

**Club / Society:** Rowing/Boat Club  
**Event / Activity:** Training  
**Date of Activity:** N/A (Weekly Training)  
**RA Completed By:** Karl Swales

**Location of Event / Activity:** Foss River/ York Boat Club  
**Date of Risk Assessment:** Thursday 25<sup>th</sup> August 2016  
**RA Verified By (SU Use Only):**

Hazard	Who May be Harmed?	Risk Score (without EC)	Existing Controls (EC)	Risk Score (with EC)
Trips / Slips / Falls	Session Participants / Observers in the Crowd / Coaches	10	<ul style="list-style-type: none"> <li>▪ Participants are informed and advised on correct footwear / clothing (participants without correct clothing / equipment are asked not to participate)</li> <li>▪ Sessions are abandoned in adverse weather conditions</li> <li>▪ Committee must be aware of how to call for first aid</li> <li>▪ Sufficient banners / barrier and signs must be put up near the water's edge when crowds are especially large (more important for race days)</li> </ul>	6
Muscle Strains / Bruising / Cuts / Bleeding	Session Participants	5	<ul style="list-style-type: none"> <li>▪ All participants / players must engage with an appropriate warm-up prior to training / race days</li> <li>▪ All rowers / participants suffering from muscle strains / bruising / cuts are immediately given the appropriate first aid provision</li> <li>▪ Any rower / participant suffering severe injury in game must seek further medical attention</li> <li>▪ Whenever an individual has suffered from a severe injury, it must be reported</li> </ul>	3
Dislocation / Broken Bones	Session Participants	10	<ul style="list-style-type: none"> <li>▪ Contact emergency services (999) and any YSJ staff present at the facility (if applicable) immediately</li> <li>▪ First aiders to perform initial first aid treatment at fixtures</li> <li>▪ Ensure another member of the rowing club is ready to meet the ambulance / paramedics on their arrival at YSJU Boathouse. Member meeting the ambulance must also be prepared to give directions whilst on the phone</li> </ul>	3

Head / Spinal Injury	Session Participants	20	<ul style="list-style-type: none"> <li>▪ If an individual is suspected to have suffered from a spinal / head injury the individual must NOT be moved</li> <li>▪ Emergency services (999) and must be notified immediately</li> <li>▪ Ensure another member of the rowing club is ready to meet the ambulance / paramedics on their arrival at YSJU Boathouse. Member meeting the ambulance must also be prepared to give directions whilst on the phone</li> </ul>	5
Poor Quality Coaching	Session Participants	10	<ul style="list-style-type: none"> <li>▪ All individuals delivering sessions are required to have at sufficient and recognised coaching qualifications. This must be documented and kept on file at the Students' Union</li> <li>▪ All coaches are advised to engage in continued professional development (CPD)</li> <li>▪ It is also suggested in regards to best practice that one member of the rowing team holds a lifeguard qualification (beach or pool)</li> </ul>	5
Poor Maintenance of the Boathouse	Session Participants / Anybody Entering the Boathouse	10	<ul style="list-style-type: none"> <li>▪ All boats must be put away safely and correctly at the end of every training session</li> <li>▪ It is imperative that the boathouse remains clean and tidy at all times in order to reduce the risk of members / external visitors tripping / slipping / falling whilst in or around the boathouse</li> <li>▪ Any damage / faults with the boathouse must be reported immediately to the Students' Union (SU)</li> </ul>	3
Inexperienced Rowers	Inexperienced Rowers Participating in Sessions	20	<ul style="list-style-type: none"> <li>▪ All new rowers must be shown basic technique of a variety of skills to reduce chance of incurring and injury during training / competitive races</li> <li>▪ Beginner rowers are encouraged to engage in training with more experienced rowers</li> <li>▪ All new rowers must display a level of competence on an ergo rowing machine (in order to master basic technique and movement) before been allowed on the water</li> </ul>	5
Travelling to Competitions / Regatta	Team Members (Competitive)	3	<ul style="list-style-type: none"> <li>▪ Regattas will ideally be travelled to on a coach instead of in players cars, this reduces the chance of getting lost and if a player suffers an injury during a game players could be stranded if he is the designated driver</li> <li>▪ In the instance that a member is driving to the regatta, they must inform the SU when they have arrived at the venue</li> <li>▪ Any individual wishing to tow one of the boats must contact the SU prior to this</li> </ul>	3

<p>Use of Equipment / Storage of Equipment</p>	<p>Session Participants / Coaches</p>	<p>20</p>	<ul style="list-style-type: none"> <li>▪ All equipment must be regularly checked / inspected</li> <li>▪ Damaged equipment and equipment in poor condition must not be used during competitive training</li> <li>▪ Only suitable equipment must be used during competitive regatta and at training</li> <li>▪ All equipment must be returned to the original storage facility / YSJ Boathouse at the end of training / competitive regatta</li> <li>▪ Prior to the purchasing of new equipment, the Club Captain must have authorisation from the Students' Union as all club equipment stored at YSJ Facilities (inclusive of the boathouse) must be stored in a safe and sensible manner</li> </ul>	<p>5</p>
<p>Drowning</p>	<p>Session Participants</p>	<p>20</p>	<ul style="list-style-type: none"> <li>▪ All session participants and registered rowing members must have an annual swimming competency test, all certificates must be kept on file at the SU</li> <li>▪ If best practice is to be achieved at least one member of the rowing club should hold a current and recognised lifeguarding certificate (pool or beach)</li> </ul>	<p>10</p>

## Risk Assessment Severity and Likelihood Matrix

			Severity				
			Minor injuries or discomfort, no medical treatment or measurable physical effects	Injuries of illness requiring medical treatment, temporary impairment	Injuries or illness requiring hospital admission	Injury of illness requiring hospital admission, injury resulting in permanent impairment	Fatality
			Not Significant (Severity = 1)	Minor (Severity = 2)	Moderate (Severity = 3)	Major (Severity = 4)	Severe (Severity = 5)
Likelihood	Expected to occur regularly under normal circumstance	Almost Certain (Likelihood = 5)	Medium (Risk = 5)	High (Risk = 10)	Very High (Risk = 15)	Very High (Risk = 20)	Very High (Risk = 25)
	Expected to occur at some time	Likely (Likelihood = 4)	Medium (Risk = 4)	High (Risk = 8)	High (Risk = 12)	Very High (Risk = 16)	Very High (Risk = 20)
	May occur at some time	Possible (Likelihood = 3)	Low (Risk = 3)	Medium (Risk = 6)	High (Risk = 9)	High (Risk = 12)	Very High (Risk = 15)
	Not likely to occur in normal circumstances	Unlikely (Likelihood = 2)	Low (Risk = 2)	Low (Risk = 4)	Medium (Risk = 6)	Medium (Risk = 8)	High (Risk = 10)
	Could happen but probably never will	Rare (Likelihood = 1)	Low (Risk = 1)	Low (Risk = 2)	Low (Risk = 3)	Low (Risk = 4)	Medium (Risk = 5)

If you have any questions in regards to the completion of your risk assessment please contact [k.swales@yorksj.ac.uk](mailto:k.swales@yorksj.ac.uk) (Sport) or [v.firth1@yorksj.ac.uk](mailto:v.firth1@yorksj.ac.uk) (Societies)

Please note that this risk assessment has been completed using the above matrix to calculate severity, likelihood and overall risk scores.