

# Risk Management Plan Completed

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This resource is suitable for Level 2 awards (Session Coach) and certificates (Club Coach).

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An assessment or evaluation should be made under each of the following headings, considering the current crew capabilities and equipment characteristics, including:-

- Rower
  - Strength
  - Age
  - Maturity
  - Motivation
  - Experience
  - Fitness and readiness
  - Health status
  - Boat Size (1x to 8+) and
  - Boat stability
- Coach
  - General experience
  - Knowledge of location
  - Knowledge of the rower
  - Confidence
  - Coaching alone or as part of a team
  - Coaching from the bank or from a launch
  - Type and number of boats

Just because the level of risk is reduced as much as you can does not mean that the risk is acceptable.

Remember, before an outing can start, everyone involved (Session Coach, Club Coach, crew, cox, parents, etc.) has to be satisfied that it is safe to proceed as planned (or with revised plans). It is better (and safer) to be on land wishing you were on the water than to be on the water wishing you were on land.

Also consider whether, even if it is safe, the crew will benefit from an outing in marginal conditions and whether less competitive rowers will be put off the sport by outings in unpleasant conditions.

If any crew member feels that the conditions are unsafe, is it worth going out?

**Note:** The completed template below is offered as an example. It is not necessarily fully comprehensive and should not be copied wholesale. Rather, when assessing risk and planning to manage it this completed template can be used as an aid to your thinking and planning. You may be able to think of other examples which will complement those given below.

## Hazards associated with the water:-

Hazard	Barriers	Hazardous Events	Controls
Rough Water	<ul style="list-style-type: none"> <li>• Use larger boats (4x rather than 1x)</li> <li>• Use more stable boats</li> <li>• Fit stabilisers (adaptive rowing floats) to boats</li> <li>• Have mixed crews (Mix Juniors/ inexperienced rowers with more experienced rowers)</li> <li>• Coach good technique</li> <li>• Avoid holding crews in unstable positions</li> <li>• Restrict rowing to sheltered areas</li> </ul>	Capsize	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Training in capsize recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid areas of rough water</li> <li>• Fit wash boards</li> <li>• Use a bailer to prevent water accumulation</li> </ul>	Swamping	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Row or tow boat to shore then carry or tow empty boat to boathouse or re-launch and row back</li> <li>• Adequate boat buoyancy</li> </ul>
Fast Flowing water	<ul style="list-style-type: none"> <li>• Avoid being upstream of hazards (circulation plan?)</li> <li>• Keep a good look out</li> <li>• Use coxed rather than coxless boats</li> </ul>	Swept over weir or into bridge, pontoon, shallows, etc.	<ul style="list-style-type: none"> <li>• Use Rescue boat and throw-lines</li> <li>• Evacuate crew to land</li> </ul>
	<ul style="list-style-type: none"> <li>• Stay upstream of the boathouse</li> <li>• Use larger, faster boats (4x rather than 1x)</li> <li>• Mix Juniors with experienced, fit adults</li> </ul>	Cannot get back to boathouse against stream	<ul style="list-style-type: none"> <li>• Have a safety boat available for towing</li> <li>• Land boat somewhere else and carry it back</li> <li>• Await improved conditions</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
Areas of Shallow water (permanent or tidal)	<ul style="list-style-type: none"> <li>• Provide information on areas of shallow water</li> <li>• Avoid areas of shallow water hazards (circulation plan?)</li> <li>• Keep a good look out</li> <li>• Use coxed rather than coxless boats</li> <li>• Be aware of the tide times and heights and plan accordingly</li> </ul>	Grounding	<ul style="list-style-type: none"> <li>• Train rowers to check the equipment then (if OK) to walk the boat back into deeper water and row away</li> <li>• Train rowers what to do if the equipment is damaged</li> </ul>
Water-borne hazards	<ul style="list-style-type: none"> <li>• Avoid areas that are known to be polluted.</li> <li>• Minimise crew contact with polluted water</li> </ul>	Exposure to polluted water (e.g. containing animal waste)	<ul style="list-style-type: none"> <li>• Wash open wounds, cuts and blisters properly on return to land</li> <li>• Seek medical attention if symptoms of illness occur</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid areas where this is expected to be present.</li> <li>• Minimise crew contact with water containing Blue Green Algae</li> </ul>	Exposure to water containing Blue Green Algae	<ul style="list-style-type: none"> <li>• Wash open wounds, cuts and blisters properly on return to land</li> <li>• Seek medical attention if symptoms of illness occur</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid areas where this is expected to be present.</li> <li>• Cover cuts and abrasions with waterproof dressings</li> </ul>	Weil's disease (Leptospirosis) – exposure to water containing the infective agent.	<ul style="list-style-type: none"> <li>• Wash open wounds, cuts and blisters properly on return to land</li> <li>• Coach rowers to understand the symptoms and seek immediate medical treatment.</li> <li>• Seek medical attention if symptoms of illness occur</li> </ul>

## Hazards associated with the weather:-

Hazard	Barriers	Hazardous Events	Controls
Hot sunny weather	<ul style="list-style-type: none"> <li>• Avoid outings in the middle of the day</li> <li>• Adjust activity levels to suit conditions</li> <li>• Rest in shade (e.g. under bridges, in the shade of a tree)</li> <li>• Wear appropriate clothing (thin, breathable)</li> <li>• Use water for cooling</li> </ul>	Hyperthermia (sun stroke)	<ul style="list-style-type: none"> <li>• Move into a cooler area, remove outer clothing</li> <li>• Use shower with cool, not cold, water or cool in river/lake</li> <li>• Seek medical treatment if severe</li> </ul>
	<ul style="list-style-type: none"> <li>• Use sun screen</li> <li>• Avoid outings in the middle of the day</li> <li>• Wear appropriate clothing (hat and covered arms, etc.)</li> </ul>	Sun burn	<ul style="list-style-type: none"> <li>• Use after sun cream</li> <li>• Seek medical treatment if severe</li> </ul>
	Carry water and drink regularly	Dehydration	<ul style="list-style-type: none"> <li>• Continue to drink, carry drinking water</li> <li>• Seek medical treatment if severe</li> </ul>
Cold weather	<ul style="list-style-type: none"> <li>• Wear appropriate clothing (including hats and pogies?)</li> <li>• Structure activity levels to keep warm</li> <li>• Monitor crew comfort (particularly coxes)</li> <li>• Shorten outing as needed</li> <li>• Use coxless rather than coxed boats</li> </ul>	Hypothermia	<ul style="list-style-type: none"> <li>• Move into warmer area and warm gradually</li> <li>• Provide warm (not hot) drink</li> <li>• Seek medical treatment if severe or if in doubt</li> </ul>
	• Good explanations of cold shock and its short term effects.	Cold shock	<ul style="list-style-type: none"> <li>• Training in capsized recovery, including assisted recovery such as Buddy Rescue, and/or Man Overboard recovery</li> <li>• Rescue training</li> </ul>
	• Avoid rowing at times or in places where significant ice is expected.	Ice causing inability to row or boat damage	<ul style="list-style-type: none"> <li>• Use throw lines and launch to tow boat clear of ice</li> </ul>
Strong winds	• Use larger boats (4x rather than 1x)	Capsized	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Training in capsized recovery, including</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
	<ul style="list-style-type: none"> <li>• Use more stable boats</li> <li>• Fit stabilisers (adaptive rowing floats) to boats</li> <li>• Have mixed crews (Mix Juniors/ inexperienced rowers with more experienced rowers)</li> <li>• Coach good technique</li> <li>• Avoid holding crews in unstable positions</li> <li>• Restrict rowing to sheltered areas</li> </ul>		<p>assisted rescue such as Buddy rescue, and/or Man Overboard recovery</p> <ul style="list-style-type: none"> <li>• Use lifejacket or buoyancy aid</li> </ul>
Strong winds (continued)	<ul style="list-style-type: none"> <li>• Avoid being upwind of hazards (circulation plan?)</li> <li>• Keep a good look out</li> <li>• Use coxed rather than coxless boats</li> <li>• Avoid being close to the downwind bank</li> </ul>	Blown into bank, pontoon, bridge, shallows, etc.	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat clear.</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
	<ul style="list-style-type: none"> <li>• Stay upwind of the boathouse</li> <li>• Use larger, faster boats (4x rather than 1x)</li> <li>• Mix Juniors with experienced, fit adults</li> </ul>	Cannot get back to boathouse against the wind	<ul style="list-style-type: none"> <li>• Have a safety boat available for towing</li> <li>• Land boat somewhere else and carry it back</li> <li>• Await improved conditions</li> </ul>
Lightning	<ul style="list-style-type: none"> <li>• Avoid rowing when lightning is present or forecast</li> <li>• Get off the water as soon as possible if lightning starts or hide under a bridge</li> </ul>	Struck by lightning causing burns or electrocution.	<ul style="list-style-type: none"> <li>• Follow club emergency procedures</li> <li>• Administer appropriate CPR</li> <li>• Call for medical assistance</li> </ul>
Poor visibility caused by fog or very heavy rain	<ul style="list-style-type: none"> <li>• Avoid rowing far from land when fog is present or forecast</li> <li>• Coach scullers and steerspersons to keep a good lookout</li> </ul>	Collision with the bank or other fixed object	<ul style="list-style-type: none"> <li>• Train rowers to check the equipment then (if OK) to walk the boat back into deeper water and row away</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
	<ul style="list-style-type: none"> <li>• Local knowledge</li> </ul>		<ul style="list-style-type: none"> <li>• Train rowers what to do if the equipment is damaged</li> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid rowing far from land when fog is present or forecast</li> <li>• Coach scullers and steers persons to keep a good lookout</li> <li>• Follow rules of the river</li> <li>• Local knowledge</li> </ul>	Collision with another boat	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
Poor visibility caused by darkness	<ul style="list-style-type: none"> <li>• Avoid rowing in dark areas</li> <li>• Safety boat in attendance with spot lights</li> </ul>	Collision with the bank or other fixed object	<ul style="list-style-type: none"> <li>• Train rowers to check the equipment then (if OK) to walk the boat back into deeper water and row away</li> <li>• Train rowers what to do if the equipment is damaged</li> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
			<ul style="list-style-type: none"> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
	<ul style="list-style-type: none"> <li>• Fit navigation lights (and check that they are working)</li> <li>• Avoid rowing in dark areas</li> <li>• Safety boat in attendance with spot lights</li> </ul>	Collision with another boat	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>



## Hazards associated with other water users:-

Hazard	Barriers	Hazardous Events	Controls
Wash from large or fast boats	<ul style="list-style-type: none"> <li>• Avoid areas where wash is expected</li> <li>• Use larger boats (4x rather than 1x)</li> <li>• or more stable boats if wash is expected</li> <li>• Agreements with other water users to allocate different areas for different activities</li> <li>• Coach crews in how to handle wash.</li> </ul>	Capsize	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Teach capsize recovery, including assisted recovery such as Buddy Rescue</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid areas where wash is expected</li> <li>• Use larger boats (4x rather than 1x)</li> <li>• or more stable boats if wash is expected</li> <li>• Agreements with other water users to allocate different areas for different activities</li> <li>• Coach crews in how to handle wash. Use a bailer to prevent water accumulation</li> </ul>	Swamping	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Row or tow boat to shore then carry or tow empty boat to boathouse or re-launch and row back</li> <li>• Adequate boat buoyancy</li> </ul>
Anglers on the bank or in boats	<ul style="list-style-type: none"> <li>• Avoid areas where angling is expected</li> <li>• Agreements with angling clubs, etc. different areas or times for different activities</li> <li>• Coach crews to be aware of and avoid the hazard</li> </ul>	Entanglement with fishing lines and contact with hooks	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Cut fishing lines</li> <li>• First Aid treatment</li> </ul>

## Hazards associated with the local environment:-

Hazard	Barriers	Hazardous Events	Controls
Bends in river or lake	<ul style="list-style-type: none"> <li>• Coach scullers and steerspersons to keep a good lookout</li> <li>• Coach good steering</li> <li>• Use coxed rather than coxless boats</li> <li>• Circulation plan</li> <li>• Lookout on bank or launch</li> <li>• Local knowledge</li> </ul>	Collision with bank	<ul style="list-style-type: none"> <li>• Train rowers to check the equipment then (if OK) to walk the boat back into deeper water and row away</li> <li>• Train rowers what to do if the equipment is damaged</li> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
	<ul style="list-style-type: none"> <li>• Coach scullers and steers persons to keep a good lookout</li> <li>• Coach good steering</li> <li>• Coxed rather than coxless</li> <li>• Circulation plan</li> <li>• Follow rules of the river</li> <li>• Lookout on bank or launch</li> <li>• Local knowledge</li> </ul>	Collision with another boat on the water	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
Stationary objects in or near the water e.g. bridge, pontoon, overhanging trees, locks,	<ul style="list-style-type: none"> <li>• Coach scullers and steers persons to keep a good lookout</li> <li>• Coach good steering</li> <li>• Coxed rather than coxless</li> <li>• Circulation plan</li> </ul>	Collision with a stationary object on the water	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> </ul>

<b>Hazard</b>	<b>Barriers</b>	<b>Hazardous Events</b>	<b>Controls</b>
moored boats, buoys, rocks, shallows, other submerged objects, etc.	<ul style="list-style-type: none"> <li>• Follow rules of the road (river)</li> <li>• Lookout on bank or launch</li> <li>• Local knowledge</li> </ul>		<ul style="list-style-type: none"> <li>• Carry First Aid kit and radio or mobile phone to contact emergency services</li> <li>• Have trained First Aiders available</li> </ul>
	As above + Avoid being upstream or upwind of the stationery object.	Swept or blown into stationary object on the water	<ul style="list-style-type: none"> <li>• Use rescue boat and throw-lines</li> <li>• Evacuate crew to land</li> </ul>
Weirs & sluices	<ul style="list-style-type: none"> <li>• Ensure that weirs and sluices are marked on local maps</li> <li>• Keep well upstream of warning markers</li> <li>• Keep further clear in strong stream or wind conditions</li> </ul>	Swept over weirs or through sluices	<ul style="list-style-type: none"> <li>• Use rescue boat and throw-lines</li> <li>• Evacuate crew to land</li> </ul>
Steep banks or walls (makes landing difficult) or reeds or overhanging trees extending over a large length of bank.	<ul style="list-style-type: none"> <li>• Avoid areas with steep banks or high walls.</li> </ul>	Unable to land from boat if capsized, etc.	<ul style="list-style-type: none"> <li>• Have rescue boat equipped with throw lines available to rescue rowers and recover boat</li> <li>• Teach capsize recovery including re-entry to a boat from restricted space at the bank and assisted rescue</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
Reeds or overhanging trees near bank	Avoid stopping upwind of reeds or overhanging trees	Blown or swept into reeds or trees (usually scullers)	<ul style="list-style-type: none"> <li>• Have rescue boat equipped with throw lines available to tow boat clear</li> <li>• Teach other scullers rescue technique</li> </ul>
Mud flats	<ul style="list-style-type: none"> <li>• Show any mudflats on map</li> <li>• Keep clear of mudflats near low tide</li> <li>• Have procedure for getting people off mudflats</li> </ul>	Running aground and being unable to get off before outgoing tide falls	<ul style="list-style-type: none"> <li>• Have process to get people off mudflats</li> </ul>

## Hazards associated with going afloat and landing:-

Hazard	Barriers	Hazardous Events	Controls
Steep banks in launch / recovery area	<ul style="list-style-type: none"> <li>• Careful coaching</li> <li>• Good control by coach or cox</li> <li>• Correct footwear</li> <li>• Well defined procedure</li> <li>• Extra people (helpers)</li> </ul>	Slipping and falling when lifting or carrying boat	First aid treatment
Steep or irregular steps in launch / recovery area	As above	Slipping or tripping and falling when lifting or carrying boat	First aid treatment
Slippery or muddy ground in launch / recovery area	As above	Slipping and falling when lifting or carrying boat	First aid treatment
Strong and variable currents during boat launching	<ul style="list-style-type: none"> <li>• Assistance from other crews or helpers</li> <li>• Find a more suitable location</li> </ul>	Injuries and damage due to inability to control a boat in the launch area	<ul style="list-style-type: none"> <li>• First Aid treatment</li> <li>• Quarantine damaged equipment until it is repaired</li> </ul>
Strong and variable currents during boat recovery	<ul style="list-style-type: none"> <li>• Plan approach (into stream) and include in circulation plan</li> <li>• Use throw lines from land</li> <li>• Find a more suitable location</li> </ul>	Injuries and damage due to inability to control a boat in the recovery area	<ul style="list-style-type: none"> <li>• First Aid treatment</li> <li>• Quarantine damaged equipment until it is repaired</li> </ul>

## Hazards in and around the boathouse:

Hazard	Barriers	Hazardous Events	Controls
Solid fixed objects (riggers, boats, racking, etc.)	<ul style="list-style-type: none"> <li>• Clear indication of what should go where (housekeeping)</li> <li>• Coaching people to take care in the boathouse</li> <li>• Good control and instruction (coxing)</li> </ul>	Collision of person with fixed object (e.g. walking into rigger)	<ul style="list-style-type: none"> <li>• Have First Aid kit available</li> <li>• Have trained First Aiders available</li> </ul>
	Keeping floor clear	Tripping over object on floor	<ul style="list-style-type: none"> <li>• Have First Aid kit available</li> <li>• Have trained First Aiders available</li> </ul>
Boats, oars, etc. falling from racks	<ul style="list-style-type: none"> <li>• Good control and instruction (coxing)</li> <li>• Fixing objects so that they cannot fall</li> </ul>	Person struck by falling object Damage to falling object or something else as it falls or lands	<ul style="list-style-type: none"> <li>• Have First Aid kit available</li> <li>• Have trained First Aiders available</li> <li>• Quarantine damaged equipment until repaired</li> <li>• Record in damage log</li> <li>• Repair equipment</li> </ul>
Lifting and carrying boats, oars, etc.	<ul style="list-style-type: none"> <li>• Coach good lifting technique</li> <li>• Assistance from additional people</li> <li>• Good control and instruction (coxing)</li> </ul>	Strains and MSDs	<ul style="list-style-type: none"> <li>• First Aid</li> <li>• Rest</li> <li>• Gentle exercise</li> <li>• Physiotherapy</li> </ul>
	<ul style="list-style-type: none"> <li>• Good control and instruction (coxing)</li> <li>• Keep a good lookout (coach/cox)</li> <li>• Good technique (oars)</li> </ul>	Person struck by object being carried	First Aid treatment

## Hazards associated with faulty, incorrectly set and poorly maintained equipment:-

Hazard	Barriers	Hazardous Events	Controls
Incorrect stretcher placement	<ul style="list-style-type: none"> <li>• Check adjustments</li> <li>• Coach rowers to check</li> </ul>	Capsize due to hands going past chest	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Teach capsize recovery</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
	<ul style="list-style-type: none"> <li>• Check adjustments</li> <li>• Coach rowers to check</li> </ul>	MSDs* and strains	<ul style="list-style-type: none"> <li>• First Aid</li> <li>• Rest</li> <li>• Gentle exercise</li> <li>• Physiotherapy</li> </ul>
Incorrect gearing	<ul style="list-style-type: none"> <li>• Check adjustments</li> <li>• Coach rowers to check</li> </ul>	MSDs and strains	<ul style="list-style-type: none"> <li>• First Aid</li> <li>• Rest</li> <li>• Gentle exercise</li> <li>• Physiotherapy</li> </ul>
Gate not fastened	<ul style="list-style-type: none"> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check equipment</li> </ul>	Capsize due to lost oar	<ul style="list-style-type: none"> <li>• Rescue with launch</li> <li>• Teach capsize recovery</li> <li>• Use lifejacket or buoyancy aid</li> </ul>
Faulty Steering Mechanism	<ul style="list-style-type: none"> <li>• Check adjustments, particularly of the steering mechanism</li> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check equipment</li> </ul>	Collision	<ul style="list-style-type: none"> <li>• Train rowers what to do if the boat is damaged</li> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> </ul>
Heel restraints broken or too loose	<ul style="list-style-type: none"> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check equipment</li> <li>• Do not go afloat until fixed</li> <li>• Defect/maintenance log</li> <li>• Mark and quarantine faulty equipment</li> </ul>	May be trapped in capsized boat by feet caught in shoes	<ul style="list-style-type: none"> <li>• Teach capsize recovery</li> <li>• Rescue with safety boat or attempt rescue with another rowing boat.</li> </ul>
Seats, shoes or footplates loose or broken	<ul style="list-style-type: none"> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check equipment</li> </ul>	May struggle to get back to boathouse against stream or wind	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
	<ul style="list-style-type: none"> <li>• Defect/maintenance log</li> <li>• Mark and quarantine faulty equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Use the launch's anchor to fix position if necessary</li> <li>• Use extra clothing, drinking water, radio to call for assistance, etc.</li> </ul>
Steering failure	<ul style="list-style-type: none"> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check equipment</li> <li>• Defect/maintenance log</li> <li>• Mark and quarantine faulty equipment</li> </ul>	May struggle to get back to boathouse against stream or wind	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Use the launch's anchor to fix position if necessary</li> <li>• Use extra clothing, drinking water, radio to call for assistance, etc.</li> </ul>
	<ul style="list-style-type: none"> <li>• Check equipment before going afloat</li> <li>• Coach rowers to check</li> <li>• Defect/maintenance log</li> <li>• Mark and quarantine faulty equipment</li> <li>• Coach coxes and rowers to steer by pressure</li> </ul>	Collision with bank, another boat or a solid object	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Use radio or mobile phone to contact emergency services</li> <li>• Have trained first aiders available</li> </ul>
Hatch covers missing	<ul style="list-style-type: none"> <li>• Ensure covers are all fitted correctly</li> <li>• Do not go afloat without replacement</li> <li>• Defect/maintenance log</li> <li>• Mark and quarantine faulty equipment</li> </ul>	Boat may sink if swamped	<ul style="list-style-type: none"> <li>• Have safety boat and throw lines available to rescue rowers and recover boat</li> <li>• Use throw lines from the bank to pull the boat into the bank (or shallow water)</li> <li>• Row or tow boat to shore then carry or</li> </ul>

Hazard	Barriers	Hazardous Events	Controls
			tow empty boat to boathouse or re-launch and row back <ul style="list-style-type: none"> <li>• Adequate boat buoyancy</li> </ul>

\* MSDs = Musculoskeletal Disorders



## Hazards associated with pre-existing health conditions or low level of fitness:-

Hazard	Barriers	Hazardous Events	Controls
Rowers with low level of fitness	<ul style="list-style-type: none"> <li>Understand fitness capabilities and work within them</li> <li>Improve fitness levels</li> </ul>	Collapse or illness	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
Pre-existing health conditions	Ensure that relevant people know of the condition so that appropriate action can be taken to prevent an incident.	Medical incident afloat or on land	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
Crew member or sculler with asthma	<ul style="list-style-type: none"> <li>Ensure that an inhaler is carried and used when appropriate</li> <li>Avoid stressful situations</li> <li>Take extra care if person is in a 1x or 2x</li> </ul>	Asthmatic incident afloat	<ul style="list-style-type: none"> <li>Bring Casualty ashore</li> <li>First aid treatment including the casualty taking their own medication</li> <li>Seek Medical attention</li> </ul>
	<ul style="list-style-type: none"> <li>Ensure that an inhaler is carried and used when appropriate</li> <li>Avoid stressful situations</li> </ul>	Asthmatic incident on land	<ul style="list-style-type: none"> <li>First aid treatment including the casualty taking their own medication</li> <li>Seek Medical attention</li> </ul>
Crew member or sculler with diabetes	<ul style="list-style-type: none"> <li>Ensure that appropriate food and medicines (if necessary) are carried</li> </ul>	Diabetic incident afloat	<ul style="list-style-type: none"> <li>Bring Casualty ashore</li> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
	<ul style="list-style-type: none"> <li>Ensure that appropriate food and medicines (if necessary) are available</li> <li>Take extra care if person is in a 1x or 2x</li> </ul>	Diabetic incident on land	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
Crew member or sculler other known disorder	<ul style="list-style-type: none"> <li>Use appropriate items</li> </ul>	Incident afloat	<ul style="list-style-type: none"> <li>Bring Casualty ashore</li> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
	<ul style="list-style-type: none"> <li>Ensure that appropriate items are available</li> </ul>	Incident on land	<ul style="list-style-type: none"> <li>First aid treatment</li> <li>Seek Medical attention</li> </ul>
Flu / viral infection	<ul style="list-style-type: none"> <li>Discourage rowers from taking exercise when they are ill.</li> </ul>	Disease may spread or worsen	<ul style="list-style-type: none"> <li>Seek Medical attention</li> </ul>