

Berwick Amateur Rowing Club

Risk Assessment (with action points) for Berwick Club Rowing Training

Last reviewed and updated on 14th October 2024

Location: River Tweed, New Road, Berwick-upon-Tweed Date: 14th October 2024

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Risk Code	Potential source of risk	Risk Identified	Who/what at risk	Seriousness	Probability	Acceptable risk ?	Planned actions to address the risk	By whom?	By when?	Notes
				Extreme, high, moderate or slight	Very likely, likely, unlikely, very unlikely	Very low or low risk - no action needed; medium risk - reduce if practicable; high/very high risk - needs action to reduce				
1 Weather Conditions										
1.1	Outdoor weather and river conditions	Unsuitable / deteriorating weather/rough water. Risk of swamping or capsizing. Freezing and foggy conditions. Risk of hypothermia. Hot weather in summer. Risk of sunstroke	All participants	High	Unlikely to likely	Low	Regularly check weather forecasts and inspect water conditions. Cancel session or arrange indoor training if severe weather is forecast. Discuss appropriate clothing. Avoid midday outings in summer. Use sunscreen in hot sunny weather. Ensure swim test/capsizing drills have been attended. Use buddy system in single scull, pairs and doubles. Provide safety launch. Check launch safety equipment and drivers are trained. Ensure warm show is available.	Club Captain, club safety advisor, Coaches and experienced members	Prior to all training water training sessions	
2 River Conditions										
2.1	Fast flowing water	Unsuitable river/current/tidal Conditions. Flood water and debris. Potential collision or capsizing	All participants	High	Very unlikely	Low	Regularly check weather forecasts and inspect water conditions. Cancel session or arrange indoor training if severe weather is forecast. Discuss appropriate clothing. Ensure swim test/capsizing drills have been attended. Use buddy system in single scull, pairs and doubles. Provide safety launch. Check launch safety equipment and drivers are trained. Ensure warm show is available	Club Captain, club safety advisor, Coaches and experienced members	Prior to all water training sessions	
2.2	Rough water	Potential swamping or capsizing	All participants	High	Unlikely	Low	Regularly check weather forecasts and inspect water conditions. Cancel session or arrange indoor training if severe weather is forecast. Discuss appropriate clothing. Ensure swim test/capsizing drills have been attended. Use buddy system in single scull, pairs and doubles. Provide safety launch. Check launch safety equipment and drivers are trained. Ensure warm show is available	Club Captain, club safety advisor, Coaches and experienced members	Prior to all water training sessions	
3 Other Water Users										
3.1	Other rowing boats on river	Potential for collision with other crews. Risk of injury and capsizing. Damage to equipment and injury to participants	All participants	Moderate	Unlikely	Medium	Rowers comply with navigation rules displayed in bouthouse. Regular reminders give prior to outings. And to keep a good look out. Rescue using Buddy Rescue, Treat with first aid. Quarantine damaged boats and repair ASAP.	Club Captain, club safety advisor, Coaches and experienced members	At least each monthly	
3.2	Speed boats and river cruisers	Potential for collision. Damage to equipment. Capsizing and injury	All participants	High	Unlikely	Medium	Rowers comply with navigation rules displayed in bouthouse. Regular reminders give prior to outings. And to keep a good look out. Rescue using Buddy Rescue, Treat with first aid. Quarantine damaged boats and repair ASAP.	Club Captain, club safety advisor, Coaches and experienced members	At least monthly	
4 In & Around Bouthouse (Handling Boats/ Boating)										
4.1	Boat Handling in Bouthouse	Injury from lifting boats from racks. Contact with other stored equipment in tight space. Damage to equipment.	All participants	Slight to moderate	Unlikely	Low	All participants are shown how to lift equipment correctly. Inspection of area and planned procedure discussed prior to getting boat out. First aid available on site. Damaged boats quarantined and repaired.	Club Captain, club safety advisor, Coaches and experienced	All planned outings	

4.2	Slipway and beach when boating and landing.	Risk of slipping on river weed/moss/hidden rocks. Boat damage.	All participants	Moderate	Unlikely	Medium	Slipway is cleaned regularly. Constant reminders given to watch for rocks and slippery surface. First aid available. Damaged boats quarantined and repaired.	members Club Captain, club safety advisor, Coaches and experienced members	All planned outings	
4.3	Getting into and out of boats	Bumps / slips / falls / trips. Damage to boats	All participants	Slight	Unlikely	Low	All participants shown correct method of getting in and out of boats. First aid available. Damaged boats quarantined and repaired.	Club Captain, club safety advisor, Coaches and experienced members	All planned outings	
4.4	Faulty, poorly adjusted and maintained equipment	Injury from poor adjustment in boat. Capsize if gates damaged. Loose bowball potential injury from collision.	All participants	Medium	Unlikely	Low	Regular reminders and training given on what to check prior to outings. Poster on main boathouse door. Ensure swim test/capsize drills have been attended. Use buddy system in single scull, pairs and doubles. Provide safety launch. Check launch safety equipment and drivers are trained. Ensure warm show is available. First aid available.	Club Captain, club safety advisor, Coaches and experienced members	All planned outings	
5	Local Environment									
5.1	Submerged banks/islands/debris when tide is rising	Boat damage/capsize	All participants	Moderate	Likely	Moderate	Submerged land/ debris discussed prior to outing and best course to avoid these discussed. Reminder to look round regularly. Ensure swim test/capsize drills have been attended. Use buddy system in single scull, pairs and doubles. Provide safety launch. Check launch safety equipment and drivers are trained. Ensure warm show is available. First aid available.	Club Captain, club safety advisor, Coaches and experienced members	All planned outings	
5.2	Water borne bacteria	Contracting waterborne disease eg Weill's Disease	All participants,	Moderate	Unlikely	Low	Information on notice board. Wear solid footwear when getting in and out of boats (no bear feet). Avoid unnecessary contact with water. Cuts and grazes covered.	Club Captain, club safety advisor, Coaches and experienced members	All planned outings	
6	Boat Transportation									
6.1	Transporting boats by road to and from regattas	Potential injury. Damage to boats.	Driver and passengers	Moderate	Unlikely	Low	Boats are tied wit good condition ratchet straps. All drivers check load regularly during transportation. Trailer serviced and well maintained. Damaged boats are quarantinesd	Club Captain, club safety advisor, Coaches and experienced members	All planned regattas	