

LEANDER CLUB RISK ASSESSMENT FOR TRAINING AND RACING ON THE HENLEY STRETCH

Club		LEANDER CLUB		MATTHEW BEECHEY AND ROSS HUNTER		Date:		May-25
Author						Rev:		May-26

No:	Reduce probability a Hazard causing a Hazardous Event		Hazardous Event		Reduce the Severity of Harm		Harm	Severity (1-5)	Probability (A-E)	Level of Risk (L/M/S/I)	Action Owners				
	Barriers	Action to maintain barriers			Controls	Action to maintain controls					Club Capt	RSA	Coaches	Coxes	Athletes

Water															
1	TEMPLE ISLAND	Stay on correct side of river	Regularly look around to avoid island		Rescue by coaches or self-rescue. First aid given if needed. Quarantine damaged equipment	Ensure capsiz drill has been performed. Coaches to maintain up-to-date first aid training.	Capsize, injury, boat damage	2	C	L			X	X	X
2	BENDS	Stay on correct side of river	Maintain proper navigation and awarness	Collision if not on correct side of river (according to circulation pattern in place)	Rescue by coaches or self-rescue. First aid given if needed. Quarantine damaged equipment. Check on both parties.	Ensure capsiz drill has been performed. Coaches to maintain up-to-date first aid training.	Capsize, injury, boat damage	2	C	L			X	X	X
3	WEIRS LOCKS	Do not get close to lock	Turn early- well before "Danger" sign by hambledon lock	Stuck on top of weir	Rescue by coaches or self-rescue.	Regularly brief rowers on danger and maintain a culture of turning early before lock and thus weir.	Injury, equipment damage	4	B	L			X	X	X
4	OTHER CLUB BOATING PONTOONS	Rowers and scullers made aware of Upper Thames landing stage	Maintain a safe distance from river bank when approaching upper Thames landing stage, and look around regularly	Collision with pontoon	Stop at pontoon at Upper Thames, inspect equipment for damage, if necessary walk back to Leander.	Communication with Upper Thames RC.	Injury, equipment damage	1	D	L					
5	MOORED CRAFT	Stay a safe distance away from river bank	Look around regularly if coxes	Collision with moored craft	Rescue by coaches or self-rescue. Quarantine damaged equipment.	Ensure capsiz drill has been performed. Coaches to maintain up-to-date first aid training.	Capsize, injury, equipment damage	1	D	L			X	X	X
6	ROUGH WATER	Stay in sheltered water and use larger boats 4x4 or 4+ etc. Cancel session or change to land training if needed.	Coach or a senior rower decides if conditions are safe to row. Follow weather condition guidance (see relevant tab) for criteria for unsafe conditions. Change to land training if needed.	Capsize or swamping of a single or double sculler (or 2-)	y coaches, self-rescue or pull in at nearest safe	Ensure capsiz drill has been performed. Safety launch with qualified driver available. Periodical checks on launch safety kit, including thermal blankets and first aid box.	Sculler(s) get wet and cold, risk of hypothermia	1	D	L					
7	WATERBORNE DISEASE/S	Rowers avoid undue skin contact with the water, cuts and scratches are kept covered	Information and notices provided for members. Hand washing facilities and alcohol rub available.	Contact with biological contamination of the water	Availability of showers and washing facilities. Infected rowers to seek medical attention.	Provision by Centre Management. Information/notices provides for rowers.	Water borne diseases (e.g. Weil's disease)	3	B	L			X	X	X
8	LONE SCULLING	Consideration and management of environmental risk. Land training if needed.	Scullers to be accompanied if weather is challenging/visibility low, or session changed to land training.	Capsize or collision with no-one around to support	Self-rescue	Rowers undergone capsiz drill.	Injury, death	4	C	L					X
9	ROWER COLLAPSE	None	N/A	Rower collapse	First aid and rescue	Coach supervision on River bank. Coaches carry mobile phone with emergency contacts. Safety launch and qualified driver available.	Injury, death	4	C	M			X	X	X

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Weather/Water Conditions

1	ADVERSE WEATHER (excessively cold, windy, foggy, lightning etc.)	Cancel water session if unsafe	Coach or a senior rower decides if conditions are safe to row. Follow weather condition guidance (see relevant tab) for criteria for unsafe conditions (e.g. no small boat rowing on red boards unless experienced and supervised). Change to land training if needed.	Capsize, swamping of small boats	Rescue by coaches or self-rescue. Immediately turn and head in in case of storm/large waves etc.	Update guidance and educate coaches and rowers.	Rowers get cold and wet, leading to increased risk of hypothermia. Increased risk of injury e.g. back.	3	D	M		X	X	X	X
2	DARKNESS/LOW VISIBILITY (early morning/late evening)	No rowing in dark without lights and bank/launch supervision	Rowers encouraged to boat between sunrise and sunset. If boating pre-sunrise/after-sunset, rowers to use lights attached to bowball	Collision	Rescue by coaches or self-rescue.	Coach to cycle with athletes if boating in the dark. Bikes equipped with throw bags and coaches maintain up to date first aid training.	Injury	3	D	M			X	X	X
3	VERY HOT CONDITIONS/HIGH TEMPERATURES	Sun protection	Rowers advised on appropriate clothing (e.g. hat/sunglasses/sufficient skin covered). Rowers to carry water bottles in the boat and wear sunscreen. Coaches to modify programme if needed.	Dehydration, sunstroke	Hydration, athlete to stay in shade/indoors and rest	Coaches to maintain up-to-date first aid and are aware of the common signs and symptoms of heatstroke/dehydration.	Sunburn, dehydration, heatstroke	3	A	L			X	X	X
4	LOW TEMPERATURES	No rowing if ice on water. No rowing alone in small boats in extreme cold conditions (change session/boat type if needed).	If temperatures are extremely low, small boats to only go out with coach supervision or with another sculler.	Hypothermia	Rescue by coaches or self-rescue, thermal blanket, warm shower	Athletes completed capsized drill. Coaches to carry throw bags. Safety launch available. In low water temperatures, get as much of body out of cold water as possible and out on top of upturned hull	Hypothermia	2	D	M			X	X	X

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Other Water Users

1	COLLISION WITH OTHER WATER USER	Athletes to keep to circulation and rules of the river	Regular briefings to all individuals crews and coxes on circulation pattern. Rowers and coxes to keep a good lookout and maintain awareness of environment.	Coxes and steers men briefed before going on water to be vigilant and watch for other river users. Coach following crews warn of imminent risk. Coach equipped with phone and emergency numbers and post codes of UTRC. Henley Management College. Fawley Court, Phylliss Court, Red Lion Hotel. Safety launch on standby. Bow balls, heel restraints and buoyancy chamber covers fitted in boats and periodically checked over.	Regular safety briefings on navigation and steering. Equipment checked before periodically.	Capsize, injury to rower(s), damage to equipment	3	C	M		X	X	X	X

Going Afloat and Landing														
1	ICY/SLIPPERY PONTOON	Remove ice and increase underfoot grip on pontoon prior to use	Coach to distribute grit onto pontoon prior to any athletes boating	Injury to athlete(s), damage to equipment	First aid by coaches. Repair boat/s.	Injury, equipment damage	1	B	L			X	X	X
2	COLLISION WITH OTHER WATER USER WHEN CROSSING RIVER TO PONTOON	Awareness of environment	Cox or bow athlete to check river clear of oncoming traffic before crossing	Injury to athlete(s), damage to equipment	Rescue by coaches or self-rescue.	Injury, equipment damage	1	B	L			X	X	X

Coaching on Tow Path														
1	COACHES CYCLING ON TOWPATH	Cycling with care and awareness e.g. coaches give way to pedestrians and be aware of dogs, potholes etc. Coaches to ring bell when approaching oncoming pedestrians/stop if needed.	Coaches to look regularly in front of them, rather than just at crew they are coaching. Regularly check bicycles and maintain equipment. Ensure bicycle fitted with bell.	Collision between coaches on bicycles and with pedestrians on on towpath	Check on all parties involved in collision. If needed coach or colleague to provide first aid.	Injury to coach/pedestrian, damage to bicycle	1	A	L			X	X	X

Pre-existing Health Conditions and Low Levels of Fitness														
1	HYPERVENTILATION, ASTHMA ATTACK, BACK INJURY OR SIMILAR	Appropriate programming for athletes and modification of sessions (including instruction to rest) where appropriate. Physio screening and cardiac screening	Rowers to notify coaches of any known medical condition/s that may affect them when they join the club programme. Rowers educated on appropriate warm up/cool down protocols. Cardiac screening	Injury, asthma attack, collapse etc.	First aid by coaches.	Injury, collapse, death	4	B	M		X	X	X	X

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Gym and Land Training														
1	WEIGHT & ERGOMETER TRAINING	Use proper technique and form	Adequate technical coaching, appropriate loading/programming. Ensure more than one athlete in the gym at one time. Athletes to ensure correct footwear is worn. Regular equipment checks carried out. Spotters to aid lifting.	Weight dropped or injury on ergometer	First aid provided by coaches. Medical assistance/follow up sought if needed.	Injury	2	C	L			X	X	X
2	ATHLETE INJURY	More than one person in gym at one time, unused kit tidied away	Senior athletes/coaches to monitor gym and advise athletes to tidy equipment away if needed.	Injury	first aid by coaches	Injury	2	C	L			X	X	X
3	DAMAGE TO EQUIPMENT	Athletes trained in correct usage	on safe technique and equipment use. Regular equipment	Injury, damage to equipment	Use of equipment stopped until repaired	Injury, equipment damage	2	C	L			X	X	X
4	EQUIPMENT FAILURE	Well-maintained equipment	Coach to educate athletes on safe technique and equipment use. Regular equipment checks/servicing.	Injury	First aid provided by coaches	Injury, equipment damage	2	C	L			X	X	X
5	SLIPPERY FLOOR	Awareness of environment	Hazard signs placed out when floor recently been cleaned or hot weather and large groups in gym (sweat).	Slip	First aid provided by coaches	Injury	2	C	L			X	X	X
6	TRIP HAZARDS	Maintain clear and tidy gym space	Clear away unused equipment, maintain a clear path through gym	Trip	First aid provided by coaches	Injury	2	C	L			X	X	X
7	ROWER COLLAPSE	None	N/A	Rowers collapses without warning	Emergency first-aid provided. Emergency medical assistance called. Gym cleared of other athletes if large group present. Treatment e.g. CPR until emergency services arrive.	Injury, death	4	B	M			X	X	X