands should be washed, at all times and especially prior to eating.

3.3 On hearing the fire alarm, all personnel should proceed to the Assembly Area in the club car park. Pupils should NOT under any circumstances try and tackle a fire.

3.4 Hot shower facilities are provided, particularly for use by personnel who have fallen in the river.

4 TRANSPORTING BOATS & LAUNCHES TO AND FROM THE RIVER

4.1 If being used an adult should take charge of manoeuvring a launch into the water; ensuring there are sufficient people to control its movements and that, once afloat, the launch is secured to the landing stage.

4.2 One adult is nominated to call the instructions to co-ordinate the lifting, carrying and launching of the rowing boat.

4.3 This adult is to ensure there are sufficient people to carry that particular boat.

4.4 No one else is allowed to talk while this activity is being undertaken.

4.5 While carrying the boat across the path between the boathouse and the river, everyone should be on the lookout for potential collisions with walkers and cyclists.

4.6 Once in the water, the nominated cox is responsible for holding the boat.

4.7 At end of water session, all boats & equipment are inspected, cleaned and correctly returned to their allocated position in the boathouse.

5 ON THE WATER

5.1 All rowers, coxes and coaches are provided with a buoyancy aid to be worn when on the water.

5.2 Coaches should check that all oars are correctly located and with their gates secured prior to push off.

5.3 Coaches should be on lookout for floating debris and fishermen's lines.

5.4 Coaches should be alert to any sudden change in river or weather conditions which would require the early termination of the session.

5.5 Following a capsize, personnel should be retrieved from the water by the quickest method and swiftly returned to the clubhouse.

5.6 If any boat capsizes or sustains damage, it should be reported to the Club Safety Adviser and/or the "Equipment Co-ordinator". Similarly, any injuries sustained while at the club should be reported to the Club Safety Adviser, as well as formally notifying the school.

5.7 If there is aggressive behaviour from people on the bank involving abuse or thrown objects, in the first instance, the situation should not be escalated, and then the crews quickly moved out of harm's way. Subsequently such incidents should be reported to the Club Safety Adviser and, if appropriate, reported to the Police.

6 IN THE GYM

6.1 No pupils are allowed to use any of the gym equipment unless directed and supervised by a coach.

6.2 To comply with safeguarding policy, there should always be two adults in attendance during gym sessions.

6.3 Coaches are responsible for monitoring all pupils to ensure they do not strain themselves or attempt activities which are beyond their ability.

6.4 A First Aid Box is located in the gym for the treatment of minor injuries. Such injuries should also be reported to the Club Safety Adviser and formally to the school.

6.5 If using a mobile phone to contact emergency services you may need to go outside the building to acquire a signal.

6.6 After a gym session, coaches are responsible for ensuring that all equipment is safely stored, and the gym is left in a clean and tidy condition.

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