# Tyne Amateur Rowing Club - Risk Assessment - rowing activities

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| **Scope of Risk Assessment** | **Water based rowing activities, with first section focusing on new starters** | | | | |
| **Prepared by:** | Colin Percy | **Last reviewed/revised:** | 1 October 2026 | **Next review date:** | 1 October 2027 |
| Changes made after review on 1 Oct 26: sections 1.16 to 1.19 (wording of hazard & risk box) and section 1.17 (inclusion of need for buoyancy aids for junior trainees) | | | | | |

**LIKELIHOOD OF OCCURRENCE (L)**

**1** = Very unlikely **2** = Unlikely **3** = Likely **4** = Very Likely **5** = Certain or imminent

**SEVERITY IF INCIDENT OCCURS (S)**

**1** = Minor disruption to crew or individual **2** = Minor Injury/damage to equipment **3** = Potential immersion/exposure to adverse condition
**4** = Significant trauma or injury due to collision, exposure to conditions or external agent **5** = Potential fatality/incapacity

| | | **Severity if incident occurs** | | | | |
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| | | **1** | **2** | **3** | **4** | **5** |
| **Likelihood of occurrence** | **1** | **Low** | **Low** | **Low** | **Low** | **Low** |
| | **2** | **Low** | **Low** | **Low** | **Medium** | **Medium** |
| | **3** | **Low** | **Low** | **Medium** | **Medium** | **High** |
| | **4** | **Low** | **Medium** | **Medium** | **High** | **High** |
| | **5** | **Low** | **Medium** | **High** | **High** | **High** |

**RISK RATING (RR)**

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| **Small Residual Risk = 1 - 6**<br>No further action required. Ensure controls are maintained | **Adequately Controlled Risk = 7 - 14**<br>Look to improve at next review | **Unacceptable Risk = 15 - 25**<br>Stop activity immediately and improve controls |

# Tyne Amateur Rowing Club - Risk Assessment - rowing activities

| | Hazard & Risk | Who or what is at risk? | L x S - risk rating *with no controls* | Control Measures/Mitigation | L x S - risk rating *with controls* | Who | How often |
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| **1** | **General measures for activities involving new starters** | | | | | | |
| 1.1. | **Unfamiliarity with procedures**<br>Risk of injury, damage to boats, loss of equipment | Rowers, boats | **3 x 3 9** | • Induction training<br>• Regular reminders on key safety issues<br>• Squad briefings at least on an annual basis<br>• Crews to sign in and out | **2 x 2 4** | Club Rowing Safety Adviser (CRSA) | Learn to row / new member / ongoing |
| 1.2 | **Failure to learn from previous incidents on river**<br>Major injuries, loss of life, loss/serious damage to boats. | Rowers, coaches, boats | **4 x 4 16** | • Report details of all incidents, including near misses, to the CRSA and for more serious incidents on the British Rowing system | **2 x 2 4** | CRSA | Ongoing |
| 1.3 | **Lack of confidence in water** | Rowers | **3 x 3 9** | • Swim test and capsize drill should be completed by all members and repeated at least every 5 years.<br>• Priority for drill completion is new starters | **2 x 3 6** | CRSA, coaches | When new starters join club |
| 1.4 | **Lack of experience in supervision** | Rowers, coaches, boats | **3 x 4 12** | • At least one coach present, at sessions requiring a coach, should have achieved Level 2 coaching qualification (or equivalent)<br>• Coaches must be members of British Rowing for water-based work with juniors and for leading courses on the water on behalf of theclub for adult beginners. | **2 x 2 4** | CRSA, coaches | Adequate training provided |

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| 1.5 | **Participants are in poor health or injured prior to starting their session.** | Rowers, coaches, Boats, coaches | **2 x 3 6** | • Schools to highlight any student illness or injury with club before beginning the session<br>• Coaches to verbally ask all participants/customers prior to each session if there are any injuries or illnesses to note<br>• First aider is available on site at all times | **1 x 3 3** | Coaches | Every session |
| 1.6 | **Participants are incorrectly dressed for the session.**<br>Rowers getting wet and/or cold, ultimately risk of hypothermia | Rowers, coaches, coaches | **3 x 2 6** | • All participants must have the correct clothing on relative to the prevailing weather conditions to prevent anything from heat stroke to hypothermia<br>• Any participant not correctly or sufficiently dressed will be advised to change, participants in insufficient clothing may be prevented from water activities.<br>• All participants required to bring spare kit in case they capsize or get wet. Participants with long hair are advised to tie it up using the hairbands. | **1 x 2 2** | Coaches | Every Session |
| 1.7 | **Capsizing during a session**<br>Rowers getting wet and/or cold, ultimately risk of hypothermia<br>Rowers drowning | Rowers, coaches, Boats, coaches | **3 x 5 15** | • Participants will be briefed on what to do in the instance of capsize (get feet out of shoes, stay with the boat, try not to panic, get on hull of boat)<br>• Participants will be briefed on correct clothing to reduce risk of absorption of water. No hoodies or jeans should be worn.<br>• Junior trainees will be required to wear lifejackets or buoyancy aids during training, and afterwards until swim test undertaken.<br>• Precautions to reduce risk of capsize, floats on the boat for beginners or putting beginners in stable boats<br>• Coach to undertake mental risk assessment before each session to see if safety cover needs to | **2 x 5 10** | Coaches | Every Session |

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| | | | | alter to support the students.<br>• A coach or experienced rower can be in bow seat of a boats for students less able to support stability<br>• Coaches and participants will be briefed on checking heel restraints are correct to avoid feet getting stuck on capsize | | | |
| 1.8 | **Incorrect ratio of coaches to rowers**<br>Risk of coach not being in position to help crews in trouble<br>Safeguarding concerns | Coaches, Rowers, coaches, Boats | **2 x 3<br>6** | • The beginner participants' ratio is 1:4 rowing, 1:5 if one coxing on the water<br>• This ratio can be expanded to 1:8 for crews that are deemed to be sufficiently experienced by the coach.<br>• The coach should only boat crews they feel are competent for conditions at time of session.<br>• Following Safeguarding protocols, no junior is to be in a 1-1 situation with any adult on site at the club, including any of the coaching team | **1 x 3<br>3** | Coaches | Every Session |
| 1.9 | **Launch condition and procedures**<br>Risk of launch not being in position to help crews in trouble | Coaches, Rowers, coaches, Boats | **2 x 5<br>10** | • Coaching launches are fit for purpose, checked for damage or holes and that bungs and lights (if dark) are present.<br>• Launches have the safety kit bag with the correct contents and that the container is sealed and dry.<br>• Sufficient and appropriate fuel for the outing<br>• Kill cords attached to engine and coach<br>• Paddle on board in case the engine fails<br>• Coaches wearing lifejackets<br>• Coaches appropriately dressed for the weather<br>• Coaches to have mobile phone on loud, charged and with them at all times for the session | **2 x 3<br>6** | Coaches | Every Session |

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| **2** | **Boathouse** | | | | | | |
| 2.1 | **Repairs, adjustments and maintenance**<br>Minor injuries, damage to boats, loss of equipment | Rowers, coaches, boats | **3 x 1 3** | • Use of correct tools for job<br>• Correct safety equipment used when required<br>• Appropriate personnel to undertake the work | **3 x 1 3** | VC (Vice Captain) Boats, coach | As needed |
| 2.2 | **Unsafe boats and equipment**<br>Major injuries, loss of life, loss/serious damage to boats. | Rowers, coaches, boats | **3 x 5 15** | • Regular audit<br>• Reporting of problems<br>• Proper repairs carried out ASAP<br>• Notices on quarantined boat<br>• Visual and physical check of buoyancy Compartments and bungs being watertight.<br>• Every boat has a securely fixed bow ball before going on the water.<br>• Check that all swivels and gates in working order.<br>• Check for working seats for the boat.<br>• Check that foot stretchers and shoes are attached with the correct heel restraints.<br>• Check steering mechanisms are working.<br>• Depending on ability level check that rigger floats are secure.<br>• Ensure each launch has the correct kill cord, fuel, safety kit, paddle and throw line. | **2 x 3 6** | CRSA / VC Boats | Monthly audit / daily |
| 2.3 | **Cleanliness of boathouses**<br>Dust, fungal ingestion/inhalation, rats | Rowers, coaches, pets | **3 x 4 12** | • Inspection<br>• Regular cleansing<br>• Pest control if serious | **2 x 3 6** | Club Manager / Squads | Weekly |

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| 2.4 | **Mobile boat racks, shutters, gates.**<br>Muscular strain, bumps<br>Damage to boats<br>Collision | Rowers, coaches, boats | **3 x 3<br>3** | • Inspection and simple maintenance<br>• Regular professional checks for shutters | **1 x 3<br>3** | VC Boats, Club Manager/ | Monthly / annually |
| 2.5 | **Riggers on stored or moving boats**<br>**B**umps, head/eye injury, damage to boats | Rowers, coaches, boats | **3 x 5<br>15** | • Close gates<br>• Sufficient rowers, coaches to lift boats<br>• Observers to warn<br>• Boats stored neatly without access impeded. | **1 x 5<br>5** | VC Boats | Daily |
| 2.6 | **Storage of equipment**<br>Trips, slips, falls, bumps, damage or loss of equipment | Rowers, coaches | **4 x 3<br>12** | • Regular inspection of storage areas<br>• Store equipment neatly. Put equipment in cupboards or receptacles when finished with<br>• Keep floor/access areas clear | **2 x 3<br>6** | VC Boats | Weekly / daily |
| 2.7 | **Petrol**<br>Fire, inhalation, spillage & contamination | Rowers, coaches, visitors,wildlife | **3 x 4<br>12** | • Store in approved containers<br>• Containers in steel cupboard when not in use<br>• Fill launch containers in open air<br>• Approved personnel only allowed to handlethe petrol/containers | **1 x 3<br>3** | Launch drivers | Daily |
| 2.8 | **Lighting**<br>Light failure leading to darkness and poor visibility | Rowers, coaches | **1 x 5<br>5** | • regular maintenance checks carried out<br>• Repair fuse and/or replace tubes promptly | **1 x 3<br>3** | Club Manager | Checks weekly / repairs when needed |
| 2.9 | **Hoses**<br>Slips, falls | Rowers, coaches | **3 x 3<br>9** | • Put the hose away after use. Check for tangles/kinks and remove. | **1 x 3<br>3** | Users of hose | As needed |

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| 2.10 | **Boats & trailers, changing facilities, car park, club**<br>Theft/vandalism as outdoor areas cannot be closed off | Property within club premises | **3 x 3 9** | • Warn in advance of risk.<br>• Ensure vigilance during the races.<br>• Offer secure storage if possible. | **2 x 2 4** | Club Manager / members as individuals | Daily |

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| **3** | **Access to and from the water** | | | | | | |
| 3.1 | **Steps, some damaged**<br>Slips, trips, falls | Rowers, coaches, boats | **3 x 4 12** | • External lighting<br>• Clear steps of debris, weed, mud and ice.<br>• Descend and ascend slowly, under control<br>• Footwear with good grip<br>• Get steps repaired | **2 x 3 6** | CRSA, users as individuals | Daily / repairs as needed |
| 3.2 | **Low tide conditions at steps:**<br>Falls, muscular strains, inability to wade ashore or carry boats up to the first step. Cuts and grazes, likely to become infected. | Rowers, coaches, boats | **3 x 3 9** | • Warnings issued on upcoming low tides<br>• Avoid boating during very low tides where possible. | **2 x 3 6** | CRSA, users | Daily |
| 3.3 | **Strong tides and current on boating or landing**<br>Capsize, damage to boat, collision | Rowers, coaches, boats | **5 x 3 15** | • Assistance on the shore<br>• Training in landing techniques<br>• Arrive/leave heading into tide/wind/current whichever is stronger | **3 x 2 6** | Coach | Daily |
| 3.4 | **Hadrian's Way path**<br>Collision with walkers, horse-riders or cyclists. Bumps, falls, damage to boats | Rowers, coaches, boats, visitors, passers by | **3 x 2 6** | • Give way to path users<br>• Advise rowers not to hesitate to shout if necessary | **2 x 2 4** | Users | Daily |

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| 3.5 | **Rowing equipment left lying**<br>Slips, trips, falls, damage to blades, equipment may be knocked into the water or float away as tide rises | Rowers, coaches, blades,other equipment | **3 x 1 3** | • Good supervision<br>• Put all rowing equipment back as soon feasibly possible<br>• Check steps after outings, especially after dark | **2 x 1 2** | Rowers as individual | Daily |

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| **4** | **River water quality, debris& other hazards** | | | | | | |
| 4.1 | **Quality**<br>Infections, poisoning, water-borne diseases | Rowers, coaches, pets | **3 x 5 15** | • Avoid ingestion, wash hands after rowing, cleanse and cover cuts, blisters and other areas of broken skin. Shower as soon as possible after rowing.<br>• Use a screw top water bottle.<br>• Wear strong shoes or boots on steps | **2 x 4 8** | CRSA / rowers as individual | Daily |
| 4.2 | **Floating debris**<br>Damage to boats, capsize, drowning | Rowers, coaches, boats | **1 x 5 5** | • Keep watch for debris. Cancel rowing when large amounts of debris are present<br>• Warn crews and coxes | **1 x 4 5** | Coach / rower as individual | Daily |
| 4.3 | **Underwater obstructions**<br>Damage to boats, capsize, drowning | Rowers, coaches, boats | **3 x 3 9** | • Safety map on display in clubhouse and on TARC website<br>• Warnings about temporary obstructions posted in clubhouse and on website<br>• Warn novice, visiting and inexperienced crewsand coxes | **1 x 3 3** | CRSA | Daily |
| 4.4 | **Overhanging trees and posts** | Rowers, coaches, boats | **1 x 2 2** | • Good lookout | **1 x 1 1** | Rower as individual | Daily |

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| 4.5 | **Members of the public**<br>Stone throwing and verbal abuse | Rowers, coaches, boats | **1 x 2 2** | • Stay clear of banks when vandals are sighted<br>• Report if serious | **1 x 1 1** | Rower as individual | Daily |
| 4.6 | **Wildlife**<br>Weil's disease, bird flu, attack by or harm to large birds, collision with seals | Rowers, coaches, boats | **3 x 2 6** | • Good hygiene, vigilance when on the water<br>• If presence of wildlife is becoming a limiting factor assess whether continuing to row is safe to do so<br>• Report serious interaction with wildlife to coach | **1 x 3 3** | CRSA, rowers as individual | Daily |

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| **5** | **Water conditions** | | | | | | |
| 5.1 | **Water skiers**<br>Water skiers may be present, risk of collision or swamping from wash. | Rowers, coaches, boats | **3 x 2 6** | • Keep good lookout<br>• Stop rowing to sit through wash<br>• Avoid designated water skiing area if necessary | **3 x 1 3** | CRSA, rowers as individual | Daily |
| 5.2 | **Mid-tide**<br>Strong currents, particularly on bends<br>Rapid exposure of mud banks-danger of grounding<br>Temptation to proceed to Wylam | Rowers, coaches, boats | **4 x 3 12** | • Check on tide times and extent, on display inthe clubhouse.<br>• Tide times link on website<br>• Warnings of exceptional tides<br>• If currents appear dangerous consider abandoning/canceling rowing and provide warnings to novice/inexperienced crews and coxes | **1 x 3 3** | CRSA / VC Coaching | Daily |
| 5.3 | **Low tide**<br>Exposed mud/rocks/debris<br>Slippery steps<br>River very narrow - increased risk of collision and grounding | Rowers, coaches, boats | **4 x 4 16** | • Check on tide times and extent, on display inthe clubhouse.<br>• Tide times link on website<br>• Warnings of exceptional tides.<br>• Warnings to novice/visiting/inexperiencedcrews and coxes to keep good lookout | **4 x 1 4** | CRSA / VC Coaching | Daily |

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| 5.4 | **Rough water conditions**<br>Wind, especially when against tide can create large waves – danger of capsizing or swamping | Rowers, coaches, boats | **4 x 4<br>16** | • All boats to have built-in buoyancy<br>• Cancel rowing when conditions are severe<br>• Sufficient launches including a rescue launch | **2 x 4<br>10** | VC Boats, CRSA | Daily |

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| **6** | **Weather & light** | | | | | | |
| 6.1 | **Overall risk**<br>Capsize/swamping<br>Injury/chill/hypothermia | Rowers, coaches, boats | **2 x 5<br>10** | • Publicise need to consult weather forecast<br>• Display and regularly publicise club rules<br>• Coaches and squads to plan ahead in lightof likely conditions | **1 x 5<br>5** | CRSA / coaches | Weekly |
| 6.2 | **Cold/Frost** Capsize/swamping<br>Injury/chill/hypothermia | Rowers, coaches, boats | **2 X 5<br>10** | • Wear appropriate clothing for conditions | **1 x 5<br>5** | CRSA | Daily |
| 6.3 | **Thunder storm**<br>Injury | Rowers, coaches, boats | **2 X 4<br>8** | • Cancel rowing if there is danger of imminent thunderstorms<br>• Stop rowing and return to clubhouse if a thunderstorm occurs (Rule of 20) | **1 X 3<br>3** | CRSA | Daily |
| 6.4 | **Bright sun and high temperature**<br>Sun burn, sun stroke, dehydration | Rowers, coaches, boats | **3 X 4<br>12** | • Wear sunglasses and sun screen<br>• Coaches to watch for signs of sun stroke<br>• Rowers to take water on outings | **2 X 3<br>6** | Rower as individual | Daily |
| 6.5 | **Mist/fog**<br>Collision, grounding | Rowers, coaches, boats | **3 X 4<br>12** | • No rowing if far bank cannot be seen<br>• Novices/visitors/inexperienced rowers to take extra care | **2 X 3<br>6** | Crew, coach | Daily |

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| 6.6 | **Lack of light at night**<br>Collision, capsize, grounding, falls/trips/slips | Rowers, coaches, boats | **4 x 5<br>20** | • Only experienced coxes or steer persons<br>• Novices/visitors/inexperienced crews not torow<br>• Boats to comply with club safety rules lighting requirements and clothing<br>• No rowing upstream of White House<br>• All crews to be signed out and back in | **3 x 3<br>9** | Crew, coach | Daily |

| **7** | **Boat handling off the water** | | | | | | |
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| 7.1 | **Lifting, carrying, launching**<br>Falls, slips, trips, musculo-skeletal injury<br>Damage to boat | Rowers, coaches, boats | **4 x 3<br>12** | • Have sufficient rowers to lift, coaches assist if necessary<br>• Remind of lifting good practice regularly<br>• Training for novices | **2 x 3<br>6** | Rower as individual | Daily / training when required |
| 7.2 | **Trestles**<br>Trapped fingers<br>Collapse | Rowers, coaches, boats | **3 x 3<br>3** | • Check and repair trestles<br>• Have sufficient trestles | **2 x 3<br>6** | Rower as individual | Daily |
| 7.3 | **Carrying blades**<br>Impact injury<br>Loss/damage | Rowers, coaches, boats, passers by | **2 x 2<br>4** | • Keep good lookout<br>• Check when carrying and fitting | **1 x 2<br>2** | Rower as individual | Daily |

| **8** | **Coxing** | | | | | | |
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| 8.1 | **Inexperienced coxes and steer persons**<br>Collision, capsizing, injury and damage to boats | Rowers, coaches, boats | **4 x 4<br>16** | • Training and assessment for coxes and steer persons<br>• Novice trainees to be supervised | **2 x 3<br>6** | CRSA / Lead coach | Daily / training when required |

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| 8.2 | **Life jackets and buoyancy aids**<br>Failure to inflate<br>Drowning | Rowers, coaches | **2 x 5<br>10** | • Regular checks that lifejackets are fit for purpose<br>• Prevent cox going in a boat without life jacket<br>• Manual inflation life jacket only in front loaders | **1 x 5<br>5** | CRSA / coach / cox as individual | Monthly / Daily |
| 8.3 | **Lack of appropriate clothing**<br>Chill/hypothermia, drowning | Rowers, coaches | **4 x 4<br>16** | • Extra care on warm clothing in cold conditions<br>• Shoes not welly boots | **2 x 2<br>4** | Cox as individual | Daily |
| 8.4 | **Equipment failure**<br>Cox box failure – crew unable to respond to directions – risk of collision, damage, grounding | Rowers, coaches, boats | **3 x 4<br>12** | • Check equipment and re-charge regularly<br>• Cox to check working and charged before each outing | **2 x 3<br>6** | VC Boats / cox as individual | Daily |

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| **9** | **Coaching from launches** | | | | | | |
| 9.1 | **Outboard engine checks**<br>Risk of engine failure / damage to launch | Rowers, coaches, boats | **3 x 4<br>12** | • Check launch/engine regularly - if checks failed do not use the launch | **2 x 3<br>6** | Launch driver | Daily |
| 9.2 | **Lack of experience & experience**<br>Risk of drowning/death/injury to those being coached and coach.<br>Damage to boats | Rowers, coaches, boats | **3 x 5<br>15** | • Aim all coaches to be Level 2 RYA power boat<br>• Training and assessment for all launch drivers<br>• Novice trainees to be supervised<br>• Risk assessment before every activity | **2 x 3<br>6** | Launch driver | Daily |
| 9.3 | **Lifting, launching heavy launch with engine**<br>Muscular strains, falls, damage to launch and engine | Rowers, coaches, boats | **3 x 3<br>9** | • Sufficient rowers, coaches to carry launch<br>• Remove engine and carry separately if very few people<br>• Do not drag on steps | **2 x 3<br>6** | Rowers/ launch as individual | Daily |

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| 9.4 | **Missing lifejackets**<br>Increased risk of drowning | Rowers, coaches | **4 x 3<br>12** | • Wear at all times on water in launch<br>• Carry spare in launch (check in launch bag)<br>• If lifejacket is are missing inform CRSA of need to replace the lifejacket | **2 x 3<br>6** | CRSA / Launch driver | Daily |
| 9.5 | **Missing throw rope**<br>Increased risk of drowning | Rowers, coaches | **3 x 5<br>15** | • Carry in launch (check in launch bag)<br>• Practice use | **2 x 3<br>6** | Launch driver | Daily |
| 9.6 | **Juniors more vulnerable**<br>In event of an incident/accident requiring coach's full attention for one individual, others may be at risk | Rowers, coaches | **3 x 3<br>9** | • Ensure adequate coach/launch cover for number out<br>• If at all possible have launch buddy | **2 x 3<br>6** | CRSA | Daily |
| 9.7 | **Outboard motor failure**<br>Failure to rescue rowers if an incident | Rowers, coaches, boats | **3 x 4<br>12** | • Ensure regular inspection and maintenance<br>• Check enough petrol before going out<br>• Take mobile phone<br>• Ensure paddle or oars before leaving | **2 x 3<br>6** | Launch driver / VC Boats | Weekly / Daily |
| 9.8 | **Driver losing control of launch**<br>Injury to themselves or rowers<br>Hypothermia if falling out of launch<br>Damage to boats | Rowers, coaches | **3 x 4<br>12** | • Training including proper use of kill cord<br>• Driver to wear and use kill cord correctly<br>• Drive the launch carefully at all times | **2 x 3<br>6** | CRSA / launch driver | Training when required / Daily |
| 9.9 | **Tying up**<br>Boat damage or loss if launch floats away | Boats | **1 x 3<br>3** | • Check on tidal movement<br>• Tie securely and check regularly if left on steps for a period of time | **1 x 2<br>3** | Launch driver | Daily |

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| 9.10 | **Bow wave/wash**<br>Capsize of other craft<br>Damage to other craft | Rowers, coaches, boats | **3 x 3 9** | • Control of speed especially in the training area where beginners and inexperienced rowers are on the water, and near steps.<br>• Control of speed where there are vertical walls at the riverside (waves bounce off) | **2 x 3 6** | Launch driver | Daily |

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| **10** | **Rowing on the water – other considerations** | | | | | | |
| 10.1 | **Not following rules of the river**<br>Risk of collision, capsize, injury, damage to boat, especially on bends | Rowers, coaches, boats | **2 x 4 8** | • Club Safety Rules and River Tyne Rowing Club Safety Code are on display and on website<br>• Training for new rowers<br>• Regular reminders to all rowers to read above<br>• Even if following rules, keep agood lookout – other may not | **1 x 4 4** | CRSA / Rower as individual | Training when required / Daily |
| 10.2 | **Interaction with water skiing**<br>Risk of collision, capsize, injury, damage to boat | Rowers, coaches, boats | **3 x 4 12** | • Respect their right to use the river above slipway<br>• Consider not going past slipway if on<br>• Keep well in to bank if going past slipway<br>• Stop rowing if severe wash until it is past | **2 x 4 8** | Rower as individual | Daily |
| 10.3 | **Interaction with non-powered river users (incl canoeists, paddle boarders, sailing boats)**<br>Risk of collision due to unexpected movements or speed | Rowers, coaches, boats | **3 x 4 12** | • Respect their right to use the river<br>• Slow down if necessary<br>• Remain polite | **2 x 3 6** | Rower as individual | Daily |
| 10.4 | **Collision with bridges**<br>Collision, currents and eddies | Rowers, coaches, boats | **4 x 4 16** | • Avoid stopping or turning close to bridges<br>• Take particular note of direction of tidal flow and wind<br>• Special care at Newburn Bridge | **2 x 3 6** | Rower as individual / CRSA | Daily |

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| 10.5 | **Collision with posts, buoys, jetties**<br>Collision, capsize, damage to boat/blades | Rowers, coaches, boats | **3 x 3 9** | • Draw attention to safety map on display<br>• Keep a good lookout<br>• Watch tide and current close to obstaclesand structures | **2 x 2 4** | CRSA / rower or cox as individual | Daily |
| 10.6 | **Lack of liquid**<br>Dehydration, infection from river water | Rowers, coaches | **2 x 4 8** | • Take bottle<br>• Screw top bottle or similar to prevent contamination with river water and mud. | **1 x 3 3** | Rower as individual | Daily |
| 10.7 | **Lack of buoyancy**<br>Swamping, damage to boat<br>Injury, drowning of crew | Rowers, coaches, boats | **2 x 5 10** | • Regular inspection<br>• Check hatch covers before every outing or check if in a boat with Inflatable buoyancy bags that bags are inflated | **1 x 5** | Crew, coach, VC Boats | Daily |
| 10.8 | **Gates on boats come undone**<br>Capsize, drowning, hypothermia | Rowers, coaches, boats | **2 x 5 10** | • Check securely tightened and holding oars in place<br>• Check top nut is tight regularly | **1 x 5 5** | VC Boats | Daily |
| 10.9 | **Blades**<br>Loss, breakage, capsize | Rowers, coaches, boats | **2 x 4 8** | • Check novices have fixed blades correctly in boat<br>• Check collars are tight<br>• Check for damage | **1 x 4 4** | Coach / rower as individual | Daily |
| 10.10 | **Communication with land-based personnel** | Rowers, coaches, boats | **3 x 5 15** | • Coaches and launch drivers must have a mobile phone onthem during water-based activity<br>• Phones not to be used by rowers | **2 x 4 8** | CRSA / coach / rower as individual | Daily |
| 10.11 | **Rowing at night**<br>Personal injury, damage to boats | Rowers, coaches, boats | **3 x 4** | • Night time rowers must be accompanied bya launch - maximum ratio of one launch per three boats. | **2 x 3 6** | CRSA /coach | Daily |

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