

# CLYDESDALE AMATEUR ROWING CLUB SAFETY POLICY

## Introduction

Clydesdale Amateur Rowing Club is committed to keeping its club members safe both when on the water and when engaged in training activities by following British Rowing's RowSafe Code and Scottish Rowing's Water Safety Code and Guidelines. We will achieve this by formulating and communicating a clear safety policy that is understood by members, coaches and leaders in the club. All members will be expected to adhere to the rules outlined in the safety policy and all parents of juniors should read and be aware of the guidelines.

The following definitions are used in this policy:

<b>CARC:</b> Clydesdale Amateur Rowing Club
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## Policy

### 1. General Information

- 1.1 Clydesdale Amateur Rowing club recognises and implements the British Rowing RowSafe Guide and Scottish Rowing's Water Safety Code and Guidelines. The Committee, through advice received from the Club Water Safety Advisor, will take all possible steps to ensure that the Club remains compliant with the British Rowing RowSafe Guide and Scottish Rowing's Water Safety Code and Guidelines.
- 1.2 All club members have a responsibility for their own safety as well as the safety of other water users.
- 1.3 All club members have a responsibility to assist the committee and the Water Safety Advisor to ensure that the club remains safe and to improve safety standards within the club.
- 1.4 Each club member has a Duty of Care to ensure their actions both on and off the water are conducted in a manner that does not compromise the safety of others.
- 1.5 Each member of the club must:
  - Complete a capsized drill and swim test as soon as possible.
  - Any adult who cannot swim and has not signed a declaration must wear a buoyancy aid (life jacket). Any junior who cannot swim must wear a buoyancy aid at all times.
  - Wear appropriate clothing.
  - Wear a lifejacket when coxing and when driving the safety launch.
  - Know the navigation rules of the river.
  - Record any incident in the incident log and report it to Scottish Rowing.
  - Read and be aware of the content and recommendations contained within the British Rowing RowSafe Guide and Scottish Rowing's Water Safety Code and Guidelines.

1.6 The committee reserves the right to take disciplinary action against any member(s) who act in an irresponsible or unsafe manner on or off the water. This right applies to members using their own equipment as well as those using club equipment.

## **2.0 Equipment Safety**

2.1 All members should report any unsafe or damaged equipment immediately to the Water Safety Advisor and Boat Master. The Boat Master will then make an assessment of the equipment and take the necessary steps to repair their safety.

2.2 The Water Safety Advisor will undertake periodic safety inspections, including audits of water equipment, lifejackets and gym equipment. Any issues will be reported to the Boat Master.

2.3 Equipment from one boat will not be taken to remedy deficiency or damage to another.

2.4 All boats (whether club boat or private) need the following before they can go out on the water:

- Bow Ball - securely fitted, no cracks or splits
- Heel restraints - in good condition and not frayed, heels only come up so far above the stretcher to allow full movement
- Steering Equipment - check rudder cables are free and have full movement, check for frayed cable
- Rudders and fins - check rudder and fin are not bent, free and full movement of rudder
- Riggers - secure and operating freely
- Oars and scull – no damage, buttons are secure and properly set
- Hatch Covers - secure and watertight

## **3.0 Launches and Equipment**

3.1 Launch drivers will wear lifejackets at all times whilst on the water.

3.2 Only qualified drivers and those deemed suitable by the committee and Water Safety Advisor will be eligible to drive the safety launch.

3.3 The safety launch, with the engine attached, should always be on the water when junior and novice crews are rowing.

3.4 No member, other than those deemed suitable should be in the safety launch when it is afloat on the water.

3.5 The safety launch should always be equipped with the following to ensure that it is in line with the British Rowing RowSafe Guidelines:

- A First Aid kit
- A throw line or grab line
- Toolkit and spares for the engine (if necessary)
- Safety knife
- Safety blankets (minimum of 9)
- Spare rope

- Anchor and line appropriate for conditions
- Kill cord for the launch engine
- Boathook
- Paddle

#### **4.0 Specific Safety Procedures For The River**

4.1 The club Water Safety Advisor will advise crews on the safety of the river conditions and has the right to stop crews from boating if the crew or equipment is deemed unsuitable for the conditions.

4.2 River conditions and weather can change rapidly and without warning – crews must be prepared to abandon an outing at any time if the conditions deteriorate once they are on the water and should then return to the boathouse by the safest route.

4.3 All crews must return to the clubhouse and get off the water in the event of a lightning storm – if a lightning strike hits the water, it will travel along the surface in all directions. People have been killed or injured by direct or indirect strikes while in or on the water, boats, docks, piers, or while fishing.

#### **5.0 River Navigation**

5.1 Boats should be launched and returned to the steps facing upstream.

5.2 Boats should head upstream on the north bank (i.e. the side of the boathouse) and downstream on the south bank.

5.3 Boats going upstream should use the north arch of each bridge with the exception of Dalmarnock and Rutherglen bridges where the north arch should be used unless impractical.

5.4 Boats going downstream should give way to faster crews going downstream.

5.5 Boats going upstream should give way to crews going downstream.

5.6 Boats must start to turn prior to the steps located on either side of the river at the boathouse.

5.7 Rowing is not allowed without the presence of an authorised member.

5.8 The most senior committee member present has the sole responsibility as to whether it is safe for boats to take to the water.

5.9 Do not attempt to turn your boat around on a bend, or under a bridge.

5.10 No rowers are allowed beyond the corner at the top of the 5km Belvedere straight.

5.11 All rowers should familiarise themselves with river hazards – see sign on the boathouse door.

## **6.0 Rowing Away At Events**

6.1 It is the responsibility of individuals and crews to ensure that they are aware of any local navigation rules and dangers.

6.2 It is the responsibility of all members to ensure they have read all safety guidelines and competitor instructions for any race meeting and to follow the risk assessment and guidelines set down by event organisers.

6.3 When boats are towed the trailer driver remains in charge of the vehicle and trailer in accordance with road traffic laws in the relevant country and has the absolute right to refuse to tow or require changes to the boat loadings.

6.4 Prior to each trip the driver must check the tyres (including spare), lights, projection markers and the security of the load, jockey wheel and brakes.

6.5 Trailer drivers should always carry a passenger to help with navigation, manoeuvring and any emergency.

6.6 Always be aware of the dangers of high winds and icy road conditions when driving the trailer.

## **7.0 Experience**

7.1 No beginners or juniors should go out unaccompanied at any time. A senior member, or preferably a coach, should always accompany them.

7.2 No Novice / inexperienced coxes should cox inexperienced crews – ensure that novice crews have an experienced and competent cox and that novice coxes are trained in an experienced and competent crew

7.3 Coaches and captains should ensure that novice coxes and steers are appropriately briefed as to the safety policy, circulation pattern and given suitable instruction and supervision when on the water. It should not be assumed that an experienced rower is necessarily an experienced steer or cox.

7.4 Coaches of Learn to Row or similar ‘taster’ events should be aware of the limitations of absolute beginners and ensure that the conditions are appropriate for their outings.

## **8.0 Temperature**

8.1 Crews are reminded that, especially during the winter months, the risk of hypothermia from wearing insufficient clothing or with inexperienced crews not moving vigorously enough to generate sufficient body heat is a real danger. Ensure that you are all wearing several thin layers of appropriate clothing, preferably with a waterproof garment on top. Coxes, especially, should be well protected; including hats and gloves (preferably waterproof). If layers are removed during the outing they should be put back on as you return to the boathouse to ensure you do not chill while waiting to disembark.

## **9.0 First Aid Kit**

9.1 A First Aid Kit containing plasters, sterile dressings and eyewash is located on top of the cupboards in the kitchen. There is also another one located in the launch box.

## **10.0 Use Of Club Single Rowing Boats**

10.1 Beginners should use Alden's until they are deemed safe to use fine singles by the Safety Advisor or a Coach.

10.2 Individuals who are competent enough to go out in singles unattended should note their names and the time they launched in the safety book attached to the safety board by the main entrance to the club. It is also advised that they inform someone (not necessarily a club member) of their movements.

## **11.0 Water Borne Disease**

11.0 The water we row upon is not clean and is not suitable for drinking as it may contain dangerous organisms and bacteria that can harm human health.

11.1 Members are always advised to:

- Cover any open cuts or wounds with plasters and bandages so that they do not become infected with dirty water.
- Thoroughly wash your hands after an outing on the water, especially before you eat or drink anything.
- Only drink from your own water bottle.
- Do not throw your coxswain or other rowers in the water.
- Always wear suitable footwear when boating, especially if it is necessary to wade into the water.
- Always wash down boats and equipment after it had been used to avoid contamination.
- Keep oar handle clean, especially if they have been contaminated with blood.
- Wash and dry any contaminated clothing before reuse.
- Visit your doctor if you begin to feel unwell after possible contact with dirty water.

## **12.0 WEILL'S DISEASES – LEPTOSPIROSIS**

12.1 The risk of contracting Leptospirosis from recreational water is very small, however the serious nature of the disease is such that we must be aware of the dangers and should take simple precautions to reduce the risk of infection.

12.2 Leptospirosis is an infection caught through contact with infected animal urine (mainly from rodents, cattle or pigs).

12.3 The causal organism can enter the body via cuts or abrasions of the skin or, the lining of the nose, mouth, throat or eyes. If flu-like symptoms develop shortly after contact with the water (1-3 weeks) then your doctor should be contacted and advised of the circumstances of exposure.

## **13.0 BLUE-GREEN ALGAE – CYNOBACTERIA 12**

13.1 Cynobacteria are commonly found in fresh and brackish water during mid to late summer. In favourable, stable conditions, blooms may form. Algal scums accumulate downwind on the surface of lakes and slow moving water. Toxins produced by large blooms have caused the death of sheep and dogs and skin and other disorders in humans, although no particular illness has been identified that can be linked with Blue-Green Algae.

## **14. GASTRO-INTESTINAL ILLNESS**

14.1 The use of inland water will never be risk free and it is essential that users are aware of the risk involved in using a particular stretch of water. Assessing the risks posed by water quality is difficult as conditions can vary substantially in a very short space of time. In general, the health risk will depend on the number and proximity of sewage effluent discharges in any particular body of water.

14.2 Many organisms causing gastro-intestinal illnesses (e.g. Salmonella) can be found in water contaminated with sewage and extra precautions should be taken when rowing on floodwater and water known, or suspected, to contain sewage.

### **Document Control**

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