

WSRA

Risk Assessment Checklist

For Club Rowing

NAME AND ADDRESS OF ROWING SAFETY OFFICER		Barry Davies, Craigwel, Llanberis, Caernarfon, Gwynedd, LL55 4LH			Activity:	Rowing-Llyn Padarn
Rowing Club and Location:		Clwb Antur Dyffryn Peris. Llyn Padarn, Llanberis			Date:	14 Mai 2015
1. Hazard	2. Who Might Be Harmed?	3. How Could Individuals Be Harmed?	4. Current Level of Risk (with no controls) (e.g. trivial, tolerable, moderate, etc.)	5. Existing Precautions? Are These Adequate?	6. Record Any Actions Needed	Level of risk once actions have been carried out (Can activity go ahead?)
e.g. Other water users – busy harbour with lots of pleasure craft	Participants and other water users	Collision	Moderate	Harbour circulation pattern on notice board	- Harbour navigation included as part of rower induction - Establish regular meetings with other water user groups	Tolerable
The water environment						
Depth of water	Participants/Boat	Cut to feet. Damage to hull of boat through contact with ground	Tolerable	Footwear to be worn at all times. Lifejackets or Buoyancy Aid to be worn at all times whilst afloat and when near deep water	Confirm requirement into Club directive	Trivial
Cold water	Participants	Cold Shock	Tolerable	Lifejackets/Buoyancy Aid to be worn. Warm clothing to be worn during winter months	Confirm requirement into Club directive	Trivial
Course; Straight/bendy	Other water users-swimmers/kayaks	Collision	Tolerable	Cox to be fully aware of the risk	No action required	Trivial
Waves/Swell	Participants	Capsise	Moderate	No rowing in strong winds (>F5) from South or North	No action required	Trivial
Tides/Currents	Non tidal lake	N/A	Trivial	Non tidal lake.	No action required.	Trivial

(particularly in narrow areas such as harbour or estuary entrances)				No rowing permitted on Afon y Bala and Afon Hwch	No tide or currents in lake	
Wash from other boats	No other large boats capable of causing serious wake using lake. Powerboats excluded from the lake	N/A	Trivial	No other powerboats using lake. No personal watercraft (Jet Skis) using the lake	No action required	Trivial
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The weather						
Wind	Participants	Cold/Hypothermia. Boat affected by wind	Moderate	Crew briefing. No rowing in strong winds (>F5) from South or North	Confirm requirement into Club directive	Trivial
Cold, heat, fog, ice, snow, storms, lightning	Participants	Cold/Hypothermia. Boat affected by wind	Moderate	Crew briefing. No rowing in strong winds (>F5) from South or North. Crew to wear appropriate clothing. No rowing during risk of lightning	Confirm requirement into Club directive	Trivial
The time of year, water temperature	Participants	Cold/Hypothermia.	Moderate	Crew briefing. No rowing in strong winds (>F4) from South or North during December to end of March. Crew to wear appropriate clothing	Confirm requirement into Club directive	Trivial
Visibility; e.g. mist, rowing at night	Participants	Lost on lake	Trivial	Row close inshore. Visibility will not reduce significantly to warrant further safety measures	Confirm requirement into Club directive	Trivial

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Physical hazards						
Other water users	Public	Injury to swimmers and other recreational water users	Moderate	Cox to be alert to the hazard especially during the bathing season and during events held on Llyn Padarn. Crew briefing undertaken.	Additional crew briefing during the bathing season	Tolerable
Submerged Objects/Rocks	N/A	N/A	Trivial	No submerged objects on the lake	No submerged objects on the lake bars on the lake. Hydrographic survey of the lake undertaken in 2012 which clarifies depth of lake	Trivial
Sand Bars/Mud Flats	N/A	N/A	Trivial	No mud banks or sand bars on the lake	No mud banks or sand bars on the lake	Trivial

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Moored boats	Participants. Other property	Collision	Trivial	Rowing boats moored on lake in summer. Crew required to remain clear of mooring area during summer months	Cox briefing	Trivial
Buoys	Participants. Other	Collision	Trivial	Tangle with rowing	Cox briefing	Trivial

	third party property			boats moored on lake in summer. Crew required to remain clear of mooring area during summer months		
Harbour Walls/Breakwater	Participant	Fingers caught between boat and structure	Tolerable	Rowers advised of potential harm. Cox briefing	Continuous assessment when berthing alongside structure	Trivial
Fishing Nets/Lines	Participants	Fishing line cast into boat. Entanglement with fishing line	Trivial	No rowing in vicinity of person fishing on banks of the lake	Continuous assessment when afloat	Trivial
Launches and Propellers	N/A	N/A	Trivial	No power vessels allowed on lake	Nil	N/A
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Water borne hazards/diseases						
Weils Disease	Participants	Ingesting infected water	Trivial	Rowing undertaken on fresh non stagnant waters. Water tested for Bathing Water compliance by NRW	Nil	Trivial
Blue Green Algae	Participants	Contact and ingestion of BGA	Tolerable	Lake monitored for BGA. Monitoring station in position on lake. Water quality compliant with Bathing Water Directive	Monitoring of water column by NRW	Trivial
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Hazards on the land						
Tripping/slipping	Participants and/or Support crew	Injury to the person or to others	Tripping over obstacles. Slipping on wet ground especially slate	Tolerable	All trip hasards on approach to lake removed	Trivial
Falling	Participants and/or Support crew	Injury to the person or to others	Tripping over trailing ropes and warps. Falling into water from boat.	Tolerable	Launching area reviewed and relocated. Boat launched with all ropes in hand of crew or inboard the vessel	Trivial
Lifting and carrying	Participants and/or Support crew	Injury to the person or to others	Lifting boat onto road trailer. Pulling boat on to launching trailer. Damage or injury when navigating through the narrow archway	Tolerable	All members advised on correct lifting technique by cox. All crew made aware of technique used for launching	Trivial
Land training	Participants and/or Support crew	Injury to the person or to others	Stepping into boat on dry land. Being hit with oar on dry land	Tolerable	Adequate supervision of the dry exercise area. Activity away from area where public can approach the boat.	Trivial
Travelling to and from venues	Participants and/or Support crew	Injury to the person or to others.	Fatigue due to long journeys. Vehicle not suitable for the task. Vehicle not legal for the road	Tolerable	Drivers to confirm compliance with Road traffic Act. Vehicle road legal. Shared driving when travelling long distances	Trivial
Towing boats	Participants and/or Support crew	Injury to the person or to others	Trailer becoming detached. Poorly maintained trailer. Lights defective on Tail Board	Tolerable	Driver and one other to check all towing equipment and lights. Two people to confirm correct attachment of trailer. Driving license to authorise for towing	Trivial

					the trailer. Tail Board inspected and maintained. Maintenance recorded in Maintenance Log	
Fire; storage of petrol for launches	N/A	N/A	N/A	N/A	N/A	N/A
Participants with low level fitness or health problems	Participants and/or Support crew	Injury to the person or to others	Strenuous activity not undertaken. Boat remains afloat for very short periods only. Correct allocation of crew. Regular rotation of crew. Crew rests.	Tolerable	Cox assessment and crew briefing	Trivial

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Equipment hazards						
Unsuitable and inappropriate equipment	Participant	Equipment not fit for the purpose causing injury	Tolerable	Equipment assessed before going afloat. Equipment fully serviced each month	Continuation of inspection of equipment	Trivial
Lack of safety and rescue equipment	Participant	Injury	Tolerable	No activity permitted if there is a lack of safety equipment available	Reinforcement of policy. Throw Line; Bailer; First Aid Kit; Communication method; Flare; VHF ; Foil Blanket; pliers - carried on board for all sessions	Trivial
Poorly maintained equipment	Participant	Injury	Tolerable	No activity permitted if there has been no maintenance of safety equipment. Log of maintenance in Club	Reinforcement of policy	Trivial

				record book		
Cracked or damaged hull	Participant	Injury/sinking of vessel	Tolerable	No activity permitted if there is damage to the hull which causes any further risk to the vessel	Reinforcement of policy. Hull fully inspected before and after activity	Trivial
Insufficient Buoyancy	Participant	Injury/sinking of vessel	Tolerable	No activity permitted if there is any doubt as to the integrity of the vessels buoyancy tanks. Tanks checked before and after each launch and recovery of a boat.	Reinforcement of policy. Hull fully inspected before and after activity	Trivial
Bung	Participant/Equipment	Sinking of vessel	Tolerable	Bung permanently attached to boat by suitable cord. Bung secured in position with pliers which are in the boat Grab Bag. Bailer always carried on board the boat.	Briefing of all crew and new members on importance of bung security. Cox to check bung before launching	Trivial
Steering mechanism	Participant	Vessel not being able to steer proper course/collision	Tolerable	Steering mechanism is checked before and during activity. Steering mechanism stored in Club House.	Reinforcement of policy. Briefing to all cox and crew by safety officer	Trivial
Equipment failure	Participant and other water users and property	Vessel not being able to steer proper course/collision. Loss of power and therefore steerage	Tolerable	All vessel equipment is checked before and during activity.	Reinforcement of policy. Briefing to all cox and crew by safety officer	Trivial
Swivels/Rowlocks/Pins	Participant and other water users and property	Vessel not being able to steer proper course/collision. Loss of power and therefore steerage	Tolerable	All vessel equipment is checked before and during activity.	Reinforcement of policy. Briefing to all cox and crew by safety officer	Trivial
Topnuts (where swivels are used)	Participants	Injury to person due to lack of maintenance. Damage	Tolerable	All parts examined before going afloat.	Briefing to all cox and crew by safety officer	Trivial

		to equipment.				
Buttons/Collars (where used)	Participants	Injury to person due to lack of maintenance. Damage to equipment.	Tolerable	All parts examined before going afloat.	Briefing to all cox and crew by safety officer	Trivial
Unsuitable/inappropriate clothing	Participants	Hypothermia/Heat Stroke	Tolerable	All crew to be briefed as to the prevailing conditions. Cox to monitor wellbeing of all crew whilst afloat and to take appropriate action if concerned.	Cox assessment and briefing of crew. Launching area to be reviewed if extremely cold. Crew not to get wet from launching in winter	Trivial
Poorly maintained launches and engines	N/A	N/A	N/A	No launch available to the Club	N/A	N/A
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The activity itself						
Performing tasks unsuitable for participants	Participants	Injury and potential health illness developing	Tolerable	All participants declare ability and health issues (medicine etc) on health form. Medications noted on health form. Cox made aware of any concerns	Adapt the activity to suit the least capable person on board. Shorten activity as required. Remain close inshore and close to egress point	Trivial
Poor posture/movement patterns	Participants	Injury and harm	Moderate	Participants coached on correct posture and correct rowing movement. Participant observed throughout the activity and participant is coached accordingly. Review of technique is	Further coaching development of existing cox(es) and potential cox(es) with liaison on further training with Outdoor Partnership	Tolerable

				ongoing throughout the session		
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Hazards of behaviour; e.g. Poor coaching practice						
Not educating others of hazards, risks and health and safety requirements	Participants and members of the public. Other water users	Injury to self and others	Moderate	Induction of all new members/participants	Ensure adequate period is invested in the induction period. More details provided on induction. Develop Induction Form for new members	Trivial
Lack of awareness of hazards by participants	Participants and members of the public. Other water users	Injury to self	Moderate	Induction of all new members/participants. Members advised of importance of identifying hazards and consequence of failing to identify hazard.	Encourage everyone to be more aware of surrounding environment. Encourage identification of hazards	Tolerable
Not educating participants to recognise risks	Participants and members of the public. Other water users	Injury to self and others	Moderate	Induction of new participant by experienced Club member. Clear and concise briefing by Cox	Develop a session which discusses the need to recognise risks and take action to minimise any risk that is identified	Trivial
Lack of awareness of hazards by coach	Participants and members of the public. Other water users	Injury to self and others	Moderate	Safety Officer monitors most sessions and advises on any concerns observed	Record action plan suggested to the Cox by Safety Officer in record book	Tolerable

Coach: participant ratios that are inappropriate	Participants	Injury. Termination of interest in the activity by participant	Tolerable	Ratios clearly stated. Maximum of 6 in boat. Seat provided for inactive crew. Maximum of 2 inexperienced rowers per boat	Organise additional sessions for 'recreational' rowers and beginners which will enable others to progress further with training	Trivial
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Potentially harmful situations						
Collision	Participants and other vessels	Collision with others	Trivial	Cox and crew aware of IRPCS	Crew briefing on maintaining a proper lookout at all times	Trivial
Swamping	Participants	Unable to continue rowing. Cold shock. General shock/fear of drowning	Tolerable	Crew briefing. Bailers on board the boat. No activity if weather and fetch is severe	Adequate crew briefing. Assess weather conditions. Obtain forecast for period of the activity	Trivial
Capsizing	Participants	Unable to continue rowing. Cold shock. General shock/fear of drowning	Tolerable	Crew briefing. No activity if weather and fetch is severe and risk of capsise is identified due to waves.	Adequate crew briefing. Assess weather conditions. Obtain forecast for period of the activity. Crew briefing on deployment of Lifejacket in the event of a capsise	Trivial
Being trapped in boat	Participants	Unable to continue rowing. Cold shock. General shock/fear of drowning	Tolerable	Crew briefing. No activity if weather and fetch is severe and risk of capsise is identified due to waves.	Adequate crew briefing. Assess weather conditions. Obtain forecast for period of the activity. Crew briefing on deployment of Lifejacket in the event of a capsise	Trivial

Immersion in water/Man Over Board	Participant	Crew unable to continue rowing. Cold shock. General shock/fear of drowning. Cox overboard unable to steer.	Tolerable	Swimming check undertaken (verbal questioning.) Crew practice MOB procedure during calm weather.	Continuation of MOB practice with all rowers and new participants. Lifejacket worn at all times.	Trivial
Hypothermia/ heat stroke	Participant	Cold Shock. Hypothermia. Heat Exhaustion. Heat Stroke. Dehydration	Tolerable	All crew to be briefed as to the conditions. Cox to monitor wellbeing of all crew whilst afloat and to take appropriate action if concerned. Fluids carried on board at all times. Hot drink on board during exceptional cold weather. Carrying basket positioned by crew seats	Cox assessment of conditions and briefing of crew. Launching area to be reviewed if extremely cold. Crew not to get wet from launching in winter. All crew to carry water/drink at all times.	Trivial
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Other hazards identified						
Storage of oars in Club building	Participants	Falls/injuries	Moderate	Experienced Club member stores oars in roof space. Participants made aware of hazard when bringing oars from/to the boat into the Club building	Purchase of suitable steps which eliminates the need to stand on chairs. Reinforcement of hazard and need for care when bringing oars to/from boat into Club building	Trivial
Storage of Lifejackets in Club building	Participants	Lifejacket becoming defective and unusable	Moderate	Lifejackets stored in a locked cupboard with only 3 Club members with authorised access	Develop a storage area whereby the Lifejackets are not stored in the locked	Tolerable

					cupboard whilst in a damp condition. Produce a Lifejacket Inspection Form and inspection regime for the Club	
Storage and security of participants clothing and personal possessions whilst participant is afloat	Participants	Falls/Trips/injuries	Tolerable	Hooks provided in changing area. Semi secure compartment provided for valuables. Compound gates closed when afloat	Participants instructed to ensure that clothing which is not worn afloat does not cause a trip hazard. All unused clothing to be stored in changing area. Valuables stored in semi secure cupboard	Trivial