

LEANDER CLUB (HOST) RISK ASSESSMENT – CORPORATE ROWING DAYS

Leander Club hosts staff from companies during corporate days. Rowing sessions are provided starting with technique on rowing machines then moving to rowing boats specifically eights. The eights will include several Club experienced athletes and coxes rowing with the corporate delegates. Leander coaches lead and supervise the land and water sessions.

All delegates are required to complete a health questionnaire before coming to the event. Information is sent out to delegates before arrival giving advice of what is suitable to wear. All delegates are asked if they can swim. No one is allowed on the water if they cannot swim. No one under 18 years old can take part in the water activities. All delegates are advised to wear tight fitting clothing, specifically lycra or similar.

The lead coach when giving the briefing will ask again ask if there is anyone who has health issues before starting the session and check that all participants are wearing clothing suitable for the prevailing conditions.

The river and general weather conditions are always checked against the "Traffic Light System" before going out on the river. If the lead coach decides it is unsafe to go on the river the session is delivered in doors on rowing machines.

The lead coach, and if necessary the Chief Coach, will decide if conditions are safe to go on the river. Definitely not the delegates.

Hazard	Potential Outcome	Likelihood	Measure taken to reduce risk	Over all Risk
Water				
1. The risk of collision between crews while training or racing	Injury to rowers. Damage to boats.	Low	Each technical session/race is supervised by a coach(s). Coach(s) will warn the crews if there is an imminent risk of collision. The safety boat will be on hand to rescue the crew if necessary and transport any injured person to the Club for medical treatment. Coach(s) maintain contact with other Club coaches and house staff back at the Club	Low

2. The risk of collision between crews and other river users	Injury to rowers. Damage to boats.	Low	The normal navigation rules, "Keep right in the direction of travel" must be observed. Coach(s) will be on hand in the safety launch and give warnings as necessary.	Low
3. The risk of collision of crews rowing/ racing with crews on the river and other river traffic.	Injury to rowers. Damage to boats.	Low	The normal navigation rules, "Keep right in the direction of travel" must be observed. Coach(s) on hand in the safety launch will give warnings as necessary.	Low
4. The risk of capsize of a crew	Injury to rowers.	Very low	This risk is further minimized by ensuring that the safety boat is present to provide assistance, and to rescue rowers and clear and recover the capsized boat. Warn other boats. Coxes must wear lifejackets. Before boating heel restraints, buoyancy covers and bow balls correctly fitted and functional.	Low
5. The risk of incompetence by inexperienced rowers.	Injury to rowers. Damage to boats.	Low	The coach(s) on the safety launch will be on hand to supervise the crews and take action if necessary. The lead coach may stop the crew(s) or session if a problem occurs and take the crews back to the Club.	Low
6. all coaches carry phones for emergency use	Failure to communicate adequately in emergency. Failure of mobile phone.	Low	Coach(s) carry mobile phones (check they are functioning) in case of an emergency. Safety bag is also carried on the safety launch	Low
7. Squalls, heavy rain, sleet, snow, fog, severe crosswinds , etc	Severe injury, death or damage to equipment and structures.	Low	The lead coach will assess conditions and agree time delay(s), postponement of the session/racing, or cancellation of all rowing/racing. Participants will be advised of the situation at Leander Club.	Low
8. Lightning	Severe injury, death or damage to equipment and structures.	Low	The lead coach to apply the 30 second/10 minute rule. When the gap between visible lightning and thunder is 30 seconds or less, rowing/racing will stop, and all crews to get off the river. All crews to return Leander Club or get off the river at the nearest pontoon. Rowing blades MUST be handled horizontally and laid flat on the ground, and not be in contact with any person. Everyone will wait for the all clear given by lead coach.	Very Low

9. The risk of drowning of any competitor	Death	Low	The safety boat in attendance at all times, during the session/following each race. In the event of a corporate delegate or anyone else getting into difficulties in the water the emergency plan will be deployed. The priority being to rescue the crew or individual. If the subject is unconscious, CPR is to be administered immediately.	Low
10. Risk to pedestrians	Injury to rowers/spectators	Low	This risk is minimized by having spectators either on the Bank towpath or Leander club Club balconies. Coaches on safety launch must wear life jackets.	Low
11. Fall hazard while handling boats	Injury to rowers and/or damage to boats	Low	Reliance on competency of crews and adequate supervision by coach(s) and Leander athletes. British Rowing provides guidelines on boat handling and safety.	Low
12. The risk of injury as boats are moved onto and out of the water.	Injury to rowers and/or public.	Low	This risk is minimized by lead coach briefing session and the presence of Leander athletes carrying the boat. Coach/cox supervise crews on and off the pontoons ensuring that all blades and shoes are kept clear of pathway getting onto and off the pontoon.	Low

(amended 19/12/2015)