



# **MERSEY 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 MYR.

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. Mersey Youth Rowing and Liverpool Victoria Rowing Club will take no responsibility for personal 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 water and weather conditions in order to decide whether to run a water session, land 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 Having identified which launches will 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 WATERSPORTS CENTRE**

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

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 Fire Assembly Area, which is under the notice on the corner of Jenkins Warehouse near the main access gate.

**Pupils should NOT under any circumstances try and tackle any fire.**

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

3.5 In the event of a chemical incident at the adjoining United Molasses Tank Farm all participants are to congregate in the Liverpool Victoria Rowing Club boathouse with all doors and windows closed to await instructions.

## **4 TRANSPORTING BOATS & LAUNCHES TO AND FROM THE RIVER**

4.1 An adult should take charge of ensuring the safety launches are available and are secured to the landing stage whilst awaiting deployment.

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 along the walkway, everyone should be on the lookout for slips, trips and potential collisions.

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 and launch drivers should be on lookout for floating debris and fishermen's lines. Coaches need to be aware that other water users might not be proficient or considerate and due care should be taken to minimise interference with other boats. All MYR boats must be encouraged to follow the circulation pattern whilst on the water.

5.4 Coaches and launch drivers should be alert to any sudden change in water 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 water sports centre.

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 LAND SESSIONS**

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 Boathouse for the treatment of minor injuries. Such injuries should also be reported to the Club Safety Adviser and formally to the school.

6.5 A mobile telephone should always be available for emergency purposes.

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

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