

Leander Club (Risk Assessment – Water & Land – Henley on Thames.

What are the Hazards?		How is the risk currently controlled?	Likelihood of harm 1 - 5	Severity of harm 1 - 10	Risk Rating	What further action might be needed to further control the risk?
ON THE WATER						
1.	<p><i>River Topography</i></p> <ul style="list-style-type: none"> • <i>Temple Island</i> • <i>Bends</i> • <i>Weirs/locks</i> • <i>Other Clubboating pontoons.</i> • <i>Moored craft</i> 	<ul style="list-style-type: none"> • Rowers and scullers made aware of Key river features, boat movement passages, circulation and overtaking procedures. • Clearly marked on plan of river and highlighted to all rowers. • Temple Island. • HambledonWeirlocated down-stream. • Turning points clearly marked. • Crossing points clearly marked. 	2	6	12	Coxes; steersmen briefed to keep to correct passage/circulation pattern and be vigilant and look out for other crews and moored boats. Stay up stream of “Danger” board above Hambledonweir.
2.	<p><i>Collision with other boats.</i></p> <p><i>Injury to rowers.</i></p> <p><i>Damage to equipment.</i></p>	<ul style="list-style-type: none"> • Coxes and steers men briefed before going on water to be vigilant and watch for other river users. • Coach(s) following crews warncrew of imminent risk. • Coach(s) and crew equipped with cell phone and emergency numbers and post codes of UTRC, Henley Management College, Fawley Court, Phyliss Court, Red Lion Hotel. • Safety launch on standby. 	2	6	12	Safety launch assisting should approach accident from down-stream side of boats and keep to down-stream side of accident/capsized boat(s).
3.	<p><i>Collision between coaches on bicycles and with pedestrians on towpath.</i></p> <p><i>Coach falls off bicycle.</i></p> <p><i>Injury to coach; pedestrian.</i></p> <p><i>Damage to bicycle.</i></p>	<ul style="list-style-type: none"> • Bicycle fitted with bell. • Coaches follow code for use of towpath and be vigilant. • Coaches to be aware of oncoming pedestrians, dogs off lead and potholes etc. 	2	4	8	
4.	<p><i>Damage and Injury resulting from collision, capsized or other accident.</i></p>	<ul style="list-style-type: none"> • Bow balls, heal restraints and buoyancy chamber covers correctly fitted. • Equipment checked before sessions. • Accidents, incidents recorded and reported to British Rowing. 	2	8	16	

		<ul style="list-style-type: none"> Incidents regularly reviewed by Water Safety Adviser. 				
5.	<i>Young or older sculler capsizing. Risk of drowning or hypothermia.</i>	<ul style="list-style-type: none"> Stay with boat and move towards shore and out of the water. In low water temperatures get as much of body out of the cold water as possible and out on to top of upturned hull. Scullers U18 not allowed on river without a coach. Safety boat standing by if not already on river. 	2	8	16	<p>Ensure capsiz drills have been done.</p> <p>Individual life jackets worn.</p> <p>Sculler to carry cell phone in special bag in boat.</p> <p>Foil exposure blankets carried in launch safety bag. Safety launch assisting; approach and keep to down stream side of capsized boat.</p>
6.	<i>Lone sculling</i>					
7.	<i>Adverse weather, river in flood, gale blowing, rough water, poor visibility.</i>	<ul style="list-style-type: none"> Club Safety Plan and Environmental Agency “traffic light” warning system guidelines observed. Lead Coach to assess conditions and decide if session to go ahead or not. 	2	4	8	<p>Visibility (fog) if Bucks Bank not clearly visible rowing not permitted.</p> <p>Shorten training stretch and turn at Henley Management College boathouse or at Temple Island.</p>
8.	<i>Lightning</i>	<ul style="list-style-type: none"> Coaches and rowers aware of criteria for suspension and resumption of training session (Safety Action Plan and Safety Notice Board) 	1	10	10	
9.	<i>Communication in an emergency.</i>	<ul style="list-style-type: none"> Coaches carry cell phone with emergency numbers. 	1	2	2	
10.	<i>Hyperventilation, asthma attack, back or other similar injury.</i>	<ul style="list-style-type: none"> Rowers to notify coach(s) of any known medical condition that may affect them when training when they join the Club programme. Rowers instructed to warm up, stretch and warm down. 	2	8	16	<p>Medical checks carried out when rower joins programme.</p>
11.	<i>Training in very hot or cold weather (risk of hypothermia, dehydration and sunstroke).</i>	<ul style="list-style-type: none"> Rowers and coxes advised on appropriate clothing for hot and cold weather and to drink sufficient while training. Rowers to take water bottles in boat. 	2	8	16	

12.	Water borne diseases (e.g. Weils disease)	<ul style="list-style-type: none"> Members made aware of risks and symptoms. Showers available in Clubhouse. 	1	6	6	
	ON LAND					
1.	Weight Training. <ul style="list-style-type: none"> Injury to rowers. Damage to equipment. 	<ul style="list-style-type: none"> Coach(s) supervise sessions, observe and instruct on correct technique. Rowers wear appropriate foot-ware. Junior U18 rowers must always have coach or another person present. 	2	6	12	
2.	Ergometer Training. <ul style="list-style-type: none"> Injury to rower. Failure of Equipment. Rower collapses. 	<ul style="list-style-type: none"> Coach(s) observe athletes sessions. Equipment checked and serviced regularly replacing worn parts. 	1	6	6	
3.	Lone Training.	<ul style="list-style-type: none"> 				
4.	Group cycling on Open Roads. <ul style="list-style-type: none"> Collision with other cyclist, vehicle resulting in Injury. Hitting pot-hole or similar object and falling off. 	<ul style="list-style-type: none"> Crash helmets obligatory. Bicycles serviced and checked for road worthy before each ride. Briefing to follow general rules of the road and highway code. Ride no more than 2 abreast. Coaches and cyclists carry cell phone with emergency numbers. 	2	6	12	Support vehicle to accompany the group. First aid kit carried.
5.	Adverse weather conditions. <ul style="list-style-type: none"> Heavy rain, sleet, snow, fog, lightning, ice, very low temperatures, gales. 	<ul style="list-style-type: none"> Coach(s) to assess conditions and decide if session should be cancelled or session stopped and group move to safe place until storm has cleared. 	1	6	6	Train indoors in gym.

Likelihood 5 = Very Likely; 4 = Quite Likely; 3 = Possible; 2 = Unlikely; 1 = Very unlikely.

Impact 10 = Severe; 8 = Serious; 6 Significant; 4 = Minor; 2 = Insignificant.

Risk Rating 1 to 8 = LOW; 9 to 15 = MEDIUM; 16 and above = HIGH

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