

## Hillingdon Rowing Club Risk Assessment.

### At Hillingdon Outdoor Activity Centre. Harefield.

**RISK TO WHO** 1: Participants – rowers, coxes, coaches 2: Other water users – sailors, canoeists, fisherman 3: Members of the public

Potential Hazards / risks	RISK TO WHO	Precautions or control measures: note where information may be found:	Severity of harm, likelihood and level of risk			Further control measures necessary to reduce risk. Dated as needed
			Severity	Likelihood	Risk rating	
<b>Hazards on the water</b>						
Drowning	1, 2, 3,	Buoyancy aids to be worn by everyone in boats and on jetty. Coach to check that they are sized and worn correctly. HRC safety Launch or HOAC safety Launch must be in operation. Whistle to be blown in emergency	3	1	3	<b>Regular checks to be made to ensure not damaged. Whistle to be kept in outside shelter.</b>
Capsize	1	All club members are instructed to stay with their boat unless this poses further danger. All members must be able to pass a swim test and tread water for 2 minutes. All club members are instructed on capsize drill. Safety launch to rescue crew. Other water participants keep clear to allow room for the launch to approach and effect rescue. Capsize drill to be demonstrated yearly and on induction and to new members.	2	1	2	

Note – Risk Ratings of 4 or more are significant and require further action to control risk

**Severity:** 1=**Slight** (all injuries not defined as major or serious); 2=**Serious** (injuries that are not major but are likely to prevent someone working normally for more than 3 days); 3=**Major** (death or major injury e.g. fracture of a bone, amputation, serious damage to an eye etc)

**Likelihood:** 1=**Low** (unlikely to happen); 2=**Medium** (could well happen); 3=**High** (certain or near certain to happen)

Calculate the residual risk taking the presence and effectiveness of existing measures into account:

Severity x Likelihood = Risk Rating

Hillingdon Rowing Club – Risk Assessment - March 31<sup>st</sup> 2016. Date to be reviewed Annually – March 2017  
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Collision with trees on banks	1	Crews must acquaint themselves with the reach of the blades and keep 10 meters away from the banks.	1	2	2	
Entanglement with fishing lines	1	Crews must keep 10 meters away from the embankments.	1	2	2	
Launches	1, 2, 3	Launches will only be used by qualified persons holding certificates.	1	1	1	
Collision with other boats.	1, 2	Good group supervision and all crew to be alert of dangers of other crews on water	1	2	2	
Blisters on hands	1	Gloves to be worn if required	1	1	1	
<b>Hazards due to weather conditions.</b>						
Incidents through difficult weather or water conditions.	1, 3	Weather and water conditions assessed prior to activity, level of competencies determined and session cancelled if necessary.	1	2	2	
Lightning	1, 2, 3,	Rowing is not permitted for 30 minutes after a lightning strike or until the storm has passed.	1	2	2	
Visibility – poor light / fog / dark	1	Visibility is determined by the session manager and if deemed unsafe – the session will be cancelled.	1	2	2	
Hypothermia/ Heat stroke	1, 3	Weather and water conditions assessed prior to activity. Coach has knowledge of symptoms and advises the group re appropriate clothing and checks the well being of the group at regular intervals. In cold weather, person removed from water as soon as possible. Advise on hot shower for immersed person. Hot drink provided in club house.	1	2	2	<b>6 spare clothing kits kept in club house. All participants advised to bring change of clothes.</b>
Exhaustion	1	Provide opportunities for the participants to eat drink and rest. Where necessary provide shelter.	1	1	1	

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Sunburn / eye strain	1, 3	Encourage participants to bring and use an appropriate cream/spray and use sunglasses, sun hats/baseball caps Drink water at regular intervals.	2	1	2	
<b>Hazards with equipment.</b>						
Unsuitable/ inappropriate equipment	1	Safety audit and safety check to be made on every boat prior to outing.	1	2	2	<b>Damaged equipment will be recorded and put out of action until corrected.</b>
Injury caused by lifting and carrying boats/equipment	1, 3	Coach/Instructor to brief the group on safe lifting techniques.	2	1	2	<b>Row Safe details to be displayed.</b>
Impact injury from blades during outing.	1, 2, 3,	Coach/Instructor to brief the group on safe rowing techniques.	2	1	2	
Falling boats, blades and other equipment.	1, 2, 3	Ensure all equipment is carried and stored correctly and securely, crews to be instructed on safe carrying of all equipment and manoeuvring it.	1	2	2	
Fire – storage of flammable materials.	1, 2, 3,	Petrol or diesel for launches is stored in a suitable container, launch petrol is contained in a separate storage compartment within the launch.	1	2	2	
Lack of safety equipment – lack of clearly available throw lines, throw bags, first aid equipment.	1, 2, 3	Safety equipment in line with recommendations in Row Safe. All safety equipment to be in HRC launch before entry on lake. Coaches/Launch to be trained in general rescue procedures.	1	2	2	<b>Row Safe documentation</b>
Poorly maintained equipment	1	All members to be instructed and encouraged to complete safety check prior to session and report any damages to session manager. All equipment to be cleaned and checked after each session and recorded damage to be logged and damaged equipment to be clearly labelled to prevent further use.	1	2	2	<b>Damaged equipment will be recorded and put out of action until corrected.</b>

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Hazards on Land.						
Injury from Slips, trips and falls in the rowing club – on jetty. ( bird poo/icy weather)	1, 2, 3	Crew reminded to take extra care when moving around the area, footwear to be worn at all times. Boathouse and water entry areas to be kept as clear as possible. All reminded that there should be no running or horseplay on the jetty on pontoons or in the club in general.	1	1	1	
Land training.	1, 3	All members are instructed how to use the equipment, safety checks are carried out prior to use by the session manager.	1	2	2	
Water Bourne Hazards.						
Disease from water born pests. <i>Lymes disease – Ticks.</i> <i>Weil's disease – leptospirosis</i> <i>Ingestion of water</i>	1, 2, 3	Tell participants what the signs and symptoms of Lyme's and Weils disease are. Emphasise that they should to go to the doctor if they appear. Advise everyone to wash their hands before eating food, shower to reduce infection particularly after immersion. Row Safe details appropriate precaution and symptoms. Pontoon regularly cleaned.	2	1	2	<b>Row Safe details to be shared. Link on website to be added.</b>
Pollution	1, 2, 3	Members advised to wash hands after water activities to reduce any risk of infection, shower facilities in main HOAC centre.	1	2	2	
Blue green algae - cyanobacteria	1, 2, 3	Members advised to wash hands after water activities to reduce any risk of infection, shower facilities in main HOAC centre. Row safe contains appropriate precautions.	1	2	2	
Hazards due to behaviour.						
Not educating others of health and safety risks, Lack of awareness of	1,2,3	All new and trial members to be inducted in safety aspects before outings. Session managers to be aware of new members and maintain	1	2	2	

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hazards. Not educating members to recognise risks		members awareness of safety and risks.				
Members with a low level of fitness or health concerns.	1	All participants must declare any health issues prior to outings to the session manager or coach.	1	2	2	
<b>In Case of Incidents requiring First Aid or Emergency Treatment.</b>						
Incidents requiring first aid	1,2,3	First Aid equipment to be located prior to outings. All incidents to be recorded as per host club recommendations and on return to HRC.	1	2	2	
Incidents requiring hospital treatment	1,2,3	Ambulance Service notified of accident and briefed with Safety Plan including access points. Local Accident and emergency hospitals identified. See below for details.	2	1	2	

<p><b>Where are we now:</b> Hillingdon Outdoor Activity Centre. Dews Lane. Harefield UB9 6JN 01895 824171</p> <p><b>Directions for emergency services:</b> Turn off of Harvil Road opposite the Dogs Trust,</p> <p>Follow the lane down and into the car park. An adult will meet you at the entrance.</p>	<p>Mount Vernon Hospital. Rickmansworth Road Northwood. HA6 2RN 01923 826111 Minor Injuries Unit open 8 am till 8pm</p>	<p>Hillingdon Hospital Field Heath Road. Hillingdon UB8 3NN 01895 238282 Accident and Emergency Dept open 24 hrs</p>
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